

SPORT SCIENCES

UNDERGRADUATE STUDY • 2012 ENTRY
ST LUKE'S AND STREATHAM CAMPUSES, EXETER





Key Information

	UCAS CODE	TYPICAL OFFER
BSc Single Honours		
Exercise and Sport Sciences	C602	AAB-ABB; IB: 34-32
Human Biosciences	C900	AAB-BBB; IB: 34-30
BSc Combined Honours		
Psychology with Sport and Exercise Science	C8C6	AAA-AAB; IB: 36-34
Flexible Combined Honours/with Study Abroad	Y004/Y006	AAA-AAB; IB: 36-34
Flexible Combined Honours/with UK Work Experience	Y007	AAA-AAB; IB: 36-34

For further details on all our entry requirements, please see our Sport Sciences pages at www.exeter.ac.uk/undergraduate/degrees/sport

St Luke's and Streatham campuses, Exeter

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Why study Sport Sciences at the University of Exeter?

Sport and Health Sciences at Exeter has an excellent international reputation for its teaching and research. If you want an innovative and holistic scientific approach to the understanding of sporting performance and exercise and health, combined with an excellent general education that can lead to a wide range of employment opportunities, then Sport and Health Sciences is for you.

You'll study at the historic St Luke's Campus, which provides a friendly and supportive environment. Our extensive teaching and research facilities include designated purpose-built laboratories for sport and exercise physiology, sports biomechanics, health and performance psychology research.

Many of our students represent the University in their chosen sport and a number have achieved regional, national and international sporting success. We have an excellent Sports Scholarship Scheme and sports scholars succeed academically whilst also pursuing their sporting careers.

You'll benefit from our highly supportive teaching and learning environment that complements the applied and conceptual nature of the programmes. Our innovative teaching programmes are research and enquiry driven. All our teaching staff are research active and their work informs public policy on exercise and health. For example, we provide scientific support and consultancy services to national and international athletes and

teams, including the Rugby Football Union, England and Wales Cricket Board and the Football Association.

All our staff incorporate cutting-edge material into their teaching throughout the degree, ensuring that the teaching is informed by the most up-to-date research available. We were ranked 7th in the UK for world-leading and internationally excellent research in the 2008 Research Assessment Exercise. Details of our staff research interests can be found on our website at www.exeter.ac.uk/sshs

We help you to develop your personal and key skills, such as communication, IT, critical appraisal and self-management. Team-building days and careers workshops help you to develop vocational skills. You'll also be encouraged to attend and present at student conferences, such as the British Association of Sport and Exercise Sciences (BASES) Student Conference and to be involved in initiatives including the student ambassadors scheme and workplace internships.

1st for Sports Science in *The Guardian University Guide 2011*

Top 3 for the 3rd year running in *The Times Good University Guide*

Outstanding National Student Survey results: top 6 in the UK for the last four years

7th in the UK for world leading and internationally excellent research[▲]

4th in the UK for progression to graduate level employment and postgraduate study[◆]

Research-led teaching with academic collaborations with industry and professional athletes

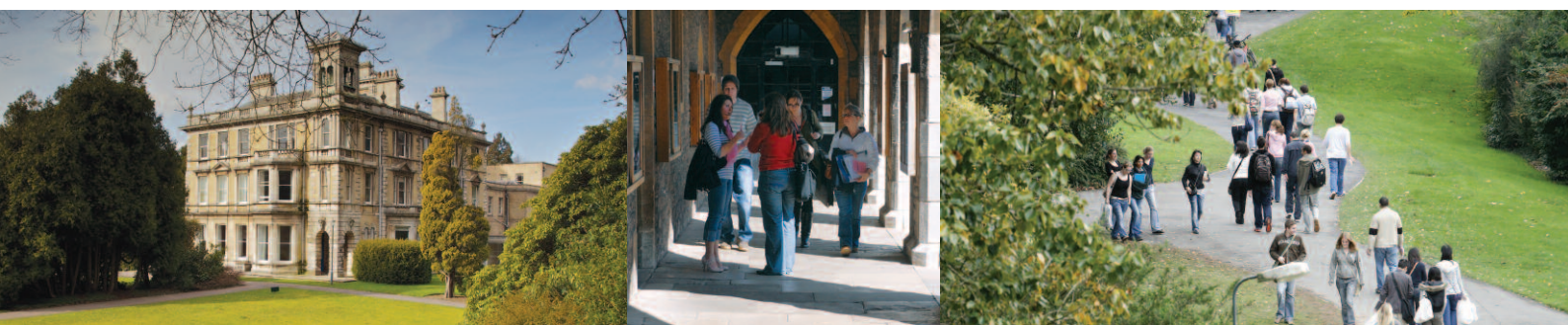
Dedicated laboratories for biomechanics, physiology, psychology and social sciences

