UNIVERSITY OF EXETER

SPORT SCIENCES

UNDERGRADUATE STUDY 2013 ENTRY


Key information

	UCAS CODE	TYPICAL OFFER
BSc Single Honours		
Exercise and Sport Sciences	C602	AAB-ABB; IB: 34-32
Human Biosciences	C900	AAB-ABB; IB: 34-32
BSc Combined Honours		
Psychology with Sport and Exercise Science	C8C6	AAA-AAB; IB: 36-34
Flexible Combined Honours/with Study or Work Abroad	Y004/Y006	A*AA-AAB; IB: 38-34
Flexible Combined Honours with UK Work Experience	Y007	A*AA-AAB; IB: 38-34

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
Website: www.exeter.ac.uk/sportscience
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> Exeter has been a great place for undergraduate study. The teaching here is good and the practical laboratory seminars have helped me learn more. The programme is very 'hands on' and enhances the learning experience. We get good support from the staff and the atmosphere is super friendly. It is a very campus-based university and really convenient.

DAPHNE LI, BSC EXERCISE AND SPORT SCIENCES

Why study Sport Sciences at the University of Exeter?

- 1st in the UK for Sports Sciences in *The Sunday Times University Guide 2012*
- 3rd for Sports Science in the National Student Survey (2011)▲: top 6 for the last five years
- 7th in the UK for world leading and internationally excellent research♦
- Research-inspired teaching with academic collaborations with industry and professional athletes
- Dedicated laboratories for biomechanics, physiology and psychology
- One of the UK's top sporting universities: top 10 in British Universities and Colleges Sport (BUCS) championships
- Generous sports scholarship scheme

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.

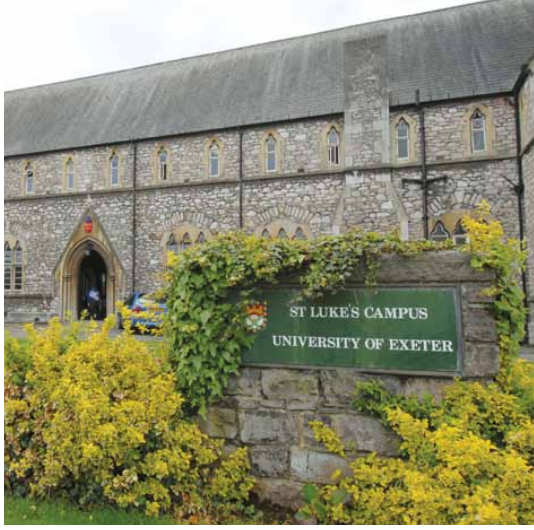
You'll benefit from our highly supportive teaching and learning environment that complements the applied and conceptual nature of the programmes. Our innovative degrees are research and enquiry driven. All our teaching staff are research active and their work informs public policy on exercise and health. 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 degrees, ensuring that 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 latest Research Assessment Exercise (2008). Details of our staff research interests can be found on our website at **www.exeter.ac.uk/sportscience**

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.

▲*based on the average percentage of positive responses across all survey categories for full service universities*
♦*Research Assessment Exercise 2008 based on percentage of research categorised as 4* and 3**



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 the second and third years, 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, Hong Kong, 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/sportscience**

Single Honours

BSc Exercise and Sport Sciences

Our 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 three 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), physical education and employability/ career development.

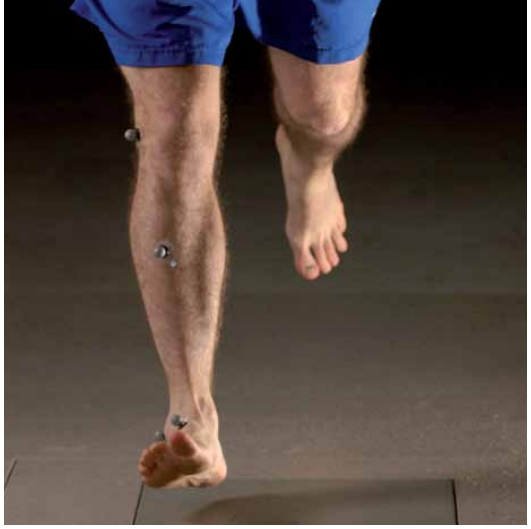
Year 1 In your first year, we focus on developing your foundational knowledge and skills within Exercise and Sport Sciences, including: anatomical knowledge; exercise and sport within a physiological context; exercise and sport related kinesiology and biomechanics; kinanthropometry; and underlying theories 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, research and enquiry modules build on knowledge and skills obtained in the first year. 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. You also have the option to study abroad through the Erasmus scheme and other international links.

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 children and exercise, 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 the 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 lectures. You will receive training in key scientific skills as part of the *Fundamental Principles for Bioscientists* 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**

This 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 discipline. 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 and many students have progressed 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. You will present your 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 15 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, which have been extended in recent years to accommodate 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.

The University is investing £8.1 million in developments to the Sports Park, to include creation of a new fitness suite, renewal of pitches, covering of courts and a new pavilion for outdoor sport, with work due for completion before September 2013.

Research-inspired 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, Dr Mark Wilson applies his research with the eye-tracker and motor skill performance in the second year *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**

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/sportscience/undergraduate/degrees**

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. This 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. You can also choose to take an *Employability and Career Development* module in your final year to prepare you for your future career.

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 Employability and Graduate Development Service.

