Where could sport and exercise science take you?

Join our first cohort of this exciting new degree at Nottingham, and explore how science can help people improve their sporting ability and health.

Being part of the Faculty of Medicine and Health Sciences, means we can draw on the expertise of our academics in the School of Life Sciences to provide you with the latest knowledge across the medical and biological sciences. We also have support from the School of Medicine and the Faculty of Engineering, meaning you will be learning from academics at the forefront of their field.

Research informs a lot of our teaching, and you will even have the opportunity to make your own contribution during the third-year research project. In the Research Excellence Framework 2014 results, 95% of the school’s research was deemed to be of international quality. We were also ranked 9th for research power.

I hope you find this brochure helpful, and I look forward to welcoming you to Nottingham in September.

Dr Kostas Tsintzas
Course Director

Research it

Apply it

To find out where a degree in sport and exercise could take you, please visit nottingham.ac.uk/life-sciences
Studying sport and exercise science at Nottingham

Ideal for those with an interest in sport and the biomedical sciences, this course will provide you with thorough scientific knowledge of how the body functions during and after sport and exercise.

Top learning facilities
Designed specifically for this course, new exercise physiology, psychology and human movement laboratories are being built in the David Ross Sports Village, on University Park Campus.

Some teaching is also in the Medical School, embedded within the Queen’s Medical Centre, which is connected to the main campus via a footbridge. You will benefit from learning in a clinical environment, with access to our dissection suite and functional sports medicine facilities.

Research environment
You will experience studying in a research intense environment that includes state of the art imaging, human studies and bioengineering facilities funded, amongst others, by the Medical Research Council, Arthritis Research UK and National Institute for Health Research.

At a glance
- Study in brand new laboratories based in our £40m David Ross Sports Village
- Join a course established in a university medical school, which is also a founding partner in the IOC accredited National Centre for Sport and Exercise Medicine
- Experience multidisciplinary teaching from internationally recognised expert academics in the Faculties of Medicine and Health Sciences and Engineering

Our course

<table>
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<tr>
<th>Degree title</th>
<th>UCAS code</th>
<th>Duration</th>
<th>A levels</th>
<th>IB</th>
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<tr>
<td>Single honours</td>
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<tr>
<td>BSc Sport and Exercise Science</td>
<td>C600</td>
<td>3 years</td>
<td>AAA (AAB offers may be considered in exceptional cases)</td>
<td>34-36</td>
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English language requirements
IELTS 6.5 (no less than 6.0 in any element).
For more information and a list of the alternative English language requirements we accept, please see nottingham.ac.uk/go/alternativerequirements

Developing your academic English and study skills
The Centre for English Language Education (CELE) offers you the opportunity to develop your English language skills at one of the world’s top universities. Accredited by the British Council for the teaching of English, CELE provides high-quality teaching, facilities and support. Our preessional courses take your English language and academic skills to the level you need to progress to undergraduate study without taking IELTS again. Find out more at nottingham.ac.uk/cele

* British Universities and Colleges Sport Standings, 2015-16.

To find out where a degree in sport and exercise could take you, please visit nottingham.ac.uk/life-sciences

For more information about our course, please visit nottingham.ac.uk/ugstudy/sportsci
BSc Sport and Exercise Science

Sport and exercise science addresses all issues in human adaptation and performance in the context of sport. It also embraces major public health issues, such as sedentariness, physical inactivity, mental health and ageing, all of which associate strongly with chronic disease progression.

Year one
During year one, you will join other first-year life sciences students to study the fundamentals in human physiology, biochemistry, cell biology and advanced mathematics.

In addition, you’ll begin learning specialist core skills related to sport and exercise science. Through theoretical and practical classes, you’ll study biomechanics, exercise physiology and psychology.

Year two
As you progress into year two, you will continue to study the three main branches of sport and exercise science (physiology, biomechanics and psychology) but in more depth.

