Where could sport and exercise science take you?

Join our 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, we can draw on the expertise of 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

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 situated in the David Ross Sports Village, on University Park Campus.

Some teaching also takes place in the Medical School, embedded within the Queen’s Medical Centre, which is connected to University Park 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 modern 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**

**Degree title** | **UCAS code** | **Duration** | **A levels** | **IB**
---|---|---|---|---
BSc Sport and Exercise Science | C600 | 3 years | AAB\(^\text{^a}\) | 34-36

*At least two from biology, chemistry, mathematics and physics; biology preferred. A pass is required in science practical tests, if assessed separately. Five GCSEs at grade 7-4 (A-C) including English language and maths are also required.*

**Foundation courses**
Applicants who are not eligible for direct entry to undergraduate study may be able to apply for a foundation course. Find out more at nottingham.ac.uk/foundationcourses

**English language requirements**
IELTS 6.5 (no less than 6.0 in any element). For details of other English language tests and qualifications we accept, please see nottingham.ac.uk/go/alternativerequirements

**Academic English preparation**
If you require additional support to take your language skills to the required level, you may be able to attend a preessional course at the Centre for English Language Education, which is accredited by the British Council for the teaching of English in the UK.

Students who successfully complete the preessional course to the required level can progress onto their chosen degree course without retaking IELTS or equivalent.

Find out more at nottingham.ac.uk/cele

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**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 and cell biology. Within the Faculty of Engineering, you will study the mathematical foundation for understanding movement of the human body and sports equipment.

In addition, you’ll begin learning specialist core skills related to sport and exercise science. Through theoretical and practical classes, you’ll study biomechanics, anatomy, 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 better understand 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 experience placements within the University and UK, and obtaining national sport coaching qualifications of your choice.

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**nottingham.ac.uk/ugstudy/sportsci**
Typical modules

Year one

Core
- Mechanics for Sport and Exercise Science
- Core Skills in Sport and Exercise Science
- Genes, Molecules and Cells
- Human Physiology

Year two

Core
- Applied Sports Psychology
- Cardiovascular and Respiratory Physiology
- Environmental Physiology
- Functional Anatomy of the Musculoskeletal System and Applied Sports Medicine
- Muscle Physiology, Nutrition and Metabolism in Exercise
- Sports and Exercise Biomechanics

Year three

Core
- Applied Exercise and Health Psychology
- Clinical Biomechanics
- Exercise Physiology, Nutrition and Metabolism in Health and Disease
- Project and Dissertation
- Research Methods and Statistics

Optional
- Biology of Ageing
- Cardiovascular Control in Health and Disease
- Head Trauma in Sports and Rehabilitation from Brain Injury
- Performance Enhancing Drugs in Sport
- Physical Activity and Health
- Psychological and Behavioural Barriers to Exercise
- Rehabilitation from Sports Injuries

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/sportsci

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Our course

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, 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.

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

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At a glance

- 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

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* visit-nottinghamshire.co.uk
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 who 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 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
Outstanding careers support

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.

92% of undergraduates in the school secured work or further study within six months of graduation*

£21,037 was the average starting salary with the highest being £42,000*

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.

Amplify your potential

Whether you already have a plan or need some inspiration, your Careers and Employability Service is here to help.

Academic excellence and employability go hand in hand at Nottingham. Your course, and the diverse student experiences we offer, will enable you to develop the skills and professional competencies required to thrive in the job market of the future.

We will help you explore your options, so you feel confident making choices about what you want to achieve. Our team will support you as you build your CV, search for jobs, prepare applications, practise your interview technique, and much more.

Get the Advantage

The career-enhancing Nottingham Advantage Award recognises and rewards your extracurricular activities. With a choice of over 200 modules, you can hone the key skills employers are looking for. 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, visit nottingham.ac.uk/careers/advantage

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

* Known destinations of full-time home undergraduates who were available for work 2015/16. Salaries are calculated based on the median of those in full-time paid employment within the UK.

nottingham.ac.uk/careers
All applications for undergraduate study at Nottingham, including applications by international students, must be made through UCAS.

You can apply online at ucas.com and will be notified of decisions through 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.

Minimum entry requirements
Unless otherwise stated in individual course profiles, all UK applicants should have GCSE English grade 4 (C) as a minimum.

Alternative qualifications
In this brochure you will find our A level and International Baccalaureate entry requirements but we accept a much broader range of qualifications. For more details, visit nottingham.ac.uk/ugstudy/applying

Flexible admissions policy
In recognition of our applicants’ varied experience and educational pathways, we employ a flexible admissions policy. If we judge that your situation has adversely affected your achievement, then we will consider this when assessing your academic potential. Some courses may make a slightly lower offer. For more information about this policy, see nottingham.ac.uk/ugstudy/applying

Mature applicants
We encourage applications from mature applicants who have a significant gap in education. You should apply through UCAS. Find out more 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.

Around one-third of our UK students receive our means-tested core bursary, worth up to £2,000 a year (2018 entry figure; subject to change). For details, see nottingham.ac.uk/financialsupport

How to apply

Experience it

10 minutes from the city for music, food and shopping
nottingham.ac.uk/nottinghamlife

Join in with the vibrant musical life on campus and in the city
nottingham.ac.uk/music/performance

Student Service Centres on all UK campuses for support and advice
nottingham.ac.uk/studentservices

Choose from 9 modern languages to study alongside your course
nottingham.ac.uk/language-centre

200+ student-led groups, clubs and societies at your Students’ Union
su.nottingham.ac.uk

Accommodation to suit every budget and personal choice
nottingham.ac.uk/accommodation

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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.