Health Undergraduate

BSc (Hons) Sport and Exercise Science
MSci (Hons) Sport and Exercise Science
Welcome from the Director of Studies

The University of Bath is a top ranking UK university, renowned as a research-led academic institution with a strong focus on high quality education for the ‘real world’. And our students are happy here – we were voted top for student satisfaction for two years in a row.

In the Department for Health we offer an excellent BSc Honours degree in Sport and Exercise Science that is most often ranked as one of the top sports science degrees in the country – sports science at Bath is currently ranked number one in The Guardian University Guide 2016 and second in The Complete University Guide 2016. Our novel MSci (Hons) Sport and Exercise Science degree is an integrated undergraduate Master’s degree. Such degrees are common in science and engineering subjects, but we were the first University in England and Wales to offer this in sport and exercise science. This brochure has been specifically designed to help you understand the degree courses and the options available. In particular, you will find details of our excellent placements/study abroad scheme, supported by an experienced placements team.

The structure of our degree courses reflects our close connection between research and teaching, and our commitment to underpin theoretical knowledge and skills with practical application. Together with the professional placement/study abroad option, this ensures that a degree from Bath is the ideal starting point for a rewarding career. We look forward to meeting you!

Dr Grant Trewartha
Director of Studies
Why study Sport and Exercise Science at Bath?

Sport and Exercise Science (SES) is a multidisciplinary subject area, which draws on the three parent disciplines of biomechanics, physiology and psychology to understand how humans function in sport, physical activity and health settings.

The University of Bath is renowned as a research led academic institution with a strong focus on high quality education for the ‘real world’. Sport, Health and Exercise Science is a vibrant and ambitious research and teaching group within the Department for Health.

The BSc (Hons) Sport and Exercise Science degree at Bath has been often ranked among the top sport-related courses in the UK over recent years. The Guardian University Guide 2016 ranks sports science at Bath as 1st overall.

Some of the features that contribute to our success are:

- Our commitment to high quality, real world education
- A flexible, contemporary curriculum covering important issues in the sport, exercise and health fields
- The combination of rigorous training in science with application to sports performance and exercise participation
- Small group teaching to enhance your learning
- The professional placement and study abroad opportunities
- Our close links with sports governing bodies and health and exercise professions
- Core teaching from lecturers who are active researchers in their different fields
- That the wide-ranging skill set you will develop prepares you for a variety of graduate level careers in industry, professional sport, health and education.

MSci (Hons) Sport and Exercise Science.

The University of Bath was the first University in England and Wales to offer the exciting new concept of MSci (Hons) Sport and Exercise Science. The MSci is an integrated undergraduate Master’s degree which will provide you with the opportunity to advance your sport and exercise science knowledge, while gaining a master’s level qualification from our high-ranking university.

Our new MSci degree will:

- deepen and extend your knowledge of sport and exercise science and the three key disciplines within this (biomechanics, physiology and psychology)
- equip you with the practical, analytical and critical research skills to conduct independent research into an area that interests you most
- provide a smooth transition to master’s level study; a curriculum designed to build seamlessly on your prior learning, and no need to apply for a new course after completing the BSc
- put you at an advantage over BSc graduates when entering the competitive job markets
- form an excellent foundation for doctoral (PhD) work.

“There are a number of positives, but for me the main attraction of the MSci is the direct access to a master’s level qualification. It would mean there isn’t an interruption in my studies which could happen when applying for a new course – that’s a massive plus.”

James Cowburn
MSci (Hons) Sport and Exercise Science, current student
Your degree structure

The degrees offer the choice of full time study over three, four or five years, depending on whether you choose to study the BSc or MSci degree and with or without a placement year. In years one and two, the core sport and exercise science disciplines of biomechanics, physiology, and psychology form the basis of the taught courses, accompanied by comprehensive training in research methods. In year one you are also given the opportunity to follow broader academic interests in the Sport Coaching Environment, Management studies, or Languages. The third year of the sandwich degrees offers you work experience in a professional placement, a study abroad placement, or a combination of a professional placement and study abroad.

In the final year (or final two years if studying the MSci) you will continue to develop generic and specific knowledge and skills with additional opportunities for specialism in specific areas. You will also conduct an original research project in an area of your choice, which forms the basis of your final year dissertation.