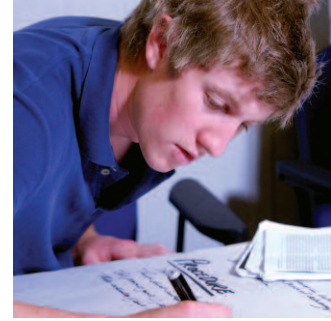
One of the UK's top sporting universities, consistently in top 15 in BUCS championships

Generous sports scholarship scheme

[▲]RAE 2008 based on percentage of research categorised as 4* and 3*

[◆]Proportion of UK domiciled, full-time, first degree graduates relative to all graduates with a known destination; HESA 2008/09





Degree programmes

Our curriculum is research and enquiry driven and we teach all the main subject disciplines in Sport Sciences: including physiology, biomechanics and psychology.

You'll take practical tasks in the laboratory, workshop and in the 'field'. These tasks typically include gathering and analysing data on exercise performance in the laboratory, analysing statistical data collected in a workshop and observing and interviewing people in their 'natural' social environments.

The programmes move from 'core' modules (no choice) to 'option' modules (free choice) as they progress. The foundations are laid in the first year and the first half of the second year, after this you choose which subjects you wish to study. To help you choose your optional modules in Years 2 and 3 you'll have an advisory session with your Year Tutor. You may want to focus on options that are specific to one discipline (eg, physiology) or if your interests are more varied you might want to take a more general approach and choose options from psychology, physiology and biomechanics.

We have links with five major universities offering Exercise and Sport Sciences programmes in Australia, New Zealand, Portugal and Spain. The study abroad scheme allows students on our BSc Exercise and Sport Sciences programme to study for part of the second year abroad, at a university of equivalent standard and quality to Exeter. Whilst abroad you'll gain credits towards your final degree while also gaining vital experience and employability skills.

How your degree is structured

The degrees are divided into core and optional modules, which gives you the flexibility to structure your degree according to your specific interests. Individual modules are worth 15, 30 or 45 credits each. Full-time undergraduates need to take 120 credits in each year. Within Sport Sciences, in addition to the core modules,

you can choose from an extensive range of options in years two and three, a few examples of which are shown at the back of this brochure.

For up-to-date details of all our programmes and modules, please check www.exeter.ac.uk/sshs

Single Honours

BSc Exercise and Sport Sciences

Exeter's BSc Exercise and Sport Sciences programme is studied over three years.

You'll develop a comprehensive understanding of the scientific principles underlying sport and exercise performance and participation. Our programme is designed to develop your knowledge of four subject areas in Sport Sciences (physiology, biomechanics and psychology) and to help you understand the variables involved in enhancing exercise or sports performance. To support our graduates to enter a range of careers, we promote the development of employability skills through modules in leadership and business (run by the Business School), sports law (run by the Law School), physical education and employability/career development.

Year 1: In your first year, we focus on developing your foundational knowledge and skills within Exercise and Sport Sciences, including: anatomical knowledge; exercise and sport within a physiological context; exercise and sport related kinesiology and biomechanics; kinanthropometry; and underlying theories of sport and exercise psychology. In addition, there is a module aimed at giving you the fundamental skills for learning, employability and personal development.

Year 2: In your second year, the science and research and enquiry modules build on knowledge and skills obtained in the first year. You also have the option to study abroad through the Erasmus scheme and other international links. Topics covered include: the body's physiological response to exercise; angular kinematics and angular kinetics; statistical data analysis techniques

required for a dissertation using quantitative and qualitative methods; and key psychological themes related to health psychology and cognitive sports psychology.

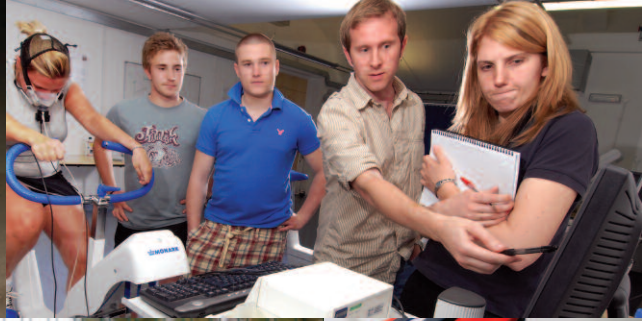
Year 3: In your third year, the science modules continue to build on your first two years' work, with a particular focus on the application of theory into practice. Subjects covered include sports nutrition, biomechanics of human movement, sports psychology, clinical exercise prescription, and physical activity and mental health. The research dissertation, under the supervision of an academic tutor, will increase your ability for independent study and critical analysis.

