

School of Sport, Exercise and Health Sciences

Postgraduate programmes

No. 1 IN THE WORLD FOR
SPORTS-RELATED
SUBJECTS FOUR
YEARS RUNNING
QS WORLD UNIVERSITY
RANKINGS BY SUBJECT

 **100% OF RESEARCH
WORLD-LEADING OR
INTERNATIONALLY
EXCELLENT**
REF 2014

1ST IN THE UK FOR
OVERALL QUALITY
OF RESEARCH
REF 2014





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Welcome

Welcome to the School of Sport, Exercise and Health Sciences at Loughborough University.

We are very proud of our long-held international reputation for sporting excellence, and for the last four years, have been ranked number 1 in the world for sport-related subjects*.

This recognition is as a result of the world-class teaching and research, which you will benefit from as a postgraduate student in the School, alongside unparalleled sporting facilities and links to leading sports organisations.

You will learn directly from academic staff who are driving forward understanding of sport, exercise and health science, influencing national and international sporting bodies and enabling teams and individuals to push the limits of athletic performance.

All of this ensures that our students are fully prepared to flourish in roles across the sports sector upon graduation.

I hope that you choose to study with us and look forward to seeing you on campus.

Professor Mark Lewis

Dean, School of Sport, Exercise and Health Sciences



1ST IN EUROPE FOR
SPORT SCIENCE
ACADEMIC RANKINGS OF
WORLD UNIVERSITIES



SPORT MANAGEMENT COURSES
ARE CO-TAUGHT BY OUR TRIPLE
ACCREDITED BUSINESS SCHOOL
(AACBS, EQUIS, AMBA)

Why study in the School of Sport, Exercise and Health Sciences?

By joining the School of Sport, Exercise and Health Sciences at Loughborough you will be studying at the University ranked No.1 in the world for sport-related subjects*.

Our teaching is delivered by internationally renowned academics, with expertise in medicine, molecular biology, nutrition, biomechanics, economics, pedagogy, psychology, sociology, sport management, and more.

This teaching is informed by our own research, 100% of which has been rated as world leading or internationally excellent, in the latest Research Excellence Framework – the system for assessing the quality of research in UK higher education institutions.

We work with elite sport organisations, who partner with us on a range of cutting-edge research, teaching and enterprise activities. These partnerships ensure that our teaching and research are informed by industry and have a real-world impact on society, culture and the economy.

You will also benefit from access to world-class facilities, coaches and athletes across our campus, as well as unparalleled connections across the sport industry.

It is no wonder that our graduates have secured roles with organisations including: Adidas, the English Institute of Sport, LA Galaxy, the NHS, the England and Wales Cricket Board, Wheelchair Sports NSW (Australia) and Youth Sport Trust.

In fact, 95% of our students are in work or further study within six months of graduating**.

“My lecturer in the United States told me if I wanted a master’s degree in sport, exercise and health sciences, then Loughborough was the clear choice. It is truly world-renowned.”

Amber
MSc Exercise Physiology



3RD FOR SPORTS SCIENCE
THE GUARDIAN UNIVERSITY
LEAGUE TABLE 2021

★ RATED OUTSTANDING
FOR TEACHER TRAINING
OFSTED

✓ ACCREDITED BY THE
BRITISH PSYCHOLOGICAL
SOCIETY SPORT AND
EXERCISE PSYCHOLOGY



*QS World University rankings 2017, 2018, 2019 and 2020
**Destination of Leavers from Higher Education survey 2016/17



A unique sporting university

Loughborough University's long sporting heritage continues to provide unrivalled opportunities for our students.

While academically our sport-related degree programmes have been ranked 1st in the World (QS Subject Rankings 2017, 2018, 2019 and 2020), there is also the chance to participate at all levels of sport alongside your studies, from elite to recreational sport.

With the country's largest concentration of world-class training facilities across a wide range of sports, you can take advantage of our indoor athletics centre, outdoor stadium, a 50m swimming pool, superb gyms and more.

The campus is also home to a number of National and Regional Centres, including national performance centres for athletics and cricket and national governing bodies for swimming, volleyball, and wheelchair basketball.


These opportunities have led to significant success, with the University crowned British Universities and Colleges Sport (BUCS) Champions for 40 years running. Our athletes have also shone on the biggest stage of all, securing 12 medals at the Rio 2016 Olympics and 22 medals at the Rio 2016 Paralympic Games.

But we don't just offer the chance to play sport, our Coach and Volunteer Academy (CVA) provides you with valuable sport-based coaching, volunteering and leadership opportunities to enhance your experience and personal development. You can choose from roles in: coaching; officiating; event management; media, marketing and communications; performance support; volunteering in Zambia; and in our community volunteer programme.