Learning and teaching

The University has two semesters each year which run from the end of September to January, and from February to the end of May with the usual Christmas, Easter and summer vacations. Each semester consists of 11 weeks of formal teaching, one week for revision and then a two or three week assessment period.

The degrees are modular, consisting of self-contained units, taught and assessed on a semester basis. Assessment consists of a combination of coursework essays, class exercises, projects, oral presentations and examinations. As you progress through each semester and successfully pass the coursework and examinations, you will receive credit for the units, thus providing you with a clear indication of your academic progress.

Our undergraduate teaching blends in-depth consideration of the underpinning theory with strong emphasis on applying knowledge and developing practical skills in the laboratory and ‘in the field’. The curriculum is progressive and informed by contemporary research to keep the content cutting edge. There is an additional emphasis on developing your personal and transferable skills such as teamwork, decision making, written, oral and visual communication skills, planning, prioritising, problem solving, and self-confidence and self-reliance in assimilating and appraising new information and technologies.

The level of the qualification and standard of work that you need to achieve to be awarded an MSci are just the same as for a standard Master’s degree (MSc). The only difference is that an MSci does not continue over the summer period so you finish your studies like any other undergraduate degree in late spring.

“The Sport and Exercise Science degree at the University of Bath provides students with the best possible opportunity to develop a future career in professional sport. The course is the only one which combines the best scientific education with practical work experience. The smaller teaching groups and the greater focus on science and research gave me a great foundation to start a career in the field of strength and conditioning. My placement year with London Wasps provided me with the opportunity to transfer scientific principles to hands-on coaching.

It also developed my confidence and passion for working in a performance orientated environment and provided me with a network of other coaches and sports scientists in the applied field. With such a competitive industry the degree at the University of Bath provides a great opportunity for students to separate themselves from other graduates.

Ed Gannon
BSc (Hons) Sport and Exercise Science
Head of Athletic Development, Buffalo Sabres
NHL Ice Hockey, USA
Undergraduate Health

Sport and Exercise Science structure

For further details on the units available, please see our website: www.bath.ac.uk/study

- The first two years of study provide a grounding in the three core disciplines of sport and exercise science; biomechanics, physiology and psychology, as well as in research methods. These two years are common to both the BSc (Hons) and MSci (Hons) courses.
- Admission to all four courses carries the same entry tariff and you may transfer between them during the first year
- A range of teaching methods, including lectures, seminars and lab-skills classes, are combined to help develop a good theoretical and practical understanding of key constructs and applications of sport and exercise science.
- We continue to incorporate a range of core units at every stage of the degree to ensure that you achieve a high level of learning in contemporary sport and exercise science (right up to master’s level if you study MSci).
- The pinnacle of the both BSc and MSci courses is a final year research project, which allows you to bring together all that you have learnt throughout the course to conduct independent research in your chosen area of sport and exercise science.

I thoroughly enjoyed my time during my undergraduate studies, gaining many valuable practical and analytical skills via the programme content and the professional placement. The breadth of the degree has given me a solid foundation in aspects of both applied performance and more health oriented elements which has allowed me to subsequently undertake projects in both areas. In addition, the strong relationships formed with members of staff due to the small cohort numbers have directly led to further opportunities in my career. The course provided all of the elements required to pursue my desired career path in a research setting.

Dr Enhad Chowdhury
BSc (Hons) Sport and Exercise Science
Core disciplines

Biomechanics
Our biomechanics strand focuses on studying the ‘science of technique’. The units covered will apply contemporary measurement tools in this field to develop your understanding of biomechanical considerations both in relation to the enhancement of sports performance and the potential to minimise injury risk during various physical activities.

Physiology
You will cover various aspects of structure, function and regulation of human bodily systems as part of the physiology strand. Consistent with the general themes that run throughout the overall degree, this strand broadly addresses the separate applications of physiology for both human performance and public health.

Psychology
This strand focuses on the psychological determinants and consequences of engagement in physical activity. Through a range of units you will develop a critical understanding of key psychological theories as well as how theory and empirical evidence inform strategies and interventions aimed at improving performance, health, and well-being.

