



## Sport and Exercise Science BSc (Hons)

Sport and exercise science involves the practical application of scientific principles from different disciplines (physiology, psychology, biomechanics, motor learning and sociology) to improve sports performance and the health and wellbeing of society.

Full-time

C601 BSc/SES

Sport & Exercise

### Full-time

#### Entry to 2023/24 academic year

##### Fee for UK applicants

£9,250 a year

[More details about our fees](#)

##### Fee for international applicants

£15,000 a year

[More details about our fees for international applicants](#)

#### What is included in your tuition fee?

- Length: 3 years
- UCAS code: C601 BSc/SES
- Start date: September
- [Semester dates](#)
- Typical offer: 96 -112 tariff points from at least 2 A levels (or equivalent)

[Apply online \(full-time\) through UCAS](#)

### Part-time

- Not available part-time

## Get in touch

### UK students

Email: [shlsadmissions@tees.ac.uk](mailto:shlsadmissions@tees.ac.uk)

Telephone: 01642 738801

[Online chat](#)

### International students

**Email:** [internationalenquiries@tees.ac.uk](mailto:internationalenquiries@tees.ac.uk)

**Telephone:** +44 (0) 1642 738900

[More international contacts](#)

## Professional accreditation

The British Association of Sport and Exercise Sciences has endorsed this course. This degree encourages students to develop as a sport and exercise scientist and understand how their skills apply to sports performance and health-based settings. Students are provided a range of applied opportunities both in lab and field-based environments.



## Course overview

You will learn how sport and exercise science principles can improve sports performance and sports coaching, and how this knowledge can support the health and wellbeing of society. The course emphasises practical experience, teamwork and communication, digital skills and a global perspective to prepare you for the workplace, and understanding and using research.

### Top reasons to study sport and exercise science

- **Graduate prospects:** We are ranked 7th for graduate prospects – On Track for sports science in the Complete University Guide 2023. (86 institutions were ranked, [tees.ac.uk/source](https://tees.ac.uk/source))
- **Career focused:** we introduce you to a wide range of employers and help you plan your career from day in pathways such as teaching PE, sports coaching, strength and conditioning and personal training, exercise referral, the health and fitness industry and others
- **Facilities:** cutting-edge equipment and laboratory space gives you the practical skills you need to assess performance in sports and exercise, and includes: an outdoor 3G astro turf, advanced laboratories for fitness testing (VO2 max, blood sampling), technique analysis (3D motion analysis), and strength and conditioning.
- **Work experience:** a wide range of work experience opportunities including placements and internships with sports clubs (regional and national) and external partners (public health exercise referral schemes) helps you build important professional and personal networks
- **Student experience:** outside of your studies Teesside Sport offers performance sport scholarship, opportunities to join University and/or campus sport teams; volunteering or working in The Gym and sports facilities.
- **Staff expertise:** the teaching and technical team have worked with athletes and coaches across youth development programmes, professional and elite sport. Staff hold professional accreditations ([BASES](#) and [UKSCA](#)), produce internationally-recognised research and advise on the UK government's guidelines for physical activity.

[Download pdf](#) [Order prospectus](#)

## Course details

### Course structure

#### Year 1 core modules

##### Designing and Delivering Physical Activity

This module shows you how to design, deliver and evaluate applied physical activity sessions, in the context of the national curriculum for teaching Physical Education (PE). Typical weekly sessions involve practical and group-based activities in the sports hall, where your communication skills and professionalism are developed and assessed. This is in the context of working with individuals from pre-school age to older adults, giving you coaching and teaching skills.

##### Future Graduate Destinations

Your opportunity to meet professionals working in PE teaching, sports coaching, personal training, exercise referral, the health and fitness industry and others to help build your professional networks and discuss your career plans with potential future employers.

##### Performance Analysis: Physiology and Biomechanics

This module introduces you to a series of competency-based scientific methods for assessing human performance. This involves assessing the physiological systems of the body, such as the cardio-respiratory system, skeletal muscle and the metabolic system, and investigating the biomechanical principles underpinning movement technique. The laboratory sessions are designed to teach you sport science laboratory skills such as taking blood, measuring oxygen uptake, monitoring heart rate, and movement analysis using 3D motion capture and assessing ground reaction forces.

