

Course Summary: October 9, 2024

Sport and Exercise Science BSc Honours

- UCAS code: **C600**
- Full time
- 3 years

This Sport and Exercise Science degree will prepare you for a rewarding career at the forefront of this in-demand sector.

You are currently viewing course information for entry year: **2025**

Next start date:

- September 2025

Fees (per year)

- Home: **£9250**
- International: **£29400**

Entry requirements and offers

- A-Level: **AAB-ABB**
- IB: **32-34 points**

[View contextual offers](#)

UCAS Institution name and code:

- NEWC / N21

Course overview

This three-year Sport and Exercise Science degree will develop your in-depth understanding of the subject. You'll build a firm foundation of knowledge in the area's key disciplines of physiology, nutrition, psychology and biomechanics, and graduate ready to take on a challenging role in an industry with high demand for graduates.

Your learning is by our expert staff, along with industry partners and applied practitioners. You can be assured your education is right at the cutting edge of sport and exercise science.

You will have opportunities to work with athletes from Newcastle Falcons and Newcastle Eagles, performance athletes across Newcastle University's teams, in the community with Newcastle United and in the University wellbeing hub. This allows you to gain the practical experience of working in sport and exercise science related careers.

You'll become a confident sport and exercise professional with a thorough grounding in the fundamentals of the topic.

Your course and study experience - disclaimers and terms and conditions

Please rest assured we make all reasonable efforts to provide you with the programmes, services and facilities described. However, it may be necessary to make changes due to significant disruption, for example in response to Covid-19.

View our [Academic experience page](#), which gives information about your Newcastle University study experience for the academic year 2024-25.

See our [terms and conditions and student complaints information](#), which gives details of circumstances that may lead to changes to programmes, modules or University services.

Quality and ranking

Professional accreditation and recognition

All professional accreditations are reviewed regularly by their professional body.

Modules and learning

Modules

The information below is intended to provide an example of what you will study.

Most degrees are divided into stages. Each stage lasts for one academic year, and you'll complete modules totalling 120 credits by the end of each stage.

Our teaching is informed by research. Course content may change periodically to reflect developments in the discipline, the requirements of external bodies and partners, and student feedback.

Optional module availability

Student demand for optional modules may affect availability.

Full details of the modules on offer will be published through the [Programme Regulations and Specifications](#) ahead of each academic year. This usually happens in May.

To find out more please [see our terms and conditions](#)

Your first year provides you with foundation knowledge and skills in the key discipline areas of sport and exercise science. You'll study a range of topics spanning physiology, anatomy, biomechanics, psychology, bioenergetics and the principles of exercise, nutrition and health.

Modules

Compulsory Modules

Credits

| | |
|---|----|
| Human Physiology and Practical Skills | 20 |
|---|----|

| | |
|---|----|
| Physical Activity, Nutrition and Health | 20 |
| Bioenergetics | 20 |
| Introduction to Biomechanics | 20 |
| Anatomy | 20 |
| Introduction to Sport and Exercise | 20 |
| Psychology | 20 |

You will build on the knowledge and skills obtained in your first year. You will develop your understanding of the application of sport and exercise science to human performance, exercise behaviours and health.

You will study applied biomechanics, sports psychology, sports nutrition, exercise physiology, strength and conditioning and research methods.

Modules

| Compulsory Modules | Credits |
|---|---------|
| Principles of Strength and Conditioning | 20 |
| Applied Sport and Exercise Psychology | 20 |
| Applied Sport and Exercise Nutrition | 20 |
| Research Methods for Sport and Exercise Science | 20 |
| Exercise Physiology | 20 |
| Applied Biomechanics | 20 |

You'll further develop your knowledge and skills through a multidisciplinary approach to sport and exercise science. You will study modules in lifestyle and disease, elite performance, as well as sport and exercise medicine.

There's also a careers module to help develop your professional skills by working with clients in a wide range of sport and exercise roles.

A research project allows you to study a sport and exercise topic in detail, under the supervision of our expert research staff.

Modules

| Compulsory Modules | Credits |
|---|---------|
| Sport and Exercise Science Research Project | 40 |
| Sport and Exercise Medicine | 20 |
| Factors Affecting Elite Performance | 20 |
| Lifestyle and Disease | 20 |
| Career Development for the Sport & Exercise Scientist | 20 |

Information about these graphs

We base these figures and graphs on the most up-to-date information available to us. They are based on the modules chosen by our students in 2023-24.

Teaching time is made up of:

- scheduled learning and teaching activities. These are timetabled activities with a member of staff present.
- structured guided learning. These are activities developed by staff to support engagement with module learning. Students or groups of students undertake these activities without direct staff participation or supervision

Teaching and assessment

Teaching methods

You'll learn through a combination of lectures, practical laboratory classes and small group seminars.

You also have the chance to attend optional research talks, aimed especially at first-year students, as part of our biomedicine+ programme.