Furthermore, you’ll learn about nutrition and its influence on exercise performance and health adaptation. Human anatomy will be explored, with you learning about the different parts of the body, what their structure and job is, and how they interconnect. Sports medicine is also introduced, allowing you to see the prevention and treatment of sport and exercise related injuries and medical conditions.

Year three
In the third year, you will continue to specialise through core modules in the major disciplines of sport and exercise science.

You will also undertake a final-year research project. This project is an exciting opportunity to consolidate your learning while working in an area you find interesting. You’ll work alongside a research group in the University, with supervision from a research-active academic.

Advanced optional modules will also be available for you to choose from. This is a great opportunity to study a subject you already have a prior interest in, or try something new.

Personal development
Over the three years, you’ll be required to complete a Professional Development Portfolio. This mandatory portfolio will include successful completion of a first aid course in year one, undertaking short-term work placements within the University and UK, and obtaining national sport coaching qualifications of your choice.

Personal development across all years

- Professional Development Portfolio

Modules may change, for example due to curriculum developments. The above list is a sample of typical modules that we offer, not a definitive list. The most up to date information can be found on our website at nottingham.ac.uk/ugstudy.
Sport at Nottingham

With more than 70 student sports clubs to choose from, there’s something for everyone at Nottingham.

Investment in sport
We’ve invested £50m into our sports facilities over the last five years. The state-of-the-art David Ross Sports Village on University Park Campus opened in 2016, generously supported by Nottingham law alumnus and Carphone Warehouse founder David Ross. Providing an inspiring environment for both casual players and elite athletes, the facility includes a fencing salle, martial arts dojo, indoor sprint track, the largest sports hall in the UK and the only university-based all-glass squash court.

Nottingham – the home of sport
In addition to the sports amenities on campus, the city of Nottingham has more sports facilities per head than anywhere else in Europe*. The University has partnerships with the National Water Sports Centre, the National Ice Centre, the National Hockey Centre and Nottingham Tennis Centre. In 2015, VisitEngland named Nottingham Home of Sport.

Supporting promising athletes
Our range of sports scholarships are aimed at providing an unrivalled level of support to the brightest and best talents in the sporting world. We have four current sports scholarship packages as well as a range of specialist options. For full details, please see nottingham.ac.uk/sport/scholarships

Top facts
- We’re 4th in the all-time British Universities and Colleges Sports (BUCS) league tables
- We enter more teams into BUCS competitions than any other university
- Our intramural leagues see more than 3,000 students competing every week on campus
- We bring together hundreds of students from more than 20 countries at one of our UK or international campuses for the Tri-Campus Games

Engaging study, incredible results

Teaching methods
We provide a varied learning programme. How you learn will depend on the module but may include:
- lectures
- seminars
- laboratory classes
- small-groups
- workshops
- tutorials
- placements

Assessment methods
Assessment varies on the module being studied but typically is a combination of:
- exams
- essays
- dissertations
- laboratory reports
- presentations

Exams happen twice a year, at the end of each semester.

Student support
All students have a personal tutor. Personal tutors are members of academic staff in the school and they will:
- monitor your academic progress and check on your wellbeing
- provide exam marks and help you reflect on feedback
- act as a first point of contact for any guidance on academic or personal matters

At Nottingham, we still offer small group tutorials. This ensures you have enough time to build a relationship with your tutor and benefit from their support. Your fellow tutees also provide peer support.

Additionally, the school has a dedicated Welfare Officer and a Student Liaison Officer who are available to help you adapt to university life and provide advice on more complex issues.

Key Information Sets
Key Information Sets (KIS) are comparable sets of information about full or part-time undergraduate courses and are designed to meet the information needs of prospective students. All KIS data is published on the Unistats website: unistats.co.uk

For Nottingham’s KIS data, please see individual course entries at nottingham.ac.uk/ugstudy

Find out more about sport at Nottingham at nottingham.ac.uk/sport

For more information about studying sport and exercise science visit nottingham.ac.uk/life-sciences/teaching

* experiencesnottinghamshire.com
How to apply

All applications for an undergraduate place to study at the University of Nottingham, including applications by international students, must be made through UCAS.