For more information, please visit: lboro.ac.uk/sport



 BRITISH UNIVERSITIES AND COLLEGES SPORT (BUCS) CHAMPIONS FOR 40 YEARS RUNNING

 HOME TO NATIONAL PERFORMANCE CENTRES IN CRICKET, ATHLETICS, NETBALL, SWIMMING, TENNIS AND TRIATHLON

 HIGHEST RECORDED LEVELS OF SPORTS VOLUNTEERING IN THE COUNTRY - CVA VOLUNTEERS LOGGED OVER 54,000 HOURS OF SPORTS VOLUNTEERING IN 2019



Our international students

Loughborough University has a proud history of welcoming international students from all over the world, and today has more than 1,400 international postgraduate students from outside of the UK and EU, representing more than 100 countries. International students at Loughborough can expect to receive excellent support services from the University, International Office and Loughborough's award-winning Students' Union.



1400 INTERNATIONAL
POSTGRADUATE
STUDENTS FROM ALL
OVER THE WORLD



FREE AIRPORT COACH
SERVICE FROM LONDON
HEATHROW TO
THE UNIVERSITY



FIVE-STAR PLUS RATING
INTERNATIONAL
QS STARS SCHEME 2020

Supporting your application

Loughborough University has a dedicated International Office to give you support and advice on applying to us. This can be done by email, telephone, or even in person – our International Office staff aim to visit more than 30 countries each year: lboro.ac.uk/international/visits

English language, study skills and orientation

Loughborough University has its own Student Advice and Support Service (SASS), which runs a number of courses designed to help you improve your English. So, whether you wish to boost your confidence in using the language, improve your study skills, or want an introduction to living and learning at Loughborough, the SASS offers bespoke courses to help you.

The University's International Office holds a residential induction week for international students immediately before the start of the academic year. It provides practical information about living and studying in Loughborough, and allows you to meet fellow students and settle into your new environment before starting your studies. lboro.ac.uk/international

Pre-sessional English language courses

The Pre-Sessional Courses are for international students who have not yet reached the required level of English for their chosen academic course at Loughborough University. If you have an offer for a Loughborough University degree programme but have not yet achieved the minimum English language requirements, you may be eligible to join one of our pre-sessional courses. We also deliver programmes that are suitable for students who may have achieved the minimum English language requirements but who wish to prepare more fully for their studies. lboro.ac.uk/services/alss/pre-sessional-courses

Supporting international students

Loughborough Students' Union strives to provide the very best experience for international students and encourages you to get involved by engaging with their Global Development Officer and Global Committee.

Throughout the year the Students' Union puts on a number of social and cultural events for international students to get involved in, including trips to popular tourist destinations in the UK and abroad, sporting activities, cultural celebrations, opportunities to teach local communities about international cultures and an annual International Day.

The Global Development Officer and the Global Committee are there for you to voice your ideas and opinions to both the University and the Students' Union.

Web chats for prospective students

We also understand that studying in a foreign country away from your family and friends can be a daunting, yet exciting experience. Online web chats provide you with the opportunity to have your questions answered by staff from our International Office and academic staff. lboro.ac.uk/international/web-chats



Exercise as Medicine

MSc

Full-time length: 1 year

Entry requirements

An honours degree (2:1 or above) or equivalent international qualification in sports science or other relevant biological science, which contains a substantial element of exercise physiology, such as applied human physiology or physiotherapy.

Contact details

Postgraduate Admissions Team
T: +44 (0)1509 226302
E: pg-ssehs@lboro.ac.uk

*See full entry requirements online. Equivalent international entry requirements can be found at: lboro.ac.uk/international-pg-entry
The School reserves the right to vary the list of all modules.*

The crucial role of exercise and physical activity in the prevention and treatment of diseases and medical conditions is becoming increasingly recognised. This programme aims to equip you with the knowledge and skills to effectively promote the uptake of exercise, both as a prescriptive medicine and as preventative therapy.

This programme is suitable for anyone with a background in exercise science and/or physical activity, looking to enhance their scientific knowledge and skills to transform the way that exercise and physical activity is used in the treatment and prevention of chronic diseases and the promotion of health and wellbeing.

Based in the National Centre for Sport and Exercise Medicine – East Midlands, you will be taught in high quality teaching environments and have access to state-of-art laboratories designed to facilitate the transfer of cutting-edge research to front-line support and care. You will be exposed to a range of specialist equipment and technology to facilitate your development.

Modules

Semester 1

Compulsory modules:

Measurement of Physical Activity and Sedentary Behaviour; Epidemiology of Physical Activity; Exercise Testing and Prescription and Strategies for Adherence.

Optional modules (choose one):

Exercise and Immunology; Sport and Exercise Nutrition; Psychology of Exercise for Clinical Populations.

Semester 2

Compulsory modules:

Exercise Testing and Prescription and Strategies for Adherence; Interventions for Physical Activity Promotion; Quantitative Research; Research Project.

Optional modules (choose one):

Mental Health in Exercise and Sport; Qualitative Research; Emerging Digital Health Technologies.

Learning, teaching and assessment

Teaching on the Exercise as Medicine programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, tutorials, independent study, and practical sessions. Modules are assessed by a combination of exams, coursework and group work.