##### Performance Analysis: Psychology and Motor Learning

This module introduces you to the professional and interpersonal skills needed to work with and assess the human performer and, working in a multidisciplinary team, enable effective communication and rapport building. You acquire practical knowledge in how to deliver psychological and motor behaviour assessment tools such as performance profiles, systematic observations and eye tracking. Together you use these interpersonal skills and assessment tools to help an athlete to meet their potential in their sport.

### **Sport in Society**

This module looks at sport and its role within society. You will examine this in relation to global, social, political and economic aspects. You will use social scientific theory to identify, analyse and evaluate the social values relating to power and hierarchy, fairness and deviance, money and sport as a commodity.

### **The Sport and Exercise Science Consultant**

This module works like a real-life sport and exercise science consultancy service. We have strong links with athletes and sports teams. These athletes will visit the laboratories at the University and you will assess their sporting performance using a variety of cutting edge techniques, under the supervision of highly qualified and experienced members of academic staff. You develop the practical and professional skills required to deliver a high quality sport and exercise consultancy service in both the laboratory and field environments. You have the opportunity to build your competencies in a range of scientific methods across the core disciplines in sport and exercise science.

### **Optional module**

#### **Sport and Exercise Vocational Practice 1**

You study the role of a personal trainer, covering anatomy and physiology. This includes the structure and function of major body systems, and maintaining health, safety and welfare in fitness environments, with safeguarding of children and vulnerable adults considered. You also explore safe and effective exercise for a range of clients, and the health benefits of physical activity and healthy eating. Learn how to communicate effectively with clients and motivate them to adhere to an exercise programme.

### **Year 2 core modules**

#### **Current Research in Sport and Exercise Science**

Develop your knowledge and understanding of sport and exercise science, and the research processes that underpin them. Explore a range of contemporary topics including physiology, biomechanics, motor control, psychology and sociology. Learn about the core debates and evidence relating to specific topics within these areas and research processes to produce academic studies.

#### **Health Physiology**

You focus on the immediate and long-term effects of exercise on the physiological systems, for example - energy metabolism, cardiovascular system, neuromuscular system and the endocrine system of the human body. Key areas of exercise physiology are covered, including introduction to health physiology, chronic diseases, the ageing process and issues surrounding digital health. A major focus is the development of your practical skills and the application of theoretical knowledge to practical situations, as they relate to health physiology.

#### **Human Movement in Sport and Exercise Science**

Within this module you study biomechanics and motor learning in sport and exercise settings. You take part in a number of practical sessions on the outdoor 3G artificial pitch or in the sports hall, which are designed to help you generate applied research questions regarding how best to improve movement skills in sports performance. You are shown how to design, conduct and evaluate a research project involving a 3D analysis of movement.

#### **Psychology of Exercise and Health**

The physical benefits of exercise are extensively documented, but exercise can also be used to enhance society's psychological health, well-being and cognitive functioning. By using exercise as a means to enhance well-being, individuals can reap the physical benefits and experience an overall increase in their quality of life. In this module you explore a range of topics related to mental and cognitive well-being, and examine the efficacy of various public health promotion campaigns.

#### **Sport and Exercise Work Placement 1**

You have a clear opportunity to expand and consolidate your links with the employers you meet throughout the degree. We have direct links to working in sports performance (through Tees Valley Sport, local clubs, Middlesbrough Football Club., MFC Foundation, and our own Sport and Exercise Science Consultancy module), public health (through Public Health South Tees), and a range of other opportunities. You forge strong links with professionals in industry, and gain key skills from working in your chosen field. With your placement supervisor you identify a challenge or problem in their line of work, propose solutions, and present the findings in a student conference attended by employers and students at all levels. Employers provide a formative report on your aptitude and engagement with the placement, and your self-reflection on this experience is a crucial assessment component. All placements must be approved by our Placement Officer.

