

# BSc (Hons) Sport & Exercise Science (with Foundation Year)

UCAS Code: C610 | Duration: 4 years | Full-time | Carmel College and Hope Park | 2019/20



## Course Overview

Understanding the science of Sport and Exercise plays a central role in maximising sports performance, promoting the learning of new skills and the treatment of disease. Our degree is founded on the core disciplines of sport and exercise science, namely psychology, physiology and biomechanics, and considers in detail core questions from a multidisciplinary perspective. The Foundation Year is a great opportunity if you have the ability and enthusiasm to study for a degree, but do not yet have the qualification level required to enter directly onto our three year Sport and Exercise Science degree.

Study with us and you will have full access to the multi-million pound, state-of-the-art Health Science Building and Sports Complex, incorporating dedicated research space and teaching laboratories. This facility houses ultra-modern equipment where you will learn to conduct complete physiological, psychological and biomechanical profiles of human sports performance using breath-by-breath expired gas analysis, blood analysis, vascular and cardiac screening, body composition analysis, eye-tracking, electromyography and motion capture to name but a few. Carmel College also has excellent facilities including the Fitness Suite and 3G pitches.

You will leave with the skills to become a sports scientist working with elite performers or clinical populations, the basis to become a sports coach across the full range of ability levels or enter the teaching profession and train the next generation of sports scientists. You will be taught by tutors who are active researchers in the field of Sport and Exercise Science, and regularly publish their work in scientific literature that you will read as you progress through your degree.

## Entry Requirements

The standard offer level is 72 UCAS Tariff Points. Applicants to degrees with a foundation year must have already completed their Level 3 qualifications and achieved a minimum of 72 points.

UCAS Tariff points can be made up from a range of qualifications. There may be some flexibility for mature students offering non-tariff qualifications and students meeting particular widening participation criteria.

## Fees and Additional Costs

For the Foundation Year element of your degree, fees for 2019/20 will be £6,250.

For the remaining 3 years of your degree, taught at Liverpool Hope University, you will be charged the full Undergraduate fee each year.

On top of your tuition fees, you also need around £250 to purchase key textbooks throughout your degree.

You will also need to consider the cost of your accommodation/travel each year whilst you study at university.

Visit our accommodation webpages for further details about our Halls of Residence:  
[www.hope.ac.uk/halls/](http://www.hope.ac.uk/halls/)



**LIVERPOOL  
HOPE  
UNIVERSITY**

1844

## CONTACT

T: 01744 452 200

E: [highereducation@carmel.ac.uk](mailto:highereducation@carmel.ac.uk)

[www.carmel.ac.uk](http://www.carmel.ac.uk)

**carmel  
college**

# Sport & Exercise Science with Foundation Year BSc (Hons) Curriculum

## Year One

In this foundation year, you will study within the University Centre at Carmel College. Topics studied include Musculoskeletal System, Cardiovascular System, Biomechanics, Skill Acquisition, Exercise Physiology and Professional Development in the Sports Industry.

You will also build on your study skills so that you will be well equipped to continue your academic studies at Hope Park. Your Foundation Year will culminate in a project of your devising.

## Year Two

Your second year introduces you to the key disciplines that underpin sport and exercise science. You will study functional anatomy and exercise physiology, fundamental biomechanics, psychological factors for sports performance and learn about the measurement of physical activity and its relationship with health.

All areas of study are grounded in their application to the “real world”, so you will spend a considerable amount of time understanding how to work within Sport and Exercise Science laboratories, gaining a significant amount of “hands-on” experience with the latest equipment. You are also introduced to essential transferable skills for success in your degree and future careers. By the end of the second year, you will have gained skills in researching information, problem solving, academic writing, referencing, numeracy and data analysis.

## Year Three

Your third year builds on an understanding of the psychology, physiology and biomechanics of acute sports performance to understand the

chronic adaptations that occur within a training programme.

You will study the psycho-physiological adaptations to training and the scientific principles of designing a training programme and maximising its outcome. You will also learn about how to monitor these training adaptations through maximal cardio-respiratory and metabolic exercise testing in the laboratory and performance analysis in the field. You will also study physical activity in children, growth and maturation and the differences in paediatric and adult exercise science.

## Year Four

In your final year, you will study the extremes of sport and exercise science, from pushing the “marginal gains” of sports performance to understanding the health-related consequences of physical inactivity and a sedentary lifestyle.

You will learn about psychological and nutritional interventions to promote training adaptations in already elite performers, as well as the relationship between recovery, overtraining and injury from a psychological, physiological and biomechanical perspective.

You also study in detail the adverse health effects of physical inactivity, gaining a deep understanding of the physiological mechanisms contributing to this effect, and an appreciation of potential treatment strategies to combat obesity- and inactivity-related disease. You will also choose specialist areas of study and will undertake an independent research project.

## COURSE STRUCTURE

Teaching on this degree is structured into lectures, seminars and tutorials. You will also go on a number of fieldtrips throughout your studies, and will have the opportunity to have a one-to-one meeting with your tutor each week.

Your first year of study will be spent at our partner institution Carmel College, and you have approximately 15 teaching hours each week. For your second, third and fourth years, you will be taught at Hope Park and will have approximately 12 teaching hours per week in your second year, which decreases to approximately 10 teaching hours in your third and fourth years. On top of teaching hours, you are also expected to spend approximately 30 hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

## ASSESSMENT AND FEEDBACK

Assessment of your progress is made primarily via coursework, but with exams in May, June each year. Assessments also include individual and group presentations, laboratory reports, portfolios, case studies, essays and practical tests.

At Hope Park, we provide a comprehensive online package of feedback and future support for every piece of coursework. You are always welcome to speak to academics at Carmel College or Hope Park to discuss written feedback in more detail.



**LIVERPOOL  
HOPE  
UNIVERSITY**

1844

## CONTACT

T: 01744 452 200

E: [highereducation@carmel.ac.uk](mailto:highereducation@carmel.ac.uk)

[www.carmel.ac.uk](http://www.carmel.ac.uk)

**carmel  
college**