Career opportunities

This programme is designed to equip you with the skills and knowledge to work alongside clinicians, practitioners, and policymakers in the management of lifestyle-related diseases and conditions.

Graduates from the programme go on to pursue careers in the allied healthcare professions, in positions such as exercise referral specialists and lifestyle consultants, as well as higher education and research.

Postgraduates from the School of Sport, Exercise and Health Sciences have gone on to take up varied positions within an array of organisations including the NHS, Bupa, and local authorities.

“The practical experience offered on the course go above and beyond what I expected. The access to the latest technology and devices, alongside the guidance of highly skilled lecturers, means you graduate with a skill set many employers are searching for.”

Jonah
Exercise as Medicine graduate

Musculoskeletal Sport Science and Health

MSc

Full-time length: 1 year

Entry requirements

An honours degree (good 2:1 or above) or equivalent overseas qualification in a relevant subject or equivalent professional experience.

Contact details

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This programme aims to provide you with further knowledge of the scientific concepts and procedures underpinning sport and exercise-related musculoskeletal function, measurement, injury, and treatment.

It allows you to adopt a multidisciplinary approach to the scientific study of sport and exercise related musculoskeletal health and performance including anatomy, physiology, biomechanics, bioengineering, and kinesiology. You will also have the opportunity to carry out in-depth and critical research in selected areas of interest.

Teaching is delivered in connection with the National Centre for Sport and Exercise Medicine – East Midlands (NCSEM), which is accredited by the International Olympic Committee (IOC) Research Centre for Prevention of Injury and Protection of Athlete Health – one of just nine accredited centres around the world.

Modules

Semester 1

Compulsory modules:

Orthopaedic Sport Biomechanics; The Risks of, and Recovery from, Sports and Musculoskeletal Injury; Neuromuscular Function; Physiology and Ergonomics of Para-Sports.

Semester 2

Compulsory modules:

Basic Science and Regenerative Therapy; Emerging Digital Technologies; Quantitative Research; Research Project.

Optional modules (choose one):

Measurement of Human Movement; Developing Computer Models for Sports Biomechanics.

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, tutorials, independent study, workshops and practical sessions. Modules are assessed by a combination of coursework, essays, laboratory write-ups, reports, presentations, in-class tests, exams, as well as project reports and a research project.

Career opportunities

Typical career destinations include teaching in further and higher education, sports science support with the English Institute of Sport, working in rehabilitation and exercise therapy, working with professional sports organisations. Other graduates progress to PhD study.

“The programme gives a great insight into how musculoskeletal injuries are approached and treated, as well as the respective rehabilitative process. Novel health and biomechanical technologies are also examined, and the many practical laboratory sessions are of great help.”

Jose
Musculoskeletal Sport Science and Health graduate

Physical Education with Qualified Teacher Status (QTS)

PGCE/MSc with QTS

PGCE: 1 year full-time

MSc with QTS: 1 year full-time PGCE plus additional part-time modules

Entry requirements

A 2:1 honours degree or equivalent international qualification in a relevant discipline, which includes at least 50% sport science or PE-related content. A 2:2 honours degree with extensive school experience will also be considered.

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**RATED OUTSTANDING FOR
TEACHER TRAINING IN THE
LAST FOUR INSPECTIONS
OFSTED**



**RANKED 2ND FOR
TEACHER EDUCATION
GOOD TEACHER TRAINING
GUIDE 2017**

Our teacher training provides a path towards your career teaching PE to the 11-18 age range, with practical professional preparation in secondary schools.

Designed and delivered in partnership with schools in up to 10 local authorities, this programme is designed to produce well-qualified subject-specialist teachers for secondary schools, who engage in critical reflective practice to further develop their teaching and enhance pupil learning.

You will spend one third of the programme at university and two thirds of your time will be spent in schools across two phases.

- **Phase 1:** development phase; learning how to teach; early lesson planning and evaluations; class management and organisation, communication strategies for effective behaviour management; safety procedures.
- **Phase 2:** as above plus: analytical lesson evaluations, which inform future planning to make pupil learning progressive; providing for more individual feedback to promote further learning; teaching and learning strategies; consideration of differentiation strategies; assessment procedures; development towards becoming an autonomous reflective practitioner.

The PGCE represents both a standalone qualification and, if passed with a mark of 50% or more, the first year (contributing half the credits) of an MSc in Education with Qualified Teacher Status. This therefore provides an opportunity for you to gain a relevant master's degree during your early teaching career, should you wish to continue your studies beyond the PGCE year.

Modules

PGCE:

General Professional Studies; Professional Studies in Physical Education; Practical Teaching in Physical Education.

MSc:

Research into Teaching and Learning; Teaching Physical Education Research Project.

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, tutorials, independent study and practical sessions. Modules are assessed through a variety of methods, including written assignments and a group presentation.

Career opportunities

Both our PGCE and MSc in physical education, coupled with the outstanding provision (Ofsted, 2011) of teacher education at Loughborough, provide graduates with the requisite skills to pass your NQT year and progress in a career in teaching physical education.