#### **The Health and Wellbeing of Society**

You benefit from our working relationship with Public Health South Tees. In the previous academic year, you acquired a range of competencies in sport and exercise. While this was in the context of improving sports performance, in this second year module you learn how these methods can also promote well-being and positive outcomes in communities facing health inequalities, for example, due to disease, ageing, and socio-economic factors. You meet qualified exercise practitioners who deliver physical activity as a form of medicine for hard to reach groups. You have the opportunity to meet the clients, discuss the interventions, and learn how practical outcomes are achieved to benefit the lives of real people. Ultimately, you gain a clear understanding of how physical activity interventions are developed, delivered and evaluated in target populations.

### **Optional module**

#### **Sport and Exercise Vocational Practice 2**

You cover a variety of topics relevant to the role of a personal trainer, building on your previous knowledge and skills. Personal training begins by assessing the client's current fitness level, with an in-depth discussion of lifestyle, needs and goals. You develop a customised

fitness plan and provide instruction, encouragement, motivation and accountability.

## Final-year core modules

### Interventions for the Human Performer

This module builds on your proposal for an intervention in your second core module. You deliver the short-term intervention you have previously proposed for a named case study involving a human performer. You report and evaluate the outcomes with reference to issues of evidenced-based practice and ethical issues.

### Physical Education and School Sport

Explore contemporary issues in the promotion and delivery of physical education, activity and school sport. Use a variety of resources to critically evaluate research in children's physical fitness and sport. Develop your knowledge to establish important links between physical education in schools and the development of children. Apply your academic and practical skills to identify factors that influence participation in sport and physical activity. Evaluate interventions and translate research into practice.

### Sport and Exercise Science Work Placement 2

This module provides a second opportunity to further expand and consolidate the links you have made with employers. We have direct links to working in sports performance (through Tees Valley Sport, local clubs, Middlesbrough Football Club, MFC Foundation, and our own Sport and Exercise Science Consultancy module), public health (through Public Health South Tees), and a range of other opportunities. You again work with the placement supervisor to identify a challenge or problem in their line of work, propose solutions, and present the findings in a student conference attended by employers and students. Employers provide a formative report on your aptitude and engagement with the placement, and your self-reflection on this experience is a crucial assessment component. All placements must be approved by our Placement Officer. A further component requires evidence of your engagement in the credit-based system throughout the degree in a wide range of extra-curricular activities, including research participation, continued professional development (CPD) activities, short courses, and volunteering, which are offered throughout the course.

### The Assessment of the Human Performer

You examine a variety of topics related to analysing human performance. Performance is defined in the broadest sense, in that this can range from any level of engagement in physical activity, for example in sedentary, impaired or disadvantaged populations through to participation and elite sports. You also consider the sociological context of the performer and use needs analysis to propose an intervention for performance improvement.

## Optional module

### Sport and Exercise Vocational Practice 3

You study group exercise in one of seven possible disciplines. This is listed on your certificate, allowing you to access roles instructing group exercise classes and sessions in your chosen discipline.

Modules offered may vary.

## How you learn

As a team, we focus on developing your scientific, professional, and communication skills within applied practice, the sport and exercise laboratory and industry so you graduate with essential work-related skills. Teaching methods vary between modules but are all interactive and include lectures, seminars, laboratory work, workshops, practical work, tutorials and work placements. The majority of our academic staff are either qualified, or currently training to doctorate level, which brings integrity and insight to our research-led teaching. The reach and significance of our ongoing research is communicated throughout the degree. Our teaching is delivered by academic staff who are publishing research at the forefront of their disciplines and leading research projects and groups, including our two Professors in Sport and Exercise Science.

## How you are assessed

You are assessed by group work, presentations and laboratory reports. Based on our consultations with employers, we have removed all exam style assessments from the degree. Many of the assessments mirror work-related tasks to help you prepare for employment in industry. For example, applications for grant funding, an athlete case study needs analysis, delivering applied practical sessions (for example, teaching PE), portfolios of evidence showing your ability to build networks in industry (such as through work placements), understanding and implementing sports policies, and the creative use of novel technologies in sport and exercise. There are also digital submission formats, such as video diaries, blogs, and video-based user guides, which reflect your digital literacy.

Formative feedback is provided throughout every module to help consolidate your skills, knowledge and understanding prior to the final submission.