Research methods
The research methods strand begins with a broad introduction to the scientific method, through which you will be exposed to new ways of thinking about and evaluating evidence. This develops into more specific analytical methods and also incorporates key transferable study skills such as scientific writing, referencing and presenting ideas/data, ultimately culminating in a final year research project.

Generic skills
We pride ourselves on Bath graduates having good employability after they leave their course, and provide opportunities for students to develop a broad skill-set that will equip them well for the world of work. In addition to the development of your written and practical skills, the course will provide you with teaching and experience in presentation skills, group working, problem-solving, spoken communication and project management; all useful accomplishments to include on a CV for any future employer.

Facilities

The Sport and Exercise Science degree makes use of the Department’s six research laboratories that cater for practical and small group sessions:

- Applied Biomechanics Laboratory - contains the equipment to study human motion and muscle dynamics, much of which is mobile and can be used for field-based research
- Applied Physiology Laboratory - dedicated to physiological data collection during exercise
- Biochemistry Laboratory - a ‘wet’ laboratory, equipped for blood handling, analysis and cell culture
- Metabolic Research Laboratory - equipped for assessment of metabolism and blood flow under resting and exercising conditions
- Psychology Suite - a dedicated research space with the equipment necessary for behavioural analysis, including rooms dedicated to qualitative data collection (interviews and focus groups), and
- Video-Digitising Suite - a dedicated video analysis suite.

Further research facilities are available within the University’s Sports Training Village, one of the leading sport and exercise facilities in the UK.
Placement

Students taking the BSc or MSci in Sport and Exercise Science at Bath have the opportunity to undertake a professional placement following Year 2 of the course. The aim of the placement is to provide undergraduates with practical experience in the application of knowledge and skills gained at the University by working in an organisation engaged in sport and exercise science-related activities. Students are required to complete a total of 30 weeks on placement, typically starting between June and October.

Placement providers have consistently reported that they benefit from having a placement student (as well as enjoying the strong links with a leading university). The highly capable students on the Sport and Exercise Science degree offer motivation, skills and knowledge which have proved valuable to many organisations. This has allowed our students to be involved in significant projects during their placement. In addition, some have proved so successful they have returned to the organisation at which they carried out their placement to commence full-time employment immediately after finishing their degree.

Name: Jolanthe De Koning
Programme: BSc (Hons) Sport and Exercise Science
Placement: Auckland University of Technology, New Zealand

“Living in New Zealand for a year was an amazing experience. I went to Auckland University of Technology (AUT) where I was a research assistant in the Sport Performance Research Institute NZ (SPRINZ). Through being assigned to a supervisor I took part in literature searching and data collection in several interesting projects, gaining both literary and practical research experiences that helped me throughout my final year. Being exposed to a research focussed workplace was also helpful for future career decisions. The most valuable lesson learnt was the importance of being proactive to pursue your interests, as this was a vital part in my experience at AUT. Living abroad stimulated me to become more independent. I met a lot of interesting and wonderful people both at and outside my placement who I am still in touch with, and I was able to enjoy the amazing outdoor opportunities that New Zealand offers!”
Why choose to do a placement?

- The placement is an opportunity to use the theory and practical skills you have developed during your first and second year in a real world context, working with professional sport and/or exercise scientists in an apprentice role.
- It will enable you to learn about an organisation and its area of work, and is an excellent opportunity to discover and evaluate future career paths.
- The placement can provide the inspiration on which to base your final year dissertation.
- You will acquire transferable skills such as teamwork, oral and written communication, planning, prioritising, problem-solving, and decision-making and project management.
- A year of professional work is highly valued by employers and gives you an advantage in the competitive job market when you graduate.
- Students are sometimes offered permanent graduate jobs by their placement providers.