BSc Human Biosciences

Human Biosciences at Exeter is taught jointly by Biosciences and Sport and Health Sciences and represents an innovative collaborative teaching response to a broadening demand for graduates with skills in biological and sport science. It allows you to study scientific aspects of health, physical activity and biotechnology and recognises the importance that exercise can play in the prevention and treatment of disease. You will receive a thorough grounding in the study of human and molecular biology together with the various sub-disciplines of exercise and sport sciences, including biomechanics, kinesiology, human and applied physiology, molecular biology, genetics and medical microbiology. For full details of Bioscience modules please see www.exeter.ac.uk/biosciences

Year 1: Your first year will provide you with a foundation in exercise science and biology. Practical work is designed to complement the lecture courses. You will receive training in key scientific skills as part of the *Fundamental Skills for Biosciences* module, which includes tutorials.

Year 2: In your second year, the modules build on knowledge and skills obtained in the first year. You can now begin to tailor your degree to suit your personal interests in biology and exercise and sports sciences.



Year 3: You have the opportunity to focus on areas of biology and exercise and sport sciences that particularly interest you. During the first two terms you can undertake a project/dissertation centred on the research work of a member of staff. Under their academic supervision, you'll develop the skill set needed to move forward as a science graduate.

Combined Honours Degrees

BSc Psychology with Sport and Exercise Science

This programme is taught jointly by Psychology and Sport and Health Sciences. The degree provides a good foundation for any student interested in a career as a psychologist with a particular focus on applying those skills in the broad areas of sport, exercise and health maintenance. For full details of the Psychology modules, please see www.exeter.ac.uk/psychology

The programme provides British Psychological Society (BPS) accreditation. BPS accreditation confers eligibility for the Graduate Basis for Registration, provided the minimum standard of qualification of Second Class Honours is achieved. This is the first step towards becoming a Chartered Psychologist.

Year 1: In the first year you'll study a range of core areas, gaining a broad knowledge of psychology and sports and exercise science. Practical classes will give you training in quantitative, laboratory-based, experimental methodology in psychology, covering the broad range of subject areas across the core modules. Each core module includes practical classes and small group academic tutorials.

A third of your first year credits will be taken in sport and exercise science. In these modules, you will study a broad range of sub-disciplines including physiology and psychology. A mix of lectures, seminars, and laboratory-based practical classes will help develop your knowledge and provide initial opportunities to employ theoretical concepts in applied exercise and sport settings.

Year 2: The second year will challenge you and prepare you for the final year. You'll be expected to produce essays, reviews of journal articles and scientific reports that show that you can address problems systematically and can think critically and creatively. During this year you will gain more detailed knowledge and critical understanding of psychology and sports and exercise science and this will help you select your specialist seminar topics and decide on the theme of your final year research project. Staff will discuss their own research work in lectures and practicals and you'll be invited to attend formal research seminars given by external speakers.

There's a much greater emphasis on original practical work in year two and you'll start to design and carry out your own investigations with the use of computer software and statistics packages.

Year 3: In the third year, you will undertake a psychology-related research project, supervised by a member of staff from either department. Almost all of our third year psychology teaching is based on small seminar groups of approximately 25-35 students discussing advanced topics in psychology that are grouped into three general areas: social, economic and

developmental psychology; cognitive psychology; and comparative clinical and child psychology.

The modules offered in exercise and sport science provide an opportunity to cover a range of sub-disciplines or focus on your preferred area. A greater emphasis will be placed on discussing and analysing theories and research, but you will continue to apply your knowledge in practical settings.

By this point you will be skilled and competent enough to carry out your own project. As experienced researchers, staff will be able to give you advice on the subject matter, design, execution and writing up of the project. We regard this piece of work as the 'flagship' of your practical work in the School and many students have gone on to postgraduate study to develop these research interests. You'll normally work in pairs during your research project and then you'll write an independent report.