The majority of our PGCE trainees secure teaching posts by the time they complete their training and have gone on to successful careers in many different schools throughout the UK and overseas.

“I have successfully secured my first teaching post in South London. The staff at Loughborough were incredibly supportive throughout the whole application and helped me to prepare effectively for all stages of the process. Such preparation allowed me to stand out amongst other applicants, from other institutions, making for an easy transition into employment.”

Jenna
Physical Education with Qualified Teacher Status (QTS) graduate

Physiology and Nutrition of Sport and Exercise

MSc

Full-time length: 1 year

Entry requirements

An honours degree (a good 2:1 of 65% or above) or equivalent overseas qualification in sports science, human physiology, nutrition or dietetics, or other relevant biological science that contains a substantial element of exercise physiology and/or nutrition.

Contact details

Postgraduate Admissions Team

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This programme is designed to provide you with an in-depth understanding of the physiological, nutritional and metabolic demands of exercise and training, and their implications for participation in sport, as well as for the maintenance of good health.

Throughout the programme you will develop an understanding of current health and exercise recommendations, the ways in which exercise impacts on health and wellbeing, and the measurement tools used for monitoring exercise, physical activity, sedentary behaviour and the methods used for assessing health and the effects of exercise. You will build knowledge of exercise treatment/testing strategies and learn how to implement exercise intervention strategies.

You will also undertake a research project as part of their studies. Project areas include muscle physiology, cardiovascular physiology, biochemistry, metabolism, risk factors for chronic diseases, exercise and appetite, exercise immunology, physiological response to exercise in children and disability sport.

Modules

Semester 1

Compulsory modules:

Physiology of Sport Performance.

Optional modules (choose one):

Exercise and Immunology; Neuromuscular Function; Sport and Exercise Nutrition; Vocational Skills in Exercise Physiology.

Semester 2

Compulsory modules:

Quantitative Research; Laboratory Techniques in Exercise Physiology and Nutrition; Current Research in Exercise Physiology; Quantitative Research Methods.

Learning, teaching and assessment

Teaching on the Management programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, tutorials, independent study, and practical sessions. Modules are assessed by a combination of exams, coursework, and group work.

Career opportunities

The programme will equip you for future careers in applied sports physiology / nutrition, exercise physiology and sport nutrition support, in research (PhD, or research positions in the Higher Education Sector), teaching in higher education or in employment in industry.

Recent graduates have been employed by National Governing Bodies (including UK Athletics, British Swimming, British Cycling) Professional bodies (including the Football Association, Rugby Football Union, Lawn Tennis Association), the English, Scottish and Welsh Institutes of Sport, Industry (including Nestle, GlaxoSmithKline, Yakult) and in health settings (including the NHS, BUPA, Nuffield Health).

“The first thing that Loughborough inspired in me was the depth of the field of study, creating a real interest and will to continuously improve my Sport Science related knowledge. Simply being in and around elite level athletes on a daily basis and the quality of facilities available on campus were a constant inspiration during my time there.”

Darragh
Sport and Exercise Nutrition MSc graduate

Social Science Research (Sport and Exercise Science)

MSc

Full-time length: 1 year

Entry requirements

A 2:1 honours degree or equivalent international qualification in Sport and Exercise Sciences, Sport Management, Humanities, Social Sciences or Journalism.

Contact details

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E: pg-ssehs@lboro.ac.uk

See full entry requirements online. Equivalent international entry requirements can be found at: lboro.ac.uk/international-pg-entry. The School reserves the right to vary the list of all modules.

This programme provides you with a comprehensive overview of the key methodological and philosophical debates that shape the social sciences, drawing on the breadth of multidisciplinary research happening within the School of Sport, Exercise and Health Sciences.

You will gain an understanding of the key epistemological and ontological debates that frame social science research, while developing advanced knowledge of the methodologies, processes, designs and practices involved in the field.

You will acquire in-depth training in the conduct and management of research, allowing you to apply your new skills and knowledge in the context of sport, exercise and health science research, drawing on the expertise of one of the world's leading centres of expertise in the field.

Research within the School has led to: developments in the treatment of eating disorders; improved understanding of the effects of sedentary lifestyles and the benefits of physical activity; academic support to enhance sport coaching; advice to international sport organisations and governments on policies and procedures; guidance and support for elite athletes (both able-bodied and disabled) to achieve their full potential; and the use of exercise in treating health conditions.

Modules

Semester 1

Compulsory modules:

Philosophy of Social Science; Quantitative Research Methods; Research Design and Practice; Dissertation in Social Science Research.

Optional modules (20 credits to be taken across semesters 1 and 2):

Doing Research with Young People in their Socio-Spatial Contexts (10 credits); Applied Conversation Analysis (10 credits).

Semester 2

Compulsory modules:

Qualitative Research Methods; Development of Social Scientific Knowledge of Sport and Exercise; Dissertation in Social Science Research.

