



PARTNERS ACADEMIC SUMMER SCHOOL 2026

Syllabus for Sport & Exercise Sciences

Subject Area

This syllabus is for PARTNERS applicants seeking to progress to the degrees of:

- C600 BSc Hons Sport and Exercise Science
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Aims

To allow students to demonstrate their potential to succeed in specified degree programmes by showing a grasp of entry-level subject-specific knowledge, understanding, cognitive and subject-specific skills.

Learning Outcomes

A good knowledge and understanding of ...

- Key concepts across the disciplines of physiology, nutrition, psychology, and biomechanics, including:
 - Physiological determinants of sports performance
 - Nutritional recommendations for health and exercise
 - Psychological determinants of exercise behaviour
 - Biomechanical determinants of injury risk

The ability to apply this knowledge and critical understanding to...

- A laboratory report will task students to:
 - Inform strategies, treatments, programmes or interventions to improve sports performance or health.
 - Solve basic contemporary problems in sport, exercise, and health
 - Collect, analyse, and interpret data.
 - Effectively communicate theoretical concepts and experimental findings.

Competence in...

- Accessing, interpreting and applying scientific literature
- Data collection
- Data analysis and interpretation

- Self-directed learning and working as part of a group
 - Communicating ideas and concepts
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Summer School Syllabus

This summer school week is packed with engaging, hands-on experiences to help you explore key themes in sport and exercise science.

Content: This week you will...

- Explore a range of topics in the disciplines of physiology, nutrition, psychology, and biomechanics, such as:
- Physiological determinants of sports performance
- Nutritional recommendations for health and exercise
- Psychological determinants of exercise behaviour
- Biomechanical determinants of injury risk

Engage in critical discussions and tackle relevant problems on contemporary topics in sport, exercise, and health

- Adopt sport and exercise science laboratory techniques, such as:
- Exercise performance testing – strength, power, cardiorespiratory fitness
- Body composition analysis
- Biomechanical assessments

Collect data and apply statistical methods for analysis and interpretation.

Become familiar with scientific literature and learn how to interpret and apply research evidence

Teaching Methods:

- Lecture
- Seminars
- Webcasts
- Group discussions
- Laboratory practical sessions

By the end of the programme, you will:

- Enhance your knowledge and understanding of the fundamental pillars sport and exercise science.
- Gain confidence in tackling undergraduate level tasks in sport and exercise science.
- Develop key learning skills appropriate for undergraduate study.
- Develop autonomy through guided independent study.

- Build teamwork and critical thinking skills.

Activities for Personal Study

Students will be provided with reading and post-Class activities to complete during the Summer School. Reading will be provided via the Library Reading List feature within Canvas; exercise will be posted on Canvas before the Summer School commences.

On-Campus Teaching:

Wednesday 1st (PM), Thursday 2nd & Friday 3rd (AM only) July

Online Teaching:

Monday 29th & Tuesday 30th June

Formative Assessment Details

A lab report

More details will be given during the event by your Academic Strand Lead.

Hand-in Method

Digital

Assessment deadline

Friday 10th July