Flexible Combined Honours

This innovative Combined Honours scheme enables you to combine modules from a number of different fields of study not otherwise available through an existing Combined Honours programme. You can combine Sport and Health Sciences with up to two other subjects from an extensive list. Throughout your degree there will be Sport Sciences support to help you choose the most appropriate pathway for you. Further information and the full list of available subjects can be found at www.exeter.ac.uk/fch



Learning and teaching

Simple division into practical and theoretical work does not apply in Sport Sciences. Most modules will include a range of learning experiences, including:

- **Lead lectures:** designed to introduce topics, provide a framework for further reading, and as background material for extended work through laboratory and practical experiences.
- **Laboratory sessions:** you'll work in smaller groups with specialist equipment.
- **Seminars:** you'll work in smaller groups, where you can contribute through discussion, role-play and short presentations.
- **Study groups:** involve work with other students allowing you to rely on the support and cooperation of fellow students as a resource.
- **Practical sessions:** some learning and teaching sessions make use of the sports facilities in order to help you gain applied experience.
- **Independent research and study:** reading, researching, writing, practice assignments, projects and dissertation.
- **Dissertation:** this will be conducted in an area related to your specialism and will take the form of an extended and original piece of independent research. Students present their dissertation at a third year Sport Science dissertation conference.
- **Guest lectures:** we frequently have visitors of international standing in the area of exercise and sport.

On average you'll have 10-14 hours of teaching time per week with more at the beginning of the programme and less as you progress and take more responsibility for your own learning. You'll also need to study for about 2-3 hours per hour of contact time you have with lecturers. Independent study is the key difference between school and university study and requires a different type of motivation and organisation. If you need help with making this transition, we run study skills workshops.

We're actively engaged in introducing new methods of learning and teaching, including increasing use of interactive computer-based approaches to learning through our virtual learning environment, where the details of all modules are stored in an easily navigable website. Students can access detailed information about modules and learning outcomes and interact through activities such as the discussion forums.

Facilities

We have several teaching and research laboratories and computer suites at St Luke's Campus, which have been extended in recent years to accommodate the increase in both teaching and research activities.

At the Streatham Campus, Biosciences has benefitted from a £25 million investment in facilities. The laboratories provide a well-equipped and extremely safe environment for undergraduate teaching and there are always demonstrators available to ensure that you get the most out of your practical training. In Psychology, we have extensive specialist laboratories and specialist facilities for studies of cognitive and social psychology. We also have well-equipped workshops and a state-of-the-art audio/visual recording suite.

Research-led teaching

Our staff are research experts in the areas that they teach. You'll have the opportunity to work closely with academic staff at the cutting edge of research and academic debate and will benefit from an innovative curriculum informed by leading research. All academic staff teach on the undergraduate programme on topics linked to their own research interests, for example, Professor Adrian Taylor applies his research on the effects of exercise on psychological well-being and understanding how best to promote physical activity to enhance such outcomes in the Year 2 *Exercise and Sport Psychology* module.

Academic support

All students have a Personal Tutor who is available for advice and support throughout their studies. There are also a number of services on campus where you can get advice and information, including the Students' Guild Advice Unit. You can find further information about all the services in the University's undergraduate prospectus or online at www.exeter.ac.uk/undergraduate

Study abroad

Students studying Exercise and Sport Sciences have the opportunity to spend the first half of their second year abroad. You could learn a new language and experience different cultures, become more self-confident and widen your circle of friends. You could get the chance to specialise in areas that are not available at Exeter, and when it comes to a career, your skills and knowledge of another country will prove invaluable to many employers. This, of course, applies equally to overseas students coming to study abroad at Exeter. We currently have arrangements with partner universities in Australia, New Zealand, Hong Kong, Portugal and Spain.

For further details of our study abroad options please check the International Office website at www.exeter.ac.uk/international/abroad/erasmus

Assessment

You must pass your first year assessment in order to progress to the second year, but the results do not count towards your degree classification. The assessments in the second and third years all contribute to your final degree classification. Modules are assessed using a variety of methods including essays, exams, presentations, laboratory reports and a dissertation. We aim to strike a 50:50 balance between continuous assessment and exams over the duration of the programmes. For full details of the assessment criteria for each module, check the programme details section of our website at www.exeter.ac.uk/sshs/undergraduate/degrees



Money matters

At the time of printing, major Government reforms to student finance are underway – these will allow universities to charge tuition fees of up to £9,000 a year from 2012/13. Universities that want to charge more than the new basic fee of £6,000 will have to meet additional conditions to promote access for disadvantaged students. We have not yet confirmed our tuition fees and support levels for the coming year, but, once we have done so, we will update our website as soon as possible. We therefore recommend you consult our website for this information before you submit your UCAS application for entry to university in autumn 2012. For further information, please see www.exeter.ac.uk/undergraduate/money

Careers

Our degrees have high academic standing and provide opportunities to develop a range of problem-solving, decision-making, personal communication and leadership skills that are demanded in many careers. The degrees are first and foremost honours degrees in science. That means that you will be qualified to get a job on the basis of being accomplished at doing degree-level scientific work and many of our graduates use their degrees successfully to gain employment outside of exercise and sport sciences.