Applications should be made online at ucas.com and candidates will be notified of decisions through UCAS using UCAS Track.

Your personal statement
This is the section of your UCAS form that tells us most about you, and you should make the best use of it. Be as specific and detailed as you can – we would like to see that you are a student who can work hard, be self-motivated and make the best possible use of the opportunities that our courses offer you. We would also like to hear about any skills you have gained through extracurricular activities.

Entry requirements

A levels
AAA (AAB offers may be considered in exceptional cases) including at least two from biology, chemistry, mathematics and physics; biology preferred. A pass is required in science practical tests, if assessed separately.

GCSEs
Five GCSEs 7-4 (A-C) including maths and English language.

GCSE reform
In keeping with the reform to GCSEs in England where subjects are to be graded from 9 to 1 instead of A* to G, we can confirm that in accordance with Ofqual recommendations, we will treat GCSEs graded numerically as GCSE grade A=7, B=5, C=4. GCSE qualifications taken outside of the UK will still be graded A* to G.

Flexible admissions policy
We recognise that some educational and personal circumstances affect achievement. If we judge that you have experienced circumstances that have adversely affected your achievement, we will consider them when assessing your academic potential. Some courses may vary the offer as a result. For the most up to date information about our offers, please see the entry requirements section of our course pages on our online prospectus. For more information about this policy, please see nottingham.ac.uk/ugstudy/applying

Science foundation programme
The foundation programme provides an alternative entry route onto the sport and exercise science degree for those students whose school leaving qualifications do not meet our current admission requirements. Applications from mature students or students holding 'non-standard' qualifications and/or relevant experience are encouraged. Students can automatically progress from the foundation stage to year one of this course, providing they have taken the relevant pathway modules and passed them to the required standard. For more information see nottingham.ac.uk/go/foundation

Mature applicants
We encourage applications from mature applicants who have a significant gap in education. You should apply in the normal way through UCAS. More information for mature students can be found at nottingham.ac.uk/mature

International applicants
The University provides a range of information and advice for international applicants. If you are unable to attend an open day, we can meet you in your country at one of our overseas events or arrange an individual visit to the University. For further information please visit nottingham.ac.uk/go/international-applicants

Deferred entry
Applicants who wish to defer their entry by a year will not be at a disadvantage. Please tell us something about your plans for your gap year in your UCAS personal statement.

Equal opportunities policy
The University aims to create the conditions whereby students and staff are treated solely on the basis of their merits, abilities and potential, regardless of gender, race, colour, nationality, ethnic or national origin, age, socio-economic background, disability, religious or political beliefs, trade union membership, family circumstances, sexual orientation or other irrelevant distinction.

Over one-third of our UK students receive our means-tested core bursary, worth up to £2,000 a year. For details, see nottingham.ac.uk/financialsupport
World class for employability

As a graduate, you’ll have obtained a broad range of skills valued by employers in a variety of sectors. In addition to the scientific knowledge gained, you’ll have transferable skills in communication, presentation and problem-solving.

90% of first-degree graduates in the school who were available for employment had secured work or further study within six months of graduation.*

£19,571 was the average starting salary with the highest being £45,000.*

Further study

Due to our enhanced scientific content, you will also be in a good position to undertake further study such as an MSc or PhD in human health and disease and a number of allied topics. Graduate entry medicine (GEM) is an additional option.

Typical graduate destinations:
- professional sports bodies and organisations
- sports and leisure centres
- sports and health industry
- pharmaceutical industry
- education sector
- public health sector
- UK institutes of sport
- food and drink industry
- exercise testing laboratories

Careers and Employability Service

Our Careers and Employability Service has a team dedicated to Faculty of Medicine and Health Sciences students. They will be on hand to offer you specialist support and guidance throughout your degree and for life after you graduate.

Whether you need help writing a CV, preparing for an interview or exploring career ideas, you can book one-to-one appointments or come along to a workshop. Each term there is also an exciting events schedule, bringing you face-to-face with employers offering real-life insight into their professions.

