Sport and Exercise Science
Why choose Newcastle University?

We offer an outstanding student experience and world-class education for life. We aim to engage, challenge, support and inspire you to fulfil your potential during your time at University.

95% OF OUR UK & EU GRADUATES ARE IN EMPLOYMENT OR FURTHER STUDY

95% of our 2016 UK and EU graduates progressed to employment or further study within six months of graduating. Destinations of Leavers from Higher Education survey 2015–16

GLOBAL TOP 200 UNIVERSITY

175th in the Times Higher Education World University Rankings 2017–18 and joint 161st in the QS World University Rankings 2018

JOIN 24,000 STUDENTS FROM 138 COUNTRIES
7th in the UK for student experience

Times Higher Education Student Experience Survey 2018

LIVE IN ONE OF THE
UK’S FAVOURITE STUDENT CITIES

2nd in the UK for city life,
Whatuni Student Choice Awards 2018

Gold Award for teaching excellence in the Teaching Excellence Framework (TEF)

www.ncl.ac.uk/undergraduate/degrees
Sport and Exercise Science

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<th>Degree</th>
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| Sport and Exercise Science BSc Honours     | C600     | **A Level:** AAA–AAB  
Including at least one from Mathematics, Physics, Physical Education, Chemistry, Biology or Human Biology, and Psychology. For Biology, Chemistry and Physics A Levels, we require a pass in the practical element. Use of Mathematics, World Development, Communication and Culture, General Studies and Critical Thinking not accepted. At least five GCSE grades A*–B (or 8–6) required, including Mathematics and English Language.  
**International Baccalaureate:** 34–35 points  
With at least one science at Higher Level grade 5 or above. Standard Level Mathematics or Mathematical Studies required at grade 4 or above if not offered at Higher Level. |

Please check the full range of entrance requirements at: [www.ncl.ac.uk/undergraduate/degrees](http://www.ncl.ac.uk/undergraduate/degrees)

**International Foundation Programmes:** if you are an international student and do not meet the academic and English language requirements, see [www.ncl.ac.uk/ipc/courses](http://www.ncl.ac.uk/ipc/courses)

**YOU MAY ALSO BE INTERESTED IN:** Biology and Zoology; Medicine; Nutrition and Food; Psychology; Psychology and Sport and Exercise Science

Your Future Career

Your degree could lead to roles in a wide range of industries, including: national governing bodies; UK institutes of sport; professional sports clubs; pharmaceutical and food and drink industries; health services; and education.

You could also undertake medical and health-related research in universities and research institutes, work in hospitals and public health laboratories, or take a further degree (either an MSc or PhD qualification). Our graduates also go into careers in management, accountancy and IT.
Why Study With Us?

We provide a strong scientific foundation in sport and exercise-related sciences and an understanding of how these relate to human performance and health.

League table ranking:
- top 20 in the UK – *The Complete University Guide 2018* (Sports Science category)
- 92nd – Life Sciences category – *Times Higher Education World University Rankings* by Subject 2018
- Faculty of Medical Sciences is 8th in the UK for Medicine and Life Sciences research – Research Excellence Framework 2014

Boost your CV with a work placement: apply to spend nine to 12 months on an optional work placement (subject to availability).

www.ncl.ac.uk/undergraduate/careers/skills

We also provide lots of additional work experience opportunities, including:
- vacation studentship opportunities in one of our research laboratories
- paid part-time work in one of our research institutes through our laboratory assistant scheme
- employability ambassador scheme
- student mentoring scheme

Study abroad: you can gain an international perspective on your subject by taking part in a study abroad exchange. We offer study abroad via exchange partners across Europe and in North America, Australia and Singapore.

www.ncl.ac.uk/mobility/go-abroad

Enjoy fantastic facilities: including the Medical School’s clinical skills lab, physiology labs, anatomy room and dedicated library. You’ll learn from leading academics in exercise physiology, strength and conditioning, nutrition, biomechanics and sports psychology.

Develop professional skills and knowledge: develop key practical skills in the laboratory and in the field. These are attractive to employers in professional sport, industry, health promotion and education sectors.

Conduct research in specialist facilities: in your final year you’ll complete a research project into an area that interests you. You’ll have the opportunity to work alongside scientists from one of the Faculty of Medical Sciences’ top-ranked research institutes.

Benefit from our reputation for sporting excellence: ‘Team Newcastle’ is top 10 for sport nationally and our sports scholarships provide additional financial, educational and mentoring support to help high-performing student athletes achieve their full potential.

Enjoy excellent support: you’ll have a personal tutor and a student mentor. Our lecturers offer an open door policy and you will be supported in all areas of your study and student life.

Sport and Exercise Science

BSc Honours | C600 | 3 years

This degree provides a strong scientific foundation in sport and exercise-related sciences and an understanding of how these relate to human performance and health.

You’ll learn about the key areas of sport and exercise science, including: anatomy; physiology; biomechanics; psychology; bioenergetics and nutrition. The degree is taught in our Faculty of Medical Sciences and draws on our expertise in exercise physiology, nutrition, sport and health psychology, and biomechanics.