Unsurprisingly, a number of our graduates choose to work in the sport, exercise and health sector, thereby applying their knowledge even more specifically. In keeping with an increasingly competitive employment market, a growing proportion of our undergraduates are also electing to further specialise their training or education.

We hold an annual careers day, providing you with an opportunity to engage with a range of external experts from the exercise, health and sport sector. We also disseminate a regular careers and employability e-newsletter and provide weekly drop-in sessions with a Careers Adviser based in the School. Students can also choose to take a 15 or 30 credit *Employability and Career Development* module in their third year to prepare them for their future careers.

Many of our students take part in the Exeter Award and the Exeter Leaders Award. These schemes encourage you to participate in employability related workshops, skills events, volunteering and employment which will contribute to your career decision-making skills and success in the employment market.

Many employers target the University when recruiting new graduates and our programmes have a designated Careers Tutor who liaises with the University Careers and Employment Service.

The following are examples of initial jobs secured by Exercise and Sport Sciences graduates who recently finished undergraduate degrees:

- Audit Assistant, KPMG, Crawley
- Biomedical Scientist, Derriford Hospital, Plymouth
- Graduate Teaching Assistant, Rugby School, Rugby
- Staff Writer, Advantage Publishing, London
- Project Manager, Davis Langdon, London
- Cricket Administrator, England and Wales Cricket Board, London
- Professional Rugby Player, London Welsh, London
- FE Sports Coordinator, Sir George Menoux Youth Sports Trust, London
- Assistant Sports Development Officer, East Lindsey District Council, Louth
- Officer Cadet, Army, Sandhurst

Examples of further study followed by our graduates in Exercise and Sport Sciences are:

- MBChB Medicine, Imperial College, London
- MSc Coaching Science, University of Wales Institute
- MSc Sport and Exercise Medicine, University of Exeter
- MSc Physiotherapy, University of Teeside
- MSc Sport and Exercise Nutrition, University of Loughborough
- PhD Sport and Health Sciences, University of Exeter

For further information about what the Employability Service offers at Exeter visit www.exeter.ac.uk/employability

Entry requirements and applying

You can find a summary of our typical entry requirements on the inside front cover of this brochure.

The full and most up-to-date information about Sport Sciences is on the undergraduate website at www.exeter.ac.uk/undergraduate/degrees/sport and we strongly advise that you check this before attending an open day or making your application. Some programmes require prior study of specific subjects and may also have minimum grade requirements at GCSE or equivalent, particularly in English Language and/or Mathematics.

For some Sport Sciences programmes where we receive a large number of applications from well-qualified applicants, we may not be able to make an offer to all those who are predicted to achieve (or who have already achieved) our typical offer. We will therefore consider additional academic achievements alongside the personal statement in deciding whether we are able to make an offer. You can find further information about these additional criteria at www.exeter.ac.uk/undergraduate/degrees/sport

We make every effort to ensure that the entry requirements are as up-to-date as possible in our printed literature. However, since this is printed well in advance of the start of the admissions cycle, in some cases our entry requirements and offers will change.

If you are an international student you should consult our general and subject-specific entry requirements information for A levels and the International Baccalaureate, but the University also recognises a wide range of international qualifications. You can find further information about academic and English language entry requirements at www.exeter.ac.uk/undergraduate/international

For information on the application, decision, offer and confirmation process, please visit www.exeter.ac.uk/undergraduate/applications



Module details

Key: C = Core
O = Optional

Please note that availability of all modules is subject to timetabling constraints and that not all modules are available every year. For up-to-date details of all our programmes and modules including those from Biosciences and Psychology, please check www.exeter.ac.uk/sshs

Year 1 modules:

Module Name	BSc Exercise and Sport Science	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science
Biochemistry of Exercise	C		O
Foundations of Biomechanics	C	C	
Foundations of Exercise Physiology	C	C	O
Foundations of Sport and Exercise Psychology	C		O
Human Anatomy and Physiology	C	C	O
Introduction to Statistics	C		C
Kinanthropometry	C		O
Learning and Personal Development	C	C	

Year 2 modules:

Module Name	BSc Exercise and Sport Science	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science
Biomechanics and Kinesiology	C	C	
Exercise and Sport Psychology	C		
Exercise Physiology	C	C	O
Research Methods and Analytical Procedures	C	C	
Applied Biomechanics	O	O	
Exercise Programming	O	O	
Leadership: Challenges and Practices	O		
Learning and Teaching in Physical Education	O		
Sport Psychology	O		O
Strength, Conditioning and Athletic Training	O	O	
Erasmus Semester A (EU)	O		
Erasmus Semester A (Non EU)	O		

