

Physical Education & Sport Science

UCAS Code: P2S1 | Duration: 3 years | Full-time | Carmel College | 2019/20



Course Overview

This BSc Single Honours programme provides students with a contemporary, multidisciplinary and applied approach to the study of Physical Education & Sport Science. The degree places particular emphasis on coaching & performance analysis, sport psychology & skill acquisition and the physiology of exercise performance & health.

Central to the study of Physical Education & Sport Science is the understanding of laboratory and field-based methods to evaluate fitness, sport performance and health. You will be taught by Liverpool Hope University lecturers who are active researchers in the field of Sport & Exercise Science, Physical Education and Sport Psychology, all of whom regularly publish their work in the scientific literature, which you will read as you progress through your degree.

The skills, experience and knowledge gained on this programme place students in an ideal position from which to pursue a career as a PE teacher and sports coach, a sports scientist working in elite sport or working to improve the fitness and health of clinical and at-risk populations.

Entry Requirements

The standard offer level is 96 UCAS Tariff Points.

An alternative entrance assessment may be possible for students who don't meet standard entry criteria but have other Level 3 qualifications and/or experiential learning. This will be discussed by one of our Support Tutors at an initial advice appointment.

Fees and Additional Costs

The tuition fees for 2019/20 are £6,165 for full-time undergraduate courses.

The University reserves the right to increase Home and EU Undergraduate tuition fees in line with any inflationary or other increase authorised by the Secretary of State for future years of study.

On top of tuition fees, you will need approximately £200 to buy key textbooks required for the degree.

Evening delivery at Carmel College 6pm-9pm, attending one face-to-face session and one online session per week.



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Physical Education & Sport Science Curriculum

Starting from a broad base across all aspects of Physical Education & Sport Science, this programme builds toward an in-depth understanding of the most contemporary issues in the field whilst maintaining a balance between understanding sport performance and the inter-relationship between sport, exercise and health.

Year One

The first year of study provides a basis for future specialisation in the subject and teaches fundamental skills to succeed in your study and future career. You will therefore study fundamental aspects of teaching & coaching; the context of sport in the UK and beyond; exercise physiology; psychology; skill acquisition and introductory aspects of human movement including kinesiology, kinematics and kinetics.

You will also learn how to produce essays and reports using appropriate language, how to utilise and cite evidence to support your written and oral work, and learn introductory aspects of data analysis including simple statistical tests and the qualitative assessment of information. This year therefore places you in an ideal position to tackle more advanced aspects of the discipline and to develop your transferable skills.

Year Two

Applied aspects of Physical Education and Sport Science are very much the theme of the second year. You will therefore study the physiology of exercise training adaptations, exercise testing and the impact of the environment and nutrition on sport performance. The application of psychology to sport performance will be considered, with reference to issues such as motivation and aggression.

The contemporary context of sport will be studied from the perspectives of the sociology of sport & health, sport management and the globalisation of sport.

The second year is where you will start to develop your critical thinking skills, and be able to explain Physical Education and Sport Science with confident reference to underlying evidence and theory. Your formal research methods skills will also be developed further as you address the analysis of more complicated research designs, learning as you do transferable skills in analysis, interpretation and how to separate "real" and spurious findings from both a quantitative and qualitative point of view.

Year Three

Guided by your tutors, the final year of the programme is capped by an in-depth research project into a specific issue of interest to you. The year-long research process will be supported by your academic tutors.

The taught curriculum reflects a theme of "optimisation" of sport performance, health and the progression of sport in our society. This will be taught from a perspective of nutrition & training programme design, psychological skills training, sport management & ethics, performance analysis and the cardiovascular antecedents of ill-health & their relationship with physical activity.

COURSE STRUCTURE

This is a full time course taking three years to complete and is delivered by a combination of face-to-face sessions, online sessions, and independent study. The face-to-face sessions are normally between 6pm-9pm one evening per week at Carmel College. Online learning will allow more flexibility of location and may allow flexibility of when you study. In addition to lectures, seminars and workshops for your subject, there are support sessions to assist with academic writing, referencing, careers preparation and library skills.

On top of teaching hours, you are also expected to study independently for 25 hours each week, including studying in groups to prepare for any group assessments you may have.

ASSESSMENT AND FEEDBACK

Throughout your three years of study, you will be assessed through a variety of methods including essays, exams, posters, eportfolio and reflective journals. Feedback on assessments will normally be given to you electronically online and you will also have the opportunity to meet face-to-face with your tutor. Longer pieces of writing are supported by interim constructive written and oral feedback as appropriate.



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