WHY STUDY SPORTS STUDIES?
Here at Scotland’s University for Sporting Excellence, we are able to offer an outstanding environment in which to study sport, take part in sport, research sport, and perform in sport at the highest levels. Our scenic sporting campus is home to world-class sports facilities including a 50m swimming pool, a golf course, a fitness centre, an eight-court sports hall, nine grass and artificial pitches, and ten tennis courts, plus more.

Our Sports Studies course is flexible, with a wide variety of module options. It can form part of a Combined Honours degree alongside a range of subjects including Accountancy, Business Studies, Film and Media, History, Journalism, Marketing and Psychology.

MORE THAN 97% OF OUR UNDERGRADUATE LEAVERS ARE IN EMPLOYMENT OR FURTHER STUDY WITHIN SIX MONTHS OF GRADUATING
Destinations of Leavers from Higher Education survey 2016/17

COURSE DETAILS
Sports Studies modules include:
THE PSYCHOLOGY OF SPORT
Gain insight into the psychological techniques used to help athletes improve their sporting performance. Discover both the theory and the range of mental skills behind The Psychology of Sport with classes delivered by chartered sport psychologists. Upon completing this module, you will be able to plan, implement and evaluate an appropriate mental skills programme for a performing athlete.

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.

PE, SCHOOL SPORT AND YOUTH CULTURE
A module which gives you an understanding of the dimensions of physical education, school sport and leisure for young people. In particular, it sets out to identify how young people develop their self-identities and how they accept or reject sport and physical activity in this process.

MANAGING THE BUSINESS OF SPORT
In this module you will learn about the concepts and practices involved in sport management. You will gain an understanding of the specifics of the sport industry and the challenges it faces. You will also learn about strategic and operational concepts and the tools applied to sports organisations.

You’ll gain a broad perspective on sport, including key themes of: sports in society, organisations and policy; sports development including sport in schools; and the role of sport in health and well-being. In your final year, you can specialise in one of them and work on an independent research project.

REASONS TO CHOOSE THIS COURSE

1 RANGE OF TOPICS
Staff have vast academic and practical experience in: sport and exercise psychology, sport culture, sport management and health and exercise science.

2 EXTERNAL LINKS
The Faculty of Health Sciences and Sport has strong links to a number of national governing bodies in sport such as the Scottish FA and Scottish Swimming, many of whom are based on campus.

3 WORK EXPERIENCE
As part of your course you’ll have the opportunity to do work experience at a relevant sports organisation.
**SPORTS STUDIES**

stir.ac.uk/54

**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

**YEAR 2 ENTRY – THREE-YEAR HONOURS**

SQA Adv Highers:
- ABB

GCE A-levels:
- ABB

IB Diploma:
- 35

**OTHER QUALIFICATIONS**

Scottish HNC/HND:
Minimum entry: Bs in graded units.
Advanced entry: Please visit: stir.ac.uk/ay
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, ADVANCED ENTRY AND STUDY ABROAD OPTIONS AVAILABLE**

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**WORK PLACEMENT**

Students can combine workplace experience with their studies, gaining academic credits in the process through our work experience module.

**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.

The Faculty of Health Sciences and Sport has many partnerships with the sport industry ensuring students can gain practical experience alongside their degree.

Our sport-centred campus includes a 50m swimming pool, a golf course, ten tennis courts and nine 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). Find out more at stir.ac.uk/sport-at-stirling

**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. A number of exciting opportunities for well qualified students have arisen from the legacy of the Glasgow Commonwealth Games and the Ryder Cup.

Many of our graduates have gone on to work as:

- Sport Development Officers, working with governing bodies and clubs to develop sport, both here in Scotland and abroad
- Managers of sport facilities in Sport and Leisure Trusts across the UK
- Administrators for National Governing Bodies and Sport Policy Agencies, such as sportscotland
- Sport Development Officers working with charities in developing nations to use sport to build communities
- Personal Trainers in Health and Fitness organisations
- Coaches working with development teams in a number of sports, such as football and rugby.
“I’ve found the teaching and learning resources fantastic; from the approachable and passionate staff, to the sports facilities and the library.

The diversity of the course has also been a real highlight for me, as the course covered a variety of topics. I now feel equipped with the tools I need for a successful career within the sports industry.”

Sean Savage
BA (Hons) Sports Studies