WHY STUDY SPORT & EXERCISE SCIENCE?

How does our body respond to a single exercise session and adapt to training? What influences our participation in physical activity and the ability to benefit from it? How can physical activity affect our health and wellbeing?

Scotland’s University for Sporting Excellence brings together the Faculty of Health Sciences and Sport and the Faculty of Natural Sciences to jointly deliver this degree course. Studying biological sciences teaches you the disciplines underpinning Sport and Exercise Science, develops your knowledge of scientific methods and explains the role of exercise and training in improving health and athletic performance.

COURSE DETAILS

Sport and Exercise modules include some of the following:

**PHYSIOLOGY OF SPORT AND EXERCISE**

This module aims to develop an understanding of the regulation and integration of multiple physiological systems during exercise. The module focuses on cardiovascular and respiratory systems, neuromuscular function and skeletal muscle metabolism.

**APPLIED EXERCISE PHYSIOLOGY**

This module provides both an understanding and practical experience of laboratory-based exercise physiology assessments for teaching and research.

**THE ANIMAL CELL**

An in-depth account of the structure and function of animal cells, focusing on the roles of organelles in specific aspects of cellular function. Discuss how hormones influence cellular activity through receptor binding and the activation of signal transduction pathways. The module will also allow the development of practical skills in modern molecular biological techniques.

**ANIMAL PHYSIOLOGY**

A number of major physiological systems in animals and humans are considered and how those systems respond to stimuli. You will explore the adaptation of organisms to particular environments and provide an integrated understanding of physiological mechanisms.

**SPORTS MEDICINE HEALTH AND WELLBEING**

This module provides an understanding of the role of exercise and nutrition in developing a healthy lifestyle. It considers the medical aspects related to diet and exercise in maintaining health through sport and exercise.
PROFESSIONAL QUALIFICATIONS
We offer high quality health and fitness and leisure industry qualifications, delivered at the Sports Centre by highly qualified practitioners.

Our health and fitness qualifications are offered in partnership with CYQ - one of the UK’s leading awarding organisations for physical activity, fitness and wellbeing. Our leisure industry qualifications are offered in partnership with STA, the Safety Training Awards agency.

WHY CHOOSE STIRLING?
We are Scotland’s University for Sporting Excellence, a designation from the Scottish Government in recognition of our continued contribution to the development of sport in Scotland.

Sport & Exercise Science is delivered jointly by the Faculty of Health Sciences and Sport and Faculty of Natural Sciences, bringing the expertise of both to ensure an unrivalled student experience.

Our sport-centred campus includes a 50m swimming pool, a golf course, ten tennis courts and seven sports pitches as well as a suite of laboratories for research and performance analysis.

This is why we are ranked first in Scotland for our sport facilities (Times Higher Education Student Experience Survey, 2016) and top 15 in the UK for our sport science course (Times Good University Guide, 2016). Find out more at www.stir.ac.uk/sport-at-stirling

“The labs we work in are always set up perfectly for us and the teaching is excellent - a nice blend between theory and practical work so you are actually doing what you are reading about. Everybody on the course is very close and we have a good relationship with the members of staff, so if you have any problems, you feel comfortable asking for help.

I have lived on campus all four years and love it, especially as you can basically get to anywhere you want in a 15 minute walk.

The sports facilities are great – I came to Stirling for the golf programme, but also because I could see myself living here.”

Kit Holmes,
BSc (Hons) Sport & Exercise Science and International Sports Scholarship Programme golfer

SPORT & EXERCISE
SCIENCE
stir.ac.uk/53

MINIMUM REQUIREMENTS
YEAR 1 ENTRY – FOUR-YEAR HONOURS
SQA Highers:
AABB – one sitting
AAAB – two sittings
GCE A-levels:
BBB
IB Diploma:
32
BTEC (Level 3):
DDM
Essential subjects:
To include one of Biology, Chemistry, Mathematics or Physics.

OTHER QUALIFICATIONS
Scottish HNC/HND:
Minimum entry Bs in graded unit. Advanced entry: Please consult the website for details.
Essential subjects:
As listed above or equivalent.
Access courses and other UK/EU and international qualifications are also welcomed

ADDITIONAL INFORMATION
General entry requirements apply. Please visit:
http://stir.ac.uk/av

PART TIME AND STUDY ABROAD OPTIONS AVAILABLE
CAREER OPPORTUNITIES

Careers in the sport sector account for around three percent of all jobs in Scotland according to a recent study by Cambridge Econometrics. Students who graduate in Sport and Exercise Science are prepared for the many career opportunities working in sport and biosciences.

Graduates have gone on to postgraduate and research PhD study as well as pursuing careers in sport in:

- Sports science support of athletes
- Health and fitness monitoring
- Physical activity promotion
- Coaching
- Teaching
- Physiotherapy, Dietetics and other allied health professions

Employers who have benefitted from Stirling graduate expertise include local authorities, commercial and voluntary sport organisations and governing bodies of sport.

“I play international football for Scotland and made the move to Stirling to be part of the Scottish FA Performance Centre, on campus.

I really enjoyed the course as it has helped me learn a lot of things about aspects like nutrition and how the body works. You can then go into further research, do applied sports science or even take another route and go into something like teaching

I love Stirling as it’s a sporting university – there are athletes and people who want to do sport for fun all together. The lecturers are brilliant and have a great knowledge and enthusiasm for their topics which rubs off on you. I’ve always found the lab work really interesting and that’s what convinced me to stay on and do further research.”

Jane Ross,
BSc (Hons) Sport and Exercise Science

CONTACT

Dr Lee Hamilton
Faculty of Health Sciences and Sport
T: +44 (0) 1786 466475
E: d.l.hamilton@stir.ac.uk
W: stir.ac.uk/health-sciences-sport/

stir.ac.uk/53

Student Recruitment and Admissions
T: +44 (0) 1786 467046
E: recruitment@stir.ac.uk

stir.ac.uk/65

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