

Find out more

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 @StMarysSportSci

www.stmarys.ac.uk/undergraduate/sport-science

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2018 Entry

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For up-to-date information please see our website.

Sport Science

St Mary's
University
Twickenham
London



Single & Joint Honours
Degree Programme

The Sport Science degree offers students the opportunity to study one of the most popular degree subjects in the country. You will benefit from studying at a university with a long and unique association with sport, which also has good access to professional sports clubs. Your degree programme takes our long experience in this field and uses it to provide an applied focus, exploring the factors that contribute to enhanced sports performance.

Description

We have a good reputation for sport and continuously strive to improve this alongside our excellent teaching standards. In this vibrant and exciting programme you will study a range of academic disciplines related to understanding and improving sports performance.

St Mary's has a long tradition of excellence in sport-related degrees, and the British Association of Sport and Exercise Scientists (BASES) endorse our Sport Science programme (pathway specific), along with many staff being active, professional members of BASES. Our staff also enjoy strong links with the English Institute of Sport (EIS) and UK Athletics.

Many elite sports performers choose to study Sport Science at St Mary's, and we have an excellent reputation for supporting them throughout their training and competitions during their higher education study. We also enjoy excellent laboratories and sports facilities and are continually looking to improve the quality of practical skills provision we provide to students. We also encourage you to take the opportunity to study abroad during your degree; we believe this provides valuable life experience that adds to your educational experience and enhances your all round development.

The modular structure allows you to tailor your degree to suit your needs and ambitions. This offers you a multidisciplinary approach to your studies from our highly experienced staff; additional optional modules allow you to gain experience in the workplace that may be related to your career aspirations. This degree structure provides a stepping-stone to careers in sport-related fields as well as a range of skills valued by all graduate employers.

Programme structure and content

▶ Level 4

Level 4 provides a foundation in all aspects of Sport Science, as well as the contexts in which they may be applied. Modules include Exercise Physiology, Sport Psychology, Biomechanics, and The Sociology of Sport. The first foundations of research and investigation are also laid at this stage, as are the study skills necessary for degree level work.

▶ Level 5

You are required to probe more deeply into relevant theory and practice in order to understand the context of Sport Science and to develop skills of investigating and reporting. The key disciplines identified by BASES are all offered, as well as opportunities for interdisciplinary study and work experience.

▶ Level 6

At Level 6 advanced issues and research are explored through theoretical, practical, and laboratory work. You will take greater responsibility according to your interests and you will have the opportunity to undertake an extended research project under the supervision of a member of staff with relevant expertise. The focus throughout is on applied sport science – how knowledge and research can be applied in order to maximise performance. You may also choose to undertake further work experience.

Teaching methods

Enthusiastic and expert staff employ both traditional and more innovative methods of teaching and assessment. Strong support from staff is provided in order to facilitate and enhance your learning. Teaching methods include lectures, seminars, workshops, practicals, labs, case studies, computer-based learning and peer teaching. In recent years the Sport Science Team has won the St Henry Walpole Award for excellence in teaching on five occasions.

Assessment methods

Assessment methods include essays, reviews, articles, reports, worksheets, poster presentations, oral presentations, practical and written exams.

Career opportunities

Sport Science graduates are highly sought after by employers and our students have gone into many different careers including: exercise physiologists, sports psychologists, lecturing, PE teaching, sports development officers, health physiologists, personal trainers, as well as entering graduate training schemes in companies unrelated to sport.



Entry requirements

A levels 112 UCAS points

BTEC Extended Diploma DMM

BTEC Diploma D*D*

A level or equivalent in a science subject
(includes PE)

Grade C or above GCSE English, Maths and
Science preferred

Corrinn Upton Sport Science graduate

"I have recently completed my undergraduate studies in Sport Science and would highly recommend this course to others.

The course has enabled me to complete modules including Biomechanics, Physiology, Sport Psychology, Strength and Conditioning, Research Methods and many more. During my studies I have tested athletes using high tech equipment and worked with peers in laboratory-based settings.

This course has equipped me with valuable skills for later life. I have gained confidence in working quickly and efficiently under pressure, expanded my communication ability, and worked both independently and as part of a multidisciplinary team. This course has developed specific skills for a future to work in a sport science-based setting."