Find out more about the Careers and Employability service at nottingham.ac.uk/careers

The Nottingham Advantage Award

The award-winning Nottingham Advantage Award recognises and rewards your extracurricular activities. With a choice of over 200 modules, you can hone the key skills employers want. From developing your leadership skills and learning a language to public speaking and volunteering, you will leave university with demonstrable experience that sets you apart from other graduates. For further information, please visit nottingham.ac.uk/careers/advantage

Find out where Nottingham could take you and network with our graduates on LinkedIn.

* Known destinations of full-time home first-degree undergraduates 2014/15. Salaries are calculated based on those in full-time paid employment within the UK.
Experience it in a world beyond ordinary

There’s so much for you to get involved in and explore at the University and around the city. Whether you’re interested in sports, learning a language or just having fun with friends alongside studying, you’ll be spoilt for choice.

Your new home from home
At Nottingham we offer a wide range of room types across the campuses in both catered and self-catered accommodation. From standard single rooms with shared bathrooms to large en-suite studios and flats, there’s something to suit every budget and personal choice. For current pricing and to review all accommodation options please visit nottingham.ac.uk/accommodation

Exploring your new city
Nottingham city centre is around a 10-minute bus ride away from University Park Campus, so you’re always close to the action. There are plenty of music venues, from the world-famous Rock City to the Motorpoint Arena or one of the smaller gig venues for a more intimate live show. If you enjoy shopping, there are independent boutiques and vintage shops as well as high street names in our large shopping centres. Nottingham is also a hotspot for dining, with a great choice of cuisines on offer. Find out more: nottingham.ac.uk/nottinghamlife

Sport
The University of Nottingham is one of the UK’s leading universities for sport and is currently ranked 4th in the university sport rankings*. We have one of the biggest portfolios of sports facilities in the country including the brand new £40m David Ross Sports Village. We also have a rich heritage of supporting Olympic medallists and we have more than 70 student sports clubs to choose from. Find out more: nottingham.ac.uk/sport
*British Universities and Colleges Sport Standings, 2015-16.

Your support network
Throughout your university journey there will be numerous people on hand to support and advise you, including tutors and dedicated staff. We have Student Service Centres on all three of our UK campuses, which provide a range of support, information and specialist services. Find out more: nottingham.ac.uk/studentservices

Learn a language
The University’s Language Centre gives you the opportunity to study a language alongside your course. All languages are offered from beginners’ level with some going up to near native competency. There are nine languages to choose from: Modern Standard Arabic, Dutch, French, German, Italian, Japanese, Mandarin Chinese, Russian, and Spanish. Find out more: nottingham.ac.uk/language-centre

Music
All student musicians at the University of Nottingham are encouraged to get involved with the vibrant musical life on campus. Find out more: nottingham.ac.uk/music/performance

Your opportunity to study abroad
We offer a range of study abroad opportunities with many students having the option to live and study in another country as part of their university career. Studying or working abroad is a fantastic opportunity to broaden your horizons, experience different cultures, and develop the key skills that employers are looking for. Find out more: nottingham.ac.uk/studywithus/studyabroad

Getting involved in your Students’ Union
University of Nottingham Students’ Union (UoNSU) is a brilliant, diverse community, and whether you are an undergraduate or postgraduate, first-year or final-year student, you are a part of it. With 300+ student-led groups, clubs and societies, hundreds of volunteering opportunities and support for every stage of your university journey, your Students’ Union offers something for everyone. Find out more: su.nottingham.ac.uk

Your new city

Getting involved in your Students’ Union

Exploring your new city

Sport

Your support network

Learn a language

Music

Student experience
This brochure has been drafted in advance of the academic year to which it applies. Every effort has been made to ensure that the information contained in this brochure is accurate at the time of publishing, but changes (for example to course content) are likely to occur given the interval between publication and commencement of the course. It is therefore very important to check our website for any updates before you apply for the course by following nottingham.ac.uk/ugstudy. Where there is a difference between the contents of this brochure and our website, the contents of the website take precedence.