One assessment component per year involves a credit system through which you are encouraged to get involved in extracurricular activities throughout your degree including research volunteering, work placements, sport science consultancy and vocational courses.

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Our Disability Services team provide an inclusive and empowering learning environment and have specialist staff to support disabled students access any additional tailored resources needed. If you have a specific learning difficulty, mental health condition, autism, sensory impairment, chronic health condition or any other disability please contact a Disability Services as early as possible.

[Find out more about our disability services](#)

[Find out more about financial support](#)

[Find out more about our course related costs](#)

## Entry requirements

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### Entry requirements

An enhanced criminal history (DBS) check may be required for certain modules or placements which involve working with children and/or adults at risk. Where an enhanced DBS check is required you will cover the cost of these checks, and the University will process this for you.

#### Level 4

A typical offer for entry to the first year of the BSc (Hons) Sport and Exercise (level 4) is 96-112 UCAS points from at least two A levels (or equivalent) and GCSE grade 4 (grade C) or equivalent in English and maths. General Studies is accepted.

#### International applicants

International applicants must have a minimum IELTS score or equivalent of 6.5 in writing alongside a minimum of 6.5 in reading, listening and speaking with a minimal overall score of 6.5 before an unconditional offer is made.

#### Applicant Days

If you receive an offer to study with us you may be invited to attend one of our Applicant Days. This is a great opportunity to learn more about studying at Teesside by exploring our campus, seeing our excellent facilities, meeting staff and students, and finding out more about your course.

The Applicant Day provides you with information, guidance and advice to help you make the right choice. Even if you have attended an Open Day we encourage you to attend the Applicant Day - we are confident you will find your visit a useful experience.

#### Entry with Advanced Standing

The course permits Recognition of Prior Learning (RPL) that has been mapped to The QAA Benchmark Statement: Events, Hospitality, Leisure, Sport and Tourism (2016) and Course Stage Outcomes, up to a maximum of 300 credits of the course, with no more than 60 credits at level 6. All Advanced Standing and RPL claims must also meet Teesside University's RPL requirements.

For general information please see our [overview of entry requirements](#)

International applicants can find out what qualifications they need by visiting [Your Country](#)

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You can gain considerable knowledge from work, volunteering and life. Under recognition of prior learning (RPL) you may be awarded credit for this which can be credited towards the course you want to study.

[Find out more about RPL](#)

## Employability

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### Work placement

There are a wide range of placement opportunities available throughout the degree including arrangements with local sports teams, Middlesbrough Football Club, MFC Foundation, Tees Valley Sport and Public Health South Tees.

Each year you are given the opportunity to study for an industry recognised vocational qualification such as Level 2 Instructing Gym-Based Exercise and Level 3 Personal Training. Students will be expected to pay a minimal fee to complete these courses.

### Career opportunities

A core objective of the degree is to equip you with a range of skills, competencies and knowledge for embarking on a successful career. It is important to recognise the broad range of professional roles and industries related to the field of sport and exercise science.

Examples of these roles include:

- secondary school PE teacher
- primary school teacher
- exercise referral specialist
- sports development officer
- head coach
- performance analyst
- health promotion specialist
- researcher
- lecturer
- manager, through a graduate scheme
- outdoor adventure coach
- clinical cardiac physiologist

- high-performance physiologist
- biomechanist
- sport scientist
- fitness instructor or personal trainer
- strength and conditioning coach
- owner of a lifestyle business

Please follow these links to job roles:

[The British Association of Sport and Exercise Sciences](#)

[Chartered Institute for the Management of Sport and Physical Activity](#)

**According to the Physiological Society's 2019 report**, 'Sport & Exercise Science Education: Impact on the UK Economy':

- sport and exercise science courses add £3.9 billion in income to the UK economy
- average salaries for sport and exercise science graduates after six months of employment are £21,100 a year
- over the course of their careers, sport and exercise science graduates earn on average £667,000 more compared to their non-graduate peers.

[Find out more](#)

## Information for international applicants

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### Qualifications

International applicants - find out what qualifications you need by selecting your country below.

Select your country:

 

### Useful information

Visit our [international pages](#) for useful information for non-UK students and applicants.

### Talk to us

[Talk to an international student enrolment adviser](#)