Year 3 modules:

Module Name	BSc Exercise and Sport Science	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science
Dissertation or Independent Research Review	C	C	C
Biomechanical Analysis of Human Movement	O	O	
Business Awareness: Theory and Practice	O		
Clinical Exercise Prescription	O	O	O
Emerging Themes in Physical Education	O		
Employability and Career Development	O	O	O
Factors Affecting Performance	O	O	O
Paediatric Exercise Physiology	O	O	
Physical Activity and Mental Health	O		O
Sport Law for Non-Lawyers	O		
Sports Nutrition	O	O	
Sports Psychology	O		O





Sport Sciences modules

The following are a few examples of our modules. For full details, please see www.exeter.ac.uk/sshs

Year 1

Biochemistry of Exercise

During this module you will consider the biological and chemical mechanisms which sustain and support life and form the foundation of exercise physiology.

Foundations of Biomechanics

This module provides a fundamental grounding in sport and exercise related biomechanics, introducing methods for assessment of linear movement in sports. The module develops your understanding of linear kinematics and linear kinetics, and introduces the application of these principles to the analysis of human movement and sports performance.

Foundations of Exercise Physiology

This module introduces the fundamentals of the physiological responses to exercise from a metabolic, cardiopulmonary and musculoskeletal standpoint. You will gain the necessary understanding of the unique and characteristic responses to both submaximal and maximal work in relation to aerobic, anaerobic and strength exercise which will be further enhanced in future modules. Central to the teaching and learning of this module is the opportunity to collect your individual exercise data in laboratory classes to support the lecture-based content.

Foundations of Sport and Exercise Psychology

Psychology is increasingly recognised as an important aspect in sport and exercise. This module introduces you to some of the core topics and underlying theories including motivation, learning and group dynamics within the area of sport and exercise psychology.

Human Anatomy and Physiology

This module provides you with a fundamental understanding of the structure and function of the musculoskeletal and cardiopulmonary systems, and how these systems interact to preserve homeostasis during exercise. You'll develop practical laboratory-based skills and are expected to apply knowledge to an exercise or sports context.

Introduction to Statistics

This module introduces the basic concepts of statistical analyses and provides the foundation for independent quantitative research. You'll learn to effectively collect, use and interpret data from published sources as well as your own data sets.

Kinanthropometry

This module provides a foundation in kinanthropometry through practical application of measurement techniques and discussion of current issues. It is complementary to the Human Anatomy and Physiology module.

Learning and Personal Development

Improving your employability is essential for your success following higher education. This module promotes personal development in order to enhance your employability skills and maximise your impact in the future job market.

Year 2

Biomechanics and Kinesiology

This module builds upon the *Foundations of Biomechanics* core module and introduces methods of movement assessment. You'll develop an understanding of linear kinematics and linear kinetics and learn to apply these principles to the analysis of human movement and sports performance.

Exercise and Sports Psychology

In order to apply psychological knowledge to sport and exercise science you will need a sound understanding of psychological theories and the ability to critically evaluate relevant empirical evidence. This module builds on the *Foundations of Exercise and Sports Psychology* module and introduces the field of health psychology. Through lectures, practical sessions and seminars, you will develop your understanding of how theoretical knowledge is used to guide applied practice.

Exercise Physiology

During this module you'll explore the body's physiological response to exercise. The module deals with the assessment and interpretation of aerobic and anaerobic fitness and performance, blood lactate, lactate and ventilatory thresholds and cardiovascular control during exercise.

Research Methods and Analytical Procedures

This module provides you with the tools and statistical data analysis techniques required for a dissertation using quantitative methods. It looks at the development of a research project from conception to completion, concentrating on the forming and shaping of a study using a quantitative approach. The module also serves to aid your critical digestion of the results of research articles you read, and create an appreciation for the rationale involved in making the correct choices when using statistical analyses, including considering assumptions, limitations and pitfalls.

Applied Biomechanics

This module develops your ability to apply biomechanical principles to the analysis of exercise and sports movements. It continues to develop, from core biomechanical modules, issues related to sport and biomechanics. The principles involved are illustrated through examples from sporting and recreational environments.

Exercise Programming

This module provides you with the theoretical foundation and practical experience of designing fitness programmes for endurance, strength, speed and power for athletes and the recreational participant. Training programme design is a complex skill requiring the precise identification of fitness goals, knowledge of the specific fitness demands of the sport or activity, an understanding of physiological adaptations and the ability to construct a feasible and practical programme for the individual.