Recent placements include:

- Bath & North East Somerset Council
- Performance Advantage (NE) Ltd, UK
- English Institute of Sport
- Royal Veterinary College, UK
- Tennis Northern, New Zealand
- South Australian Sports Institute
- GlaxoSmithKline, UK
- New South Wales Institute of Sports, Australia
- Hawk-Eye Innovations, UK
- Harbour Sports, New Zealand
- Army Research Training Division, UK
- Sussex County Cricket Club
- Michigan State University, USA
- Swedish Wintersport Research Centre, Sweden
- Leicester Tigers Rugby Football Club
- Child Health and Exercise Research Centre, University of Exeter
- Peak Centre Vancouver and Ottawa, Canada
- Football Clubs of Tottenham Hotspur, Stoke City, Southampton and Bristol City
- Votwo Ltd, UK

On my placement with Lucozade Sport I had the opportunity to work within the research and development department with a team of sport scientists and sports nutritionists whose focus is on generating the science behind the brand. Day to day work can involve everything from; reviewing novel ingredients, assisting with a clinical trial, conducting competitor analysis, preparing conference attendance and producing marketing material. You can also get involved with a larger project; which for me was the London Marathon. I was involved in the analysis of previous research and production of communications which were used on the website, all the way through to providing sports science advice to runners at the Marathon Expo.

This placement year has been a fantastic opportunity to enhance both my practical and theoretical understanding of sports science and gain insight into the industry. The sheer variety of work gave me a chance to experience so many aspects of sports science, helped me develop and enhance a broad range of interpersonal and transferrable skills, as well as go a long way in shaping my future career aspirations. All in all it’s been a brilliant year where I’ve learnt loads, started to really understand the opportunities that are out there when I graduate, and grown in confidence. Following my placement year, my aspirations are now to continue to study sports nutrition and look for a job applying this knowledge in a commercial setting.

Sophie Mead
BSc (Hons) Sport and Exercise Science
Placement with Lucozade Sport Science Academy, UK
When do I need to decide?

It is possible to postpone your decision to undertake a placement or study abroad year until the end of the first year. To help you decide, there will be an opportunity to see presentations given by students who are undertaking placements at the Placements Poster Event held on campus in October.

How would I get a placement?

Our Placements Tutor and Placements Officer will support and guide you through the recruitment process to gain your placement:

- During the first and second year you will be given several briefings and information on how to make a successful application for a placement and what choices are likely to be available.
- From the beginning of your second year you will start applying for placements. These are advertised online by our Placements Officer. The recruitment process is competitive, giving you good practice for the graduate job search later on.
- You will receive guidance on CV and letter writing, and interview skills from the Placements Officer, Placements Tutor and the Careers Service.

What support would I get whilst on placement?

- You will be in regular contact with the Placements Officer, Placements Tutor and your personal tutor who will provide you with information, advice and support throughout.
- You will be guided by your Supervisor at the workplace.
- You will have regular contact with other students on placement through a virtual learning environment and a student blog.
- If you are on placement in the UK, a member of our staff (usually your personal tutor) will visit you.

How will my placement be assessed?

- You will need to satisfactorily complete the required number of weeks and submit a number of supporting reports during the placement.
- You will give a poster presentation at a Placements Conference.
- You will also need to submit a final report which will be assessed.
- In addition, the Placements Supervisor will write an appraisal of your performance on placement.
- Performance on placement does not count towards your degree classification, but is recognised by an appropriate endorsement on your final degree transcript.

Will I be paid?

- Many placements are unpaid but some offer a salary and/or allowance.
- When calculating your financial position you should work on the basis that placements will be unpaid. If you do go abroad please take into account visa costs and travel expenses.
- Students are usually eligible for the full maintenance loan if they are on an unpaid placement in the public or voluntary sector. Students on paid or unpaid placements in the private sector are usually entitled to a reduced non-income assessed maintenance loan.
- You will pay reduced fees for the placement year.

Please visit our department placement pages to see what our students have said about their experiences in our videos and student blogs: [www.bath.ac.uk/health/undergraduate/placement-year](http://www.bath.ac.uk/health/undergraduate/placement-year)
Career opportunities

The market for Sport and Exercise Science graduates continues to grow. The influence of the National Lottery funding for sport and the London 2012 Olympics has created a significant number of new opportunities. In addition, public health strategies designed to tackle problems such as obesity and diabetes provide opportunities for careers in exercise related to health.

Because sport and exercise science is such a multidisciplinary subject area, students on our course develop a wide-ranging skill set. This equips graduates with attributes attractive to a wide range of employers.