Your programme will include: seminars and workshops from industry partners and applied practitioners; the opportunity to work closely with elite athletes from the University’s Team Newcastle; optional vocational modules to help you hone your career plans and boost your employability; and a major research project, to showcase your knowledge and skills.

Stage 1: This Stage provides you with foundation knowledge and skills in the key discipline areas of sport and exercise science. You study a range of topics spanning physiology, anatomy, biomechanics, psychology and biochemistry. You also learn about the principles of exercise, nutrition and health.

Stage 2: You build on the knowledge and skills obtained in Stage 1. You develop your understanding of the application of sport and exercise science to human performance and exercise behaviours. Topics include modules in applied biomechanics, psychology and nutrition. You also study exercise physiology, research methods, and principles of strength and conditioning.

Stage 3: You further develop the knowledge and skills learnt in Stages 1 and 2 through a multidisciplinary approach to sport and exercise science. You study modules in physical activity and disease, as well as sport and exercise medicine. A research project allows you to study a sport and exercise topic in detail, under the supervision of our expert research staff.
An outstanding learning experience

We challenge, empower and work with you to help you reach your full potential. We ensure that you actively influence your own learning and we also provide opportunities for you to shape your educational experience through feedback. While teaching methods can vary depending on the subject that you’re studying, we’ve provided an overview below of what you can expect.

Teaching methods
Studying at university is different to school and we support you to make that transition and grow in confidence. Our teaching methods are designed to engage and challenge you, to help you develop into an informed and critical thinker. They can include:

- **lectures**: listen to an academic introduce a topic and share their expert knowledge; leave with great ideas for further study to follow up in your own time
- **seminars**: engage with a tutor and fellow students in lively discussions about lecture material and your personal research; challenge your preconceptions and develop ideas
- **practical sessions**: get hands-on experience using industry-standard equipment or techniques, to prepare you for your professional future; for example, laboratory work or artefact handling
- **small group learning**: tackle a challenging project with other students and deliver findings to your class; test and reinforce your understanding, and develop skills for the workplace
- **self-study**: immerse yourself in our fantastic self-study facilities and explore your own path through the subject, developing unique expertise according to your interests
- **research**: conduct original research into a topic you’re passionate about and build advanced knowledge that could open the door to your future career
- **practical application of your studies**: from observing and learning from professionals to industry-relevant visits

Assessment and feedback
We provide you with timely feedback in a variety of ways:

- written on your work
- in lectures, seminars, tutorials and practical sessions
- via our real-time online systems

Feedback may come from lecturers or from your student peers. We also support you to learn through reflection, by reviewing your work and the assessment criteria and by thinking about how you can improve in future assessments.

We also take your feedback seriously and build opportunities for both students and employers to shape our teaching, through student representation roles and employer panels.

90% OF STUDENTS AGREE OUR STAFF ARE GOOD AT EXPLAINING THINGS

National Student Survey 2017
Teaching excellence

We’ve been awarded the TEF Gold Award in recognition of our exceptional teaching and learning provision. Our students report outstanding levels of satisfaction with academic support and consistently high levels of satisfaction with teaching, assessment and feedback. We educate you for life and ensure an excellent educational experience.

Why is TEF Gold important?
Introduced by the government to recognise teaching excellence in UK higher education, we’re one of only eight research-intensive Russell Group universities to achieve Gold. This recognises that we deliver consistently outstanding teaching, learning and outcomes for our students.

Research-led teaching
Our degrees have been designed to ensure that you’re constantly challenged and empowered. Our commitment to research-led teaching means that you’ll learn from leading academics working on the latest discoveries at the forefront of research and scholarship.

Outstanding resources
We offer outstanding digital and physical resources to enhance your learning experience. From top-rated virtual learning to state-of-the-art buildings and teaching spaces, we invest in resources that support you.

Exceptional support
Our exceptional support services help you to achieve outstanding educational outcomes. A personal tutor and student peer mentor will help you settle into academic life, and inspire and care for you. If you need extra help developing the numeracy and writing skills you need to excel at Newcastle, we offer two study support services: Maths-Aid and the Writing Development Centre.

Collaborative and diverse learning community
Our inspirational academics work together with you to create engaging learning experiences. They’ll help make you feel part of our inclusive and international learning community as soon as you begin your studies with us. Our staff includes a number of National Teaching Fellows, recognised by the UK Higher Education Academy (HEA) for excellent practice and outstanding achievement in teaching and learning. Each year our students celebrate their teachers through the Students’ Union-run Teaching Excellence Awards.

Graduate skills
We encourage all of our students to be creative, innovative and entrepreneurial. Our Graduate Skills Framework ensures your degree equips you with the skills you need to succeed during and after University. Covering everything from intellectual skills to personal enterprise, you’ll develop essential attributes for the graduate job market, such as teamwork, problem solving, IT literacy and critical analysis. Most of our degrees offer the opportunity for you to build work experience into your studies and study abroad options provide opportunities to enhance your global outlook.