Sport Sciences modules continued

Learning and Teaching in Physical Education

A growing number of exercise and sport science graduates are seeking careers teaching physical education in primary or secondary schools. This module explores the subject knowledge needed to be an effective PE teacher and the requirements of the national primary and secondary curriculum. You will have an opportunity to apply your knowledge to a range of activities covered in the national curriculum, including those you may be unfamiliar with, such as dance or gymnastics.

Sports Psychology

Sport psychology can play a significant role in enhancing sports performance. This module goes beyond the basic concepts and theories in sport psychology and develops an understanding of how to apply this knowledge in a real-world setting. You'll cover various aspects of sport psychology, develop an understanding of the basic psychological skills and be able to suggest interventions based upon the application of theory. Emphasis is placed on the scientist-practitioner model.

Strength, Conditioning and Athletic Training

This module provides you with the necessary foundation knowledge and basic practical skills to make you an informed and competent practitioner of strength, conditioning and athletic training. The module covers the physiological responses to resistance training, endocrine alterations, protein supplementation and anabolic steroids, speed, agility and quickness (SAQ), plyometrics and overtraining. In addition you will learn the basics of functional assessment, planning and delivering sports specific testing and Olympic lifting.

Erasmus Semester A

On this module you can explore an alternative method of learning through the opportunity to study abroad for the first semester of your second year. The module provides the chance to experience learning in a different institution, interacting with different cultures and experiencing other languages. We have close links with various institutions to ensure the quality of education is of an equivalent standard to the University of Exeter.

Options

You will also have the opportunity to take option modules from other subject areas outside the School of Sport and Health Science. Full details can be found on our website at www.exeter.ac.uk/sshs/undergraduate

Year 3

Dissertation

The dissertation is an opportunity for you to pursue, systematically and in depth, a personal interest in a particular topic utilising the concepts, techniques and skills you have developed in previous modules. The dissertation may be based within a specific area of the programme or may be interdisciplinary in nature. It will encourage the synthesis of appropriate knowledge from different areas. The dissertation cultivates independence of thought and develops your ability to find, interpret and present material according to selected approaches to understanding and prescribed methods of investigation.

Biomechanical Analysis of Human Movement

This module further develops your ability to apply biomechanical principles to the analysis of human movement, using the concepts introduced in your first and second years. Methods are described for combining kinetic and kinematic data to improve understanding of human movement, with both theoretical and practical examples. The use of modelling techniques to estimate the loads experienced by structures of the human body are introduced.

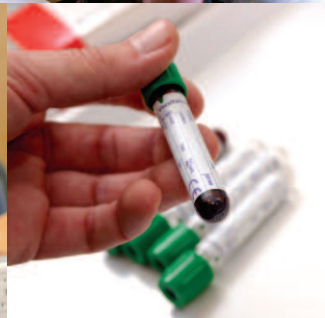
Clinical Exercise Prescription

The use of exercise as a treatment strategy is becoming increasingly advocated for a range of clinical conditions. This module will equip you with the ability to prescribe a safe, realistic and effective programme for an individual with a particular clinical condition by giving you an understanding of the aetiology of the condition and its effect on the exercise response. You'll also receive a foundation in the practicalities of delivering a safe and effective exercise prescription.

Emerging themes in Physical Education

A natural progression from the *Learning and Teaching in Physical Education* module, this module is designed to serve the needs of prospective teachers in PE with young people in primary and/or secondary schools. You will focus on issues such as: the context with which PE teachers work; what teachers think about when they are planning and teaching; and the knowledge they require to teach effectively.





Employability and Career Development

This module develops your career management and employability skills through considering potential career pathways, highlighting the changing face of the job marketplace, identifying employer needs and defining the importance of maximising your skill base throughout your career. Guest business speakers enhance practical sessions to help you prepare for future employment. Topics such as CV design, the application process, interview techniques, entrepreneurship and continuing professional development are covered. These sessions are supported by a self-organised period of work experience.

Factors Affecting Performance

This module provides a critical review of the key physiological factors that determine and limit exercise performance in humans. Using a base of knowledge gained from previous modules and practical laboratory-based experiments you will gain a detailed understanding of the physiology of fatigue, performance across the duration-intensity spectrum and ergogenic aids.

Paediatric Exercise Physiology

Children and adolescents are not mini-adults and measurement techniques developed with adults are often not appropriate for use with young people. Children are growing and maturing at their own rate and their physiological responses to physical activity are difficult to interpret as they progress through childhood and adolescence into adult life. Methods of measuring performance, accounting for body size and interpreting the data are examined. The benefits and risks of physical activity are explored and the evidence underpinning the relationship between physical activity and health in youth will be evaluated.