Optional modules (20 credits to be taken across semesters 1 and 2):

Advanced Content Analysis (10 credits); Methodological Advances in Applied Ethnography (10 credits).

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, independent study, group work and practical sessions. The majority of the programme is assessed via coursework, along with a dissertation and an oral poster presentation.

Career opportunities

This master's programme is an excellent choice for students wishing to pursue research in sport and exercise science while also developing a range of transferable skills that are valued by employers in a variety of contexts.

On completion of the course, you will have met the MSc training requirements for PhD funding from the ESRC, opening up the possibility of securing PhD funding from the ESRC.

"I studied my undergraduate degree at Loughborough University so knew how much I loved the uni! Throughout both my undergraduate and postgraduate degree's I have received amazing support from my personal tutor and other lecturers. The facilities are also amazing at Loughborough and the opportunities to participate in sport are endless."

Millie
Social Science Research (Sport and Exercise Science) graduate

Sport and Exercise Psychology

MSc

Full-time length: 1 year

Entry requirements

An honours degree (2.1 or 65% or above) or equivalent international qualification in sport and exercise science, psychology or a related subject.

Contact details

Postgraduate Admissions Team
T: +44 (0)1509 226302
E: pg-ssehs@lboro.ac.uk

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ACCREDITED BY
THE BRITISH
PSYCHOLOGICAL
SOCIETY

Accredited by the British Psychological Society (BPS), this programme allows you to acquire the theoretical knowledge and practical skills needed to embark on Stage 2 practitioner training to become an accredited sport and exercise psychologist. The programme is also designed to prepare you for doctoral research opportunities in sport and exercise psychology.

The programme moves beyond the fundamentals of sport and exercise psychology by critically examining research and interventions in different applied contexts and considering the practical and ethical implications of this work for applied practitioners.

You will be taught by an academic team with a rich variety of experience in elite sport, youth sport, motivation, group dynamics, leadership, interpersonal relationships, and exercise participation. Many of our staff also work as practitioners with national governing sport bodies, individual athletes and professional teams.

Modules

Semester 1

Compulsory modules:

Introductory Qualitative and Quantitative Research; Motivation and Individual Differences in Sport and Exercise; Performance Psychology and Management; Psychology of Exercise for Clinical Populations; Project.

Semester 2

Compulsory modules:

Mental Health in Sport and Exercise; Professional Practice in Sport Psychology; The Psychology of the Coach-Athlete Relationship; Project (continued from Semester 1).

Optional modules:

Quantitative Research; Qualitative Research.

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, tutorials, independent study, group work and practical sessions. The programme was commended by the BPS for its variety of assessments, which include a combination of scientific and applied reports, oral and poster presentations, written examinations, and a research project.

Career opportunities

Graduates from this course have gone on to careers such as: sport and exercise psychologist, sport and exercise scientist, lecturer in sport and exercise psychology, and sport coach or exercise instructor/trainer. Other students have progressed to doctoral research in the field of sport and exercise psychology.

"The academic support team and university have certainly enhanced and improved my student experience. I am continually inspired by the staff at Loughborough and their passion to understand and develop Sport and Exercise Psychology."

Chloe
MSc Sport and Exercise Psychology student

Sport Biomechanics

MSc

Full-time length: 1 year

Entry requirements

A 2:1 honours degree or equivalent international qualification in sport or biological sciences (with a substantial biomechanics/bioengineering component), or in engineering, maths, physical sciences, or related disciplines.

Contact details

Postgraduate Admissions Team
T: +44 (0)1509 226302
E: pg-ssehs@lboro.ac.uk

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OUR STAFF HAVE WORKED WITH ORGANISATIONS INCLUDING: THE ENGLISH INSTITUTE OF SPORT, THE INTERNATIONAL CRICKET COUNCIL, AND THE MERCEDES F1 TEAM

This well-established Master's programme provides the opportunity to gain an in-depth understanding of all major aspects of biomechanics – the area of science concerned with the mechanics of the structure and movement of living things, as applied to sport.

Through movement, simulation and measurement, Sport Biomechanics seeks to gain a greater understanding of human performance in athletic and sporting activities, and to use this understanding to improve performance and reduce injury risk.

The content of this cutting-edge programme ranges from experimental techniques and equipment requirements and use, through to the latest theoretical considerations and research problems.

By studying this programme you will be joining the largest sport biomechanics and motor control research team in the UK. This diverse and friendly community will offer many extra-curricular opportunities for you to participate in research activities and to learn from biomechanists with a huge amount of experience and expertise.

Modules

Semester 1

Compulsory modules:

Theories and Methods of Analysis in Biomechanics; Core Biomechanics; Orthopaedic Biomechanics; Neuromuscular Function.

Semester 2

Compulsory modules:

Theories and Methods of Analysis in Biomechanics; Core Biomechanics; Quantitative Research; Developing Computer Models for Sport Biomechanics; Research Project.