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

Examples of the destinations of our recent graduates:

Occupations

Cricket Administrator // Community Partnership Officer // Community Neurology Rehabilitation Assistant // Occupational Health Technician // Biology Technician // Sports Development Officer

Employers

KPMG // Bedfordshire County Council // England and Wales Cricket Board // Sir George Menoux Youth Sports Trust // BUPA // Shire Pharmaceuticals // The Moore Scarrott Partnership // IMG Sports Management

Examples of further study followed by our graduates:

- 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

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.

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

For up-to-date details of all our programmes and modules, including those from Biosciences and Psychology, please check **www.exeter.ac.uk/sportscience**

KEY ▲ = Core O = Optional

Year 1 Modules

Module Name	BSc Exercise and Sport Science	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science
Bioenergetics	▲	▲	O
Foundations of Biomechanics	▲	▲	
Foundations of Sport and Exercise Psychology	▲		O
Foundations of Sports Nutrition	▲		O
Human Anatomy and Kinanthropometry	▲	▲	O
Human Physiology	▲	▲	O
Introduction to Statistics	▲		
Learning and Personal Development	▲	▲	
Sports Training Physiology	▲		

Year 2 Modules

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

Year 3 Modules

Module Name	BSc Exercise and Sport Science	BSc Human Biosciences	BSc Psychology with Sport and Exercise Science
Biomechanical Analysis of Human Movement	O	O	
Business Awareness: Theory and Practice	O		
Clinical Exercise Prescription	O	O	O
Dissertation or Independent Research Review	▲	▲	▲
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 Psychology	O		O



Sport modules

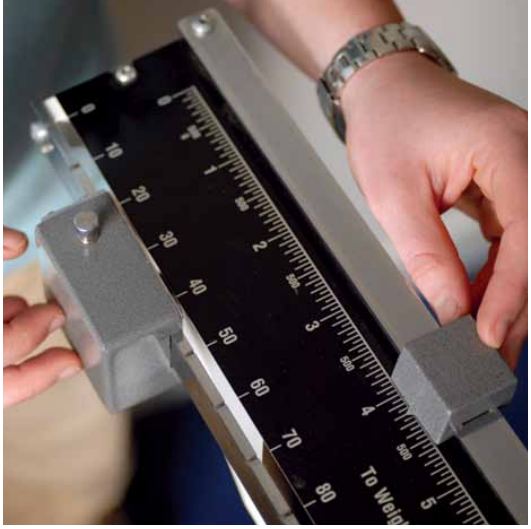
For up-to-date details of all our programmes and modules, including those from Biosciences and Psychology, please check **www.exeter.ac.uk/sportscience**

Year 1

Bioenergetics	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 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.
Foundations of Sports Nutrition	This module provides you with the necessary foundational knowledge and basic practical skills to make you an informed and competent practitioner of nutrition. It covers the nutritional basics related to health and sport and you will learn the basics of methods related to the assessment of food intake and begin to make critical judgements of nutritional research, eg, the value of supplementation and ergogenic aids in the enhancement of sports performance.
Human Anatomy and Kinanthropometry	This module provides you with a fundamental understanding of the structure and function of the musculoskeletal and cardiopulmonary systems. You'll develop practical laboratory-based skills and are expected to apply knowledge to an exercise or sports context. In addition you obtain a foundation in kinanthropometry through practical application of measurement techniques and discussion of current issues.
Human Physiology	This module introduces the fundamentals of the human physiology with an emphasis on understanding the physiological responses to exercise from a metabolic, cardiopulmonary and muscloskeletal 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.
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.
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.
Sports Training Physiology	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.

Year 2

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.
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.
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.
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 Sport and Exercise 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.
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.
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.
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. We will teach you to use a variety of methods to assess nutritional intake and to suggest practically how diets can be manipulated.
Sport 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.




Year 3

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 becomingly 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.

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.

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. 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.

Sport 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.



Academic excellence

- We are in the top one per cent of universities in the world, and a regular fixture in top 10 league tables of UK universities
- You will receive an outstanding education here; our teaching was voted fourth in the country in the latest National Student Survey
- Our teaching is inspired by our research, nearly 90 per cent of which was ranked as internationally recognised by the 2008 Research Assessment Exercise
- We attract the best qualified students in the country; we're in the top 10 for the number of students graduating with a first or 2:1 and for entry standards (students achieving AAB at A level and above)

A vibrant community

- Our students are the most engaged in the country, smashing participation records in student elections for the last two years running
- The Students' Guild offers an unrivalled selection of societies, from sport to culture to community volunteering groups – 8,000 students take part in 165 societies
- We are a top 10 UK university for sport and provide excellent facilities and support whether you want to compete at the highest level or just for fun
- We work with our students to continually improve the education on offer, via initiatives which put students at the heart of our decision making process
- We're a truly international community, with students from over 130 countries and staff of 50 different nationalities
- Our students are consistently among the most satisfied in the country, ranking us in the top 10 of the National Student Survey each year since it began

Ambition for the future

- We equip you with the skills employers need via business placements, study abroad schemes, volunteering opportunities, careers advice from successful alumni and much more
- Despite tough economic times, we've improved our employment record year-on-year: more than 90 per cent of students get a job or further study place within six months of graduating
- We've invested over £350 million in our three campuses, from new accommodation and research labs to state-of-the-art lecture theatres and library spaces

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

Offer-Holder Visit Days
Once you receive confirmation of an offer we'll contact you with an invitation to visit us on an Offer-Holder Visit 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! Offer-Holder Visit Days take place during the period January to April.

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