



SPORT AND EXERCISE SCIENCE

BSc (Hons)



ARE YOU STIRLING?



REASONS TO CHOOSE THIS COURSE

1 RESEARCH LED TEACHING

Course content is shaped by the latest scientific research and recent publications by our staff and other world leading researchers.

2 EXCELLENT FACILITIES

We have a suite of research and performance analysis laboratories and world-class facilities including a state-of-the-art fitness suite, strength and conditioning areas and a 50m swimming pool.

3 OUR RESEARCH GROUPS

Our Physiology, Exercise & Nutrition Research Group specialises in addressing basic and applied research questions as diverse as physical activity, exercise and performance to molecular control mechanisms, epigenetics and genetics.

WHY STUDY SPORT AND 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.

TOP 15 IN THE UK FOR SPORTS SCIENCE

The Complete University Guide 2019

COURSE DETAILS

Sport and Exercise Science modules include:

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.

HUMAN ANATOMY AND PHYSIOLOGY

A number of major physiological systems in humans are considered and how those systems respond to stimuli. You will explore the adaptation of humans to particular stimuli and we will provide you with 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.

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 and 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 1st in Scotland and top 5 in the UK for good sport facilities (Times Higher Education Student Experience Survey, 2017) and 86% of our Sport and Exercise Science students were satisfied overall (National Student Survey, 2018). Find out more at stir.ac.uk/sport-at-stirling

“Stirling University is known for its sporting excellence so was my first choice both for my studies and to continue my swimming career.

It is a fantastic environment to study in, with great support from the lecturers, and excellent facilities.

In my final year here I got my gym instructor and personal trainer qualifications. Combined with my degree in Sport and Exercise Science, I now have lots of opportunities for my future career.”

Danielle Joyce

BSc (Hons) Sport and Exercise Science

SPORT & EXERCISE SCIENCE

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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: 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 within 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 include local authorities, commercial and voluntary sport organisations and governing bodies of sport.

“There have been many opportunities made available to me throughout this course, including getting involved in sports, internships, teaching, and research. The department has close links with local authorities and national governing bodies of sport.

I liked the fact that there was a variety of assessments as part of the course, including posters, presentations, group work, coursework and exams.

This degree has taught me the principles of Sport and Exercise Science but also how to be a critical thinker and reflective learner. These skills will be very useful after university.”

Louise Coleman

BSc (Hons) Sport and Exercise Science

CONTACT

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Student Recruitment and Admissions

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JOIN OUR COMMUNITY



**ARE YOU
STIRLING?**