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, independent study and practical sessions. You will be assessed by a combination of exams and coursework, such as essays, lab reports, practical tests and presentations, culminating in an independent research project report.

Career opportunities

The Sport Biomechanics programme will develop your biomechanics-specific and transferable skills for employment, such as scientific writing, IT skills including computer programming, presentation skills and critical analysis and discussion, which will be beneficial for a wide range of potential careers.

Recent graduate destinations include: Elite athlete support for the English Institute of Sport and the Lawn Tennis Association; PhD research at Loughborough and other top 100 QS world ranked universities, Biomechanics services at the National Biomechanics Institute (US) and Boardman Bikes; and Biomechanics technology with Hawkeye and Vicon.

“I choose Loughborough due to its world-renowned reputation and facilities, along with the opportunity to be taught by leading academics in the field. The programme has given me the ability to work independently and draw on techniques from a broad range of fields.”

Tom
Sports Biomechanics MSc graduate

Sport Management

MSc

Full-time length: 1 year

Entry requirements

A 2:1 honours degree or equivalent international qualification in the area(s) of sport, business, management or related subject (marketing, accounting, economics), law or journalism.

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SPORT MANAGEMENT COURSES ARE CO-TAUGHT BY OUR TRIPLE ACCREDITED BUSINESS SCHOOL (AACBS, EQUIS, AMBA)



OUR STAFF HAVE CARRIED OUT RESEARCH FOR SPORT ENGLAND, PREMIER LEAGUE FOOTBALL CLUBS AND THE INTERNATIONAL OLYMPIC COMMITTEE

Leading research supports and enhances the teaching of our Sport Management MSc programme, equipping you with the skills and knowledge to work in the rapidly expanding global sports industry.

You will address topics such as professional sport marketing strategies, new sport policies, strategic management, innovation in the sports industry, and the governance of sport federations. You will develop strong team working skills through regular group work and will have the opportunity to put your knowledge into practice through case studies and applied assessment methods, such as developing sponsorship plans or presenting policy solutions to real life sport problems.

Our academic staff are renowned internationally for their contribution to sport management research and have conducted research for a range of respected organisations including Sport England, the International Olympic Committee and the European Commission.

With strong links existing between the School of Sport, Exercise and Health Sciences and various sport management practitioners across the UK, you will have the opportunity to listen to, and network with, guest lecturers from leading sport organisations.

Modules

Semester 1

Compulsory modules:

Research Methods and Skills for Sport Managers; Economics of Innovation in Sport; Management of Human Resources in the Sport Industry.

Semester 2

Compulsory modules:

Accounting for Decision Making; Global Sport Marketing and Media; Managing Strategy Development in Sports Organisations; Sport Policy, Governance and Law.

Summer

Compulsory modules:

Project (MSc Sport Management).

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, independent study and practical sessions. You will be assessed by a combination of exams, coursework and group work.

Career opportunities

Recent graduates from Sport Management have gone on to work in the sports industry within the UK and internationally, in roles including: sport marketing managers, health and fitness/facility managers, sport and leisure consultants, sports development officers, local authority sport and leisure officers, and national sport federation officers. Graduate employers include: Adidas, Arena Sports, Group M China, London Irish RFC, Qatar Investment Group, and Sense Sport.

“My Sport Management degree has given me an understanding how to manage people and work within different frameworks including financial, theoretical and practical aspects. Likewise having studied sports law I have now achieved a greater theoretical understanding of law in relation to sports.”

Savion
Sport Management MSc graduate

Sport Management, Politics and International Development

MSc

Full-time length: 1 year

Entry requirements

A 2:1 honours degree or equivalent international qualification in sports science or a social science discipline.

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ACCREDITED BUSINESS SCHOOL
(AACBS, EQUIS, AMBA)

This programme aims to provide you with a strong critical understanding of sport management, politics and international development in sport. It draws on Loughborough's world-leading research in these areas, as well as our strong ties across the sport sector and with sport-related organisations in business, government, and non-profit fields.

You will be taught by experienced academic staff who have undertaken projects with leading organisations, including the Commonwealth Secretariat, European Commission, International Olympic Committee, International Paralympic Committee, UK Sport and various UN agencies.

The programme provides perfect preparation for graduates looking to join the global sport industry, in the fields of management, development, politics and policy, commerce, and governance, as well as for those interested in pursuing further postgraduate research.

You will also have opportunities to listen to, and to network with, guest speakers who have key roles in leading sport and sport-related organisations at UK and international level.

Modules

Semester 1

Compulsory modules:

Research Methods and Skills for Sport Managers; Politics of Sport; Development of Sport.

Semester 2

Compulsory modules:

Sport Integrity; Global Sport Marketing and Media; Sport and International Development; Sport Policy, Governance and Law.

Summer

Compulsory module:

Research Project.

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, tutorials, independent study and practical sessions. You will be assessed by a combination of exams, coursework, and group work.