Assessment methods

You'll be assessed through a combination of:

- Assessments
- Coursework
- Dissertation or research project
- Examinations – practical or online
- Group work
- Practical sessions
- Presentations
- Projects

Skills and experience

Practical skills

With access to our state-of-the-art sports and exercise facilities for research and teaching, you'll have access to cutting-edge equipment during your time at Newcastle University. Using our industry-standard facilities and equipment will prepare you for your future career.

We place a strong emphasis on the development of key practical skills, both in the laboratory and in the field. These will be attractive to employers in sectors including:

- professional sport
- industry
- health promotion and education

Research skills

You will complete a final-year research project in an area that interests you. You'll gain practical experience planning, conducting and evaluating research – all skills that are sought-after by employers.

You may also have the opportunity to work alongside scientists from affiliated research institutes. You'll develop advanced scientific skills and get insight into a career as a researcher.

Opportunities

Study abroad

Experience life in another country by choosing to study abroad as part of your degree. You'll be encouraged to embrace fun and challenging experiences, make connections with new communities and graduate as a globally aware professional, ready for your future.

You can choose to spend up to a year studying at a partner institution overseas.

If you choose to study abroad, it will extend your degree by a year.

[Find out more about study abroad](#)

Work placement

Get career ready with a work placement and leave as a confident professional in your field. You can apply to spend 9 to 12 months working in any organisation in the world, and receive University support from our dedicated team to secure your dream placement. Work placements take place between stages 2 and 3.

You'll gain first-hand experience of working in the sector, putting your learning into practice and developing your professional expertise.

If you choose to take a work placement, it will extend your degree by a year, and your degree title will show you have achieved the placement year. A work placement is not available if you're spending a year studying abroad. Placements are subject to availability.

[Find out more about work placements](#)

Facilities and environment

Facilities

You'll be based at our Newcastle city-centre campus, in [the School of Biomedical, Nutritional and Sports Sciences](#). The School is in the Faculty of Medical Sciences, which is also home to Dentistry, Medicine, Psychology and Pharmacy, encouraging inter-professional collaboration.

We've invested £32 million in brand-new facilities for sport and exercise science research and teaching. They include:

- an environmental chamber to enable the simulation of altitude, temperature and humidity
- gait track
- biomechanics laboratory
- physiology laboratory
- high-performance suite
- nutrition kitchen
- blood preparation and analysis lab

The facilities also support performance and recreational sport. They include an eight-court sports hall, four squash courts, strength and conditioning gym, spin studio and gym.

Situated next to Newcastle's RVI hospital, we're one of the largest integrated teaching/hospital complexes in the country.

Support

We provide plenty of support to help you successfully move from school to university study. We'll help you settle in quickly and are here if you have any issues.

You'll have the support of an academic member of staff as a personal tutor throughout your degree to help with academic and personal issues.

Peer mentors will help you in your first year. They are fellow students who can help you settle in and answer any questions you have when starting university.

Your future

As a sport and exercise science graduate with a strong foundation in science and applied research approaches to sport and exercise, you'll be highly sought after by employers.

Sport and exercise science graduates have a number of career options including jobs in the following:

- national governing bodies
- UK Institutes of Sport
- professional sports clubs
- pharmaceutical and food and drink industry
- health services
- education

Graduates with a strong background in sport and exercise science are ideally suited to fulfil emerging roles that overlap the fields of medicine, exercise and health promotion.

With an exercise science-related degree, you could also:

- undertake medical and health-related research in universities and research institutes
- work in hospitals and public health laboratories
- take a further degree (MSc or PhD qualification) before embarking on permanent employment

Make a difference

Careers support

Our award-winning Careers Service is one of the largest and best in the country, and we have strong links with employers. We provide an extensive range of opportunities to all students through our ncl+ initiative.

[Visit our Careers Service website](#)

Recognition of professional qualifications outside of the UK

From 1 January 2021 there is an update to the way professional qualifications are recognised by countries outside of the UK

[Check the government's website for more information.](#)

Find out more...

- Go online for information about our full range of degrees:
www.ncl.ac.uk/undergraduate
- To watch videos about student life in Newcastle, visit
www.ncl.ac.uk/lovenewcastle
- Visit **www.ncl.ac.uk/tour** to take virtual tours of the campus and city
- Book for an Open Day to come and see us in person
www.ncl.ac.uk/openday
- Contact us online at **www.ncl.ac.uk/enquiries** or phone +44 (0)191 208 3333

This brochure is created from web content and is up to date at the time of creation (see the first page for creation date). If you are on screen you are able to use the live links that are highlighted in blue. If reading in print, the URLs provided above will help you to navigate back online. Full details of the University's terms and conditions, including reference to all relevant policies, procedures, regulations and information provision, are available at:

www.ncl.ac.uk/pre-arrival/regulations

© Newcastle University.

The University of Newcastle upon Tyne trading as Newcastle University.