Career choices of our graduates include working with national governing bodies for specific sports and other national agencies (e.g. UK Sport, UK Sports Institute), sports equipment manufacturers, sport and exercise science research, lecturing and teaching in higher and further education, strength and conditioning, fitness testing/instructing, coaching, health and lifestyle consultancy within the leisure industry, and other roles within the rapidly expanding structure of professional sports.

I thoroughly enjoyed my placement year...and in my final year I realised that I wanted to go back to Australia and begin my career over there. I had made some really useful contacts and following graduation, I returned to Sydney to do casual work at one of my previous placements. I secured a job at the South Australian Sports Institute (SASI) where I have now been for the past seven years.

My role as Talent Search Coordinator/Sport Physiologist involves identifying and developing potential athletes in a number of different sports, providing physiology support to elite athletes, and implementing a talent identification programme throughout South Australia. As well as working full time I am also doing my PhD in Exercise Physiology on a part time basis and I have been involved in a number of physiology research projects. Many of the laboratory skills I learnt during my time at Bath are important in my current role, and it was through completing a placement year in Australia that I gained the valuable experience in applied sport science essential for securing my current position.

Annette Eastwood
BSc (Hons) Sport and Exercise Science
Now Talent Search Co-ordinator and Sports Scientist, South Australian Sports Institute (SASI)

In such a competitive industry, the degree course at Bath and placement opportunities provides fantastic opportunities for students to differentiate themselves from other graduates. The course has been integral to my development in terms of the background it has provided me; from physiology of the elite athlete to presentation and analytical skills. The opportunity to gain experience in the industry was vital, without which, I would not be in the privileged position I am in now - providing sport science and strength and conditioning support within a Premiership Club Academy.

My role at Manchester City Football Club includes providing physiological support by evaluating data to implement necessary strategies, assisting and delivering daily training programmes, and supporting on-field rehabilitation sessions, tailored to specific individual needs.

Jonathan Woodhouse
BSc (Hons) Sport and Exercise Science
Now Sport Science Strength and Conditioning trainee, City Football Group
About Bath

Bath is a great place in which to be a student. The University occupies a purpose-built campus which is safe and friendly with a vibrant international community, excellent student services, outstanding arts facilities and a first-class sports complex.

The campus has open views across the beautiful hills of the West Country but is less than 2 km from the World Heritage City of Bath - one of the most elegant and interesting cities in the UK, famous for its Roman baths, medieval Abbey, Georgian squares and sweeping crescents. Bath offers some of the best shopping and cultural attractions outside of London. There is a great selection of restaurants, cafés, bars, pubs and clubs. The city has three theatres, cinemas and many fascinating museums and galleries.

Frequent bus services link the campus, city and major student residential areas. Bath is not far from Bristol International Airport, providing rapid access to international destinations. By train, London is approximately 90 minutes and Bristol only 15 minutes away. You are always connected to your work, your home and your social life when studying.

For more information about these courses, entry requirements and admission, please visit our website www.bath.ac.uk/study

For further information on these courses, please contact:

The Undergraduate Administrator
Tel: +44 (0) 1225 386696
Email: hss-ses@bath.ac.uk

For further enquiries on entry requirements and admission to these courses, please contact:

Undergraduate Admissions
Tel: +44 (0) 1225 383019
Email: admissions@bath.ac.uk

www.bath.ac.uk/health

Key facts

BSc (Hons): Sport and Exercise Science BC17 (three years)
BSc (Hons): Sport and Exercise Science BCC7 (four years with professional placement)
MSci (Hons): Sport and Exercise Science C605 (four years)
MSci (Hons): Sport and Exercise Science C604 (five years with professional placement)

The admission criteria are the same for all our Sport and Exercise Science degree courses. You should apply for your preferred course in the first place. However, there will be opportunities for you to request transfer between the courses during your study, if you change your mind.

Typical Offers

A Level: AAA
106 places available
1005 applicants
Getting started with Augmented Reality

1. Download the free Aurasma App from the App store or Google Play store
2. Open your web browser and enter the following URL: bit.ly/bathchannel
3. With the camera view displayed on the screen (click on the 🎥 icon), hold your device over one of the image above and watch the video come to life! Tap the image to play, double-tap to close.