Career opportunities

This programme will provide you with the skills and knowledge to enter careers in sport management, sport policy, and sport development, or to pursue PhD study. We anticipate that graduates will gravitate towards opportunities in sport events management, sport marketing, sport sponsorship, sport development, sport policy and governance, and sport-related social enterprise.

“I have really enjoyed the breadth of the programme as it covers a variety of areas ranging from media and marketing, sport development and politics. Furthermore, these topics are covered on an international scale which offers an insight to working in a global environment when I leave university.”

Erin
Sport Management, Politics and
International Development MSc graduate

Strength and Conditioning

MSc

Full-time length: 1 year

Entry requirements

A 2:1 honours degree or equivalent international qualification in sports science or other relevant biological science that contains an element of exercise physiology and biomechanics.

Contact details

Postgraduate Admissions Team
T: +44 (0)1509 226302
E: pg-ssehs@lboro.ac.uk

*See full entry requirements online. Equivalent international entry requirements can be found at: lboro.ac.uk/international-pg-entry
The School reserves the right to vary the list of all modules.*



RECOGNISED BY THE NATIONAL
STRENGTH AND CONDITIONING
ASSOCIATION (NSCA) EDUCATION
RECOGNITION PROGRAM

Our Strength and Conditioning MSc provides you with the knowledge, skills and experience to develop athletes across the spectrum of athletic achievement, from participation to high performance.

The programme focuses on the science and practice of strength and conditioning, as well as the fundamental science underpinning performance adaptations. It capitalises on Loughborough's research and sporting strengths to enable the provision of hands-on coaching experience, designed to give you the tools to develop athletic performance at the highest level.

The programme culminates in a substantial independent research project giving you the chance to apply the knowledge and techniques you have learned to answer a scientific question relevant to strength and conditioning.

Teaching is delivered in several state-of-the-art performance and laboratory facilities, including the Technogym Centre for Excellence – our world class athlete development facility. This facility includes 23 weightlifting platforms, Eleiko bars and plates, two sets of inground force plates, a custom isometric mid-thigh pull dynamometer, and a 20m tartan track. The Centre for Excellence is not only home to all Loughborough University performance athletes, but is also a primary training hub for the English Institute of Sport, and for several national governing bodies of sport.

Modules

Semester 1

Compulsory modules:

Neuromuscular Function; Strength and Conditioning Coaching; Applied Strength and Conditioning Science; The Science Underlying Performance and Injury.

Semester 2

Compulsory modules:

Quantitative Research; Professional Practice for Strength and Conditioning; Applied Strength and Conditioning Science; The Science Underlying Performance and Injury.

Summer

Compulsory module:

Research Project.

Learning, teaching and assessment

Teaching on this programme is provided by our world-renowned specialist staff using a number of methods, including: lectures, seminars, tutorials, independent study, group work and practical sessions. You will be assessed by a combination of exams and coursework.

Career opportunities

Graduates of this programme will be able to pursue careers applying your strength and conditioning knowledge and skills in a variety of settings including working with elite sportspeople and teams, nationally and internationally.

It could also open up career opportunities in health and fitness club management, fitness consultancy, health promotion, personal fitness training, corporate health advice, sports or physical activity development and the armed forces.

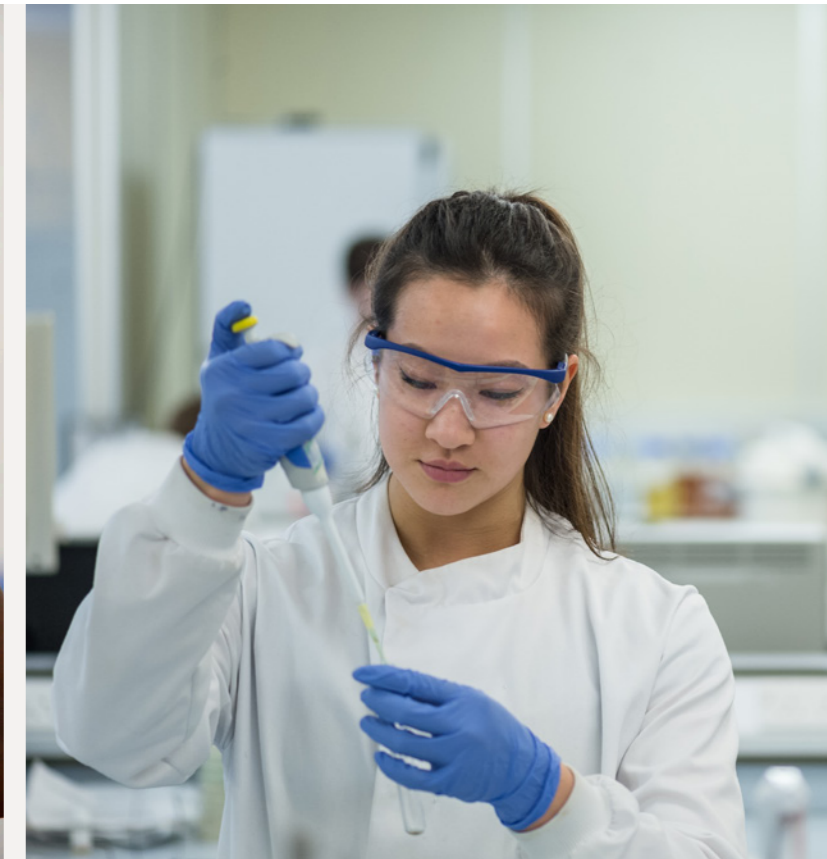
The programme offers a high number of internal and external coaching placement opportunities each year. Many of these opportunities are advertised prior to the start of the programme, so you are encouraged to apply early if you would like to be considered.