Physical Activity and Mental Health

During this module we will study exercise and mental health from a methods and mechanisms perspective, including the study of affect, mood and emotion; anxiety; depression; and self-esteem. You'll critically examine relevant mechanisms proposed to account for specific outcomes and will gain confidence in conducting systematic reviews, evaluating evidence and lab experience and explore specific mechanisms and exercise doses.

Sports Nutrition

Nutrition has become a very popular subject in relation to enhancing exercise and sports performance, fuelled by the power of advertisers who market nutritional products. However, the practice of these products has seldom been tested sufficiently to confirm an enhancement in sports performance. This module concentrates on the critical evaluation of dietary advice and products related to sports performance, considering the many dietary dilemmas faced by athletes. Detailed consideration is given to carbohydrate manipulation, drinks supplementation and fluid balance as well as energy intake. We will teach you to use a variety of methods to assess nutritional intake and to suggest practically how diets can be manipulated.

Sports Psychology

Sport psychology can play a significant role in enhancing sports performance. This module goes beyond the basic concepts and theories in sport psychology and develops an understanding of how to apply this knowledge in a real-world setting. You'll cover various aspects of sport psychology, develop an understanding of the basic psychological skills and be able to suggest interventions based upon the application of theory. Emphasis is placed on the scientist-practitioner model.



The University of Exeter

Experience for life

Studying at the University of Exeter is about more than getting a degree – there's a wealth of opportunities open to you to develop personally as well as professionally. Exeter offers an exceptionally wide range of opportunities for you to gain the skills employers want – from management training to business placements, volunteering programmes and pre-teacher training, to a worldwide network of study abroad opportunities and careers advice from our own successful graduates.

Great reputation

Exeter is ranked 12th in the UK in *The Times Good University Guide 2011*, making it the highest ranked South West university. Exeter has one of the highest National Student Survey rankings in the country, being in the top 10 since the survey began, and in 2010 we scored in the top 10 for teaching, academic support, personal development, and overall satisfaction.* We are also in *The Times* top 10 research-intensive universities: nearly 90 per cent of our research was rated as internationally recognised in the latest (2008) Research Assessment Exercise.

Investing in your future

We are in the midst of a £275 million investment programme on the

Streatham Campus. Projects include a new centrepiece called the Forum, expansion of the Business School and facilities for Biosciences. These will be complemented with modern accommodation. The first phase of the accommodation project was completed in September 2010, with most other schemes being completed between the end of 2010 and summer 2012. We have also invested £9 million in library facilities and £11 million in sports facilities, making them amongst the best in the country.

Exceptional location and great atmosphere

A safe, student-friendly city, Exeter is rated one of the best places to live in the UK for the quality of its facilities, low crime rate and fantastic countryside. The University has one of the UK's most active students' unions, sees some of the top bands in the country perform on campus and is one of the UK's top sporting universities.

Explore the possibilities

Open Days

Come and visit our beautiful campuses. We hold Open Days twice a year in June and September.

Campus Tours

We run Campus Tours at the Streatham Campus every weekday at 2pm and at the St Luke's Campus on Tuesdays and Fridays at 12 noon during term time. You'll be shown round by a current student, who'll give you a firsthand account of what it's like to live and study at Exeter.

For full details and to book your place, contact us on:

Website: www.exeter.ac.uk/opendays

Phone: +44 (0)1392 724043

Email: visitus@exeter.ac.uk

Post-Offer Open Days

Once you receive confirmation of an offer we'll contact you with an invitation to visit us on a Post-Offer Open Day, which will give you the chance to find out more about your programme and department and decide whether to accept our offer. While this opportunity to visit includes a campus tour and formal introduction to the department, much emphasis is placed on a more informal period for questions and answers. A number of our current students also take part on these days, leading tours and giving you the opportunity to ask them what studying at Exeter is really like! Post-Offer Open Days take place during the period January to April.

*based on average of positive responses for full service universities (ie, excluding specialist colleges)



The University's undergraduate prospectus provides more information about the University and the full range of undergraduate degrees offered.

You can obtain a copy from www.exeter.ac.uk/prospectus

This document forms part of the University's undergraduate prospectus. Every effort has been made to ensure that the information contained in the Prospectus is correct at the time of going to print. The University will endeavour to deliver programmes and other services in accordance with the descriptions provided on the website and in this prospectus. The University reserves the right to make variations to programme content, entry requirements and methods of delivery and to discontinue, merge or combine programmes, both before and after a student's admission to the University. Full terms and conditions can be found at www.exeter.ac.uk/undergraduate/applications/disclaimer

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