“The course exposes you to wide range of topics such as biomechanics, physiology, psychology and many more. It then provides you with the opportunity to apply these topics in a wide range of applied areas such as performance sport, general health and wellbeing or more niche specialisms such as the army or para-sports.”

Anne
Strength and Conditioning MSc graduate

Research that matters

100% of research undertaken within the School of Sport, Exercise and Health Sciences is rated world-leading or internationally excellent (REF 2014). This research, not only influences elite athletes and clubs, international sport organisations and governments, but is also placed at the heart of our postgraduate teaching, ensuring students benefit from the very latest understanding in the fields of sport, exercise, education, health and well-being.



As well as benefiting from the expertise of our academic staff, our postgraduate students are also able to take advantage of the access to our internationally recognised research centres: The National Centre for Sport and Exercise Medicine (East Midlands); The Leicester Biomedical Research Centre; the Peter Harrison Centre for Disability Sport; and CLIMB: The Centre for Lifestyle Medicine and Behaviour.

Research within the School is classified broadly into three themes:

- **Sport performance:** We explore the underlying scientific mechanisms, behaviours and interactions that impact on sport performance across the ability range. We also study the physiological effects of factors including nutrition, training and rest on performance, investigate factors such as biomechanics, coaching and psychology, as well as considering the impact of the social, political and economic contexts within which sport takes place.
- **Participation in sport and exercise:** We are developing a comprehensive understanding of the factors that influence people's engagement with exercise as part of

their daily lives, spanning casual and informal activity as well as formal, organised and elite sport. This includes the implementation of exercise medicine to promote physical and mental well-being.

- **Lifestyle for health and wellbeing:** There are two strands to our work in this area. As well as the effectiveness of physical activity and exercise in the prevention of long-term medical conditions spanning physical and mental health disorders, we also study rehabilitation and prehabilitation.

The broad scope of research across these three themes has led to developments in the treatment of eating disorders and improved understanding of the effects of sedentary lifestyles and the benefits of physical activity. It has also provided academic support to enhance sport coaching; advice to international sport organisations and governments on policies and procedures; guidance and support for elite athletes (both able-bodied and disabled) to achieve their full potential; and developments in the use of exercise in treating health conditions.

1ST IN THE UK FOR
OVERALL QUALITY
OF RESEARCH
REF 2014

For more information, visit:

lboro.ac.uk/departments/ssehs/research



Degrees by research

Research is an essential component of the School's activity and purpose. We believe that it is very important to invest in excellent postgraduate (PhD) training and research infrastructure, and to maintain an intellectually stimulating environment that supports high quality research.

The School has a dynamic and vibrant research community of more than 200 PhD students, representing 14 different nationalities.

We provide opportunities for PhD study across a diverse range of disciplines within sport, exercise and health sciences. The School's research and PhD opportunities are broadly divided into three thematic areas: Sports Performance, Lifestyle for Health and Well-being, and Participation in Sport and Exercise.

Prospective students can apply for:

- Funded PhD studentships researching a pre-defined topic
- A self-funded PhD researching a pre-defined topic
- A self-funded PhD researching a topic you propose

To propose a topic, applicants can submit a proposal, or discuss their ideas with a member of academic staff with relevant interests to develop a proposal before applying.

There are four available start dates during the academic year:

- 1 January
- 1 April
- 1 July
- 1 October

100% OF OUR RESEARCH IMPACT IS RATED WORLD-LEADING OR INTERNATIONALLY EXCELLENT
REF 2014

For more information, visit:

lboro.ac.uk/departments/ssehs/phd-pg-research



TOP 10 IN EVERY UK UNIVERSITY LEAGUE TABLE

General enquiries

School of Sport, Exercise and Health Sciences
Loughborough University
Leicestershire LE11 3TU UK

Postgraduate taught study

T: +44 (0)1509 226302
E: pg-ssehs@lboro.ac.uk

Postgraduate research

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lboro.ac.uk/ssehs

This brochure was written several months in advance of the academic year to which it applies (2021). Every effort has been made to ensure that the information contained within is accurate at the time of publishing, but updates (for example to course content) are likely to occur due to the time between publication and the course start date. It is therefore important to visit our online prospectus at www.lboro.ac.uk/study before applying to check for any updates, as this will be the most up-to-date repository of information.

