

# Human Biology



QS WORLD UNIVERSITY RANKINGS BY SUBJECT 2017  
1ST IN THE WORLD FOR SPORT-RELATED STUDY



NSS 2017  
RANKED 1ST FOR OVERALL SATISFACTION  
IN ANATOMY, PHYSIOLOGY AND PATHOLOGY



HIGHER EDUCATION SURVEY 2016  
95% GRADUATE EMPLOYABILITY



# School of Sport, Exercise and Health Sciences

Loughborough University's School of Sport, Exercise and Health Sciences is renowned as an internationally recognised centre of excellence for the study of sport, exercise and health through the natural and social sciences.

The wide-ranging expertise of our staff informs teaching across our degree courses, ensuring that our students learn about issues of global significance, and helping them prepare for employment or further study.

Combining excellence in teaching with ongoing investment in buildings, laboratories, facilities and equipment, the School provides students with a truly stimulating learning experience.

The option of a professional placement year on all our undergraduate courses gives you the chance to gain invaluable work experience and

a possible introduction to your future employer. There are also opportunities to study abroad with one of our partner universities, broadening your horizons and gain a global perspective.

Loughborough University is famous as one of the UK's top sporting universities and the School of Sport, Exercise and Health Sciences is the home of cutting edge research in such diverse areas as medicine, molecular biology, nutrition, biomechanics, anatomy and physiology.

As a Human Biology student within the School, you will learn from academic staff actively involved in major wide-ranging international research that seeks to address the global health challenges of today and tomorrow.

It is this multidisciplinary environment makes Loughborough the ideal place to study Human Biology.



HIGHER EDUCATION SURVEY 2016  
95% OF GRADUATES IN EMPLOYMENT OR FURTHER STUDY



A GREAT PLACE TO STUDY  
ONGOING INVESTMENT IN LABORATORY FACILITIES



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





## Study with us

The School of Sport, Exercise and Health Sciences is a great place to study, boasting access to first-class facilities, the expertise of our internationally-renowned teaching staff, and a lively community of around 1,500 students.

### Outstanding facilities

Acquisition of practical skills is an important part of this degree course and Human Biology students make use of a range of facilities for practical classes and research projects.

These include:

- State-of-the-art anatomy and physiology teaching labs
- Biochemistry/molecular biology teaching labs
- Computer labs equipped with specialist software
- Research labs for areas such as genetics, body composition, exercise physiology and cell biology

In addition, as a Loughborough University student, you will benefit from all the facilities and support services that the University has to offer, including:

- round the clock access to computers;
- extensive and newly refurbished library facilities;
- a range of student support services, including counselling and advice, English language support and the Careers and Employability Centre.

### STEMLab

STEMLab is an exciting £17 million investment in new state-of-the-art science and engineering facilities and the cornerstone of a wider £25 million investment in the west side of our campus. Opening in 2017 it brings a new suite of bio-science labs for practical work.



DLHE SURVEY 2015  
95% OF GRADUATES  
IN EMPLOYMENT OR  
FURTHER STUDY

—  
“Studying Human Biology really deepened my interest in the human body, society, diseases and especially in genetics. The laboratory classes made the theory from the lectures become much clearer through applying our knowledge in a practical way and making studying much more exciting.”

—  
Jasmin Kuonen  
BSc Human Biology



*“My course has high quality teaching in an environment that encourages engagement. We also have many lab sessions which complement the module content and lectures very well. The support provided has been everything I’ve needed and more.”*

—  
Joe Banks  
BSc Human Biology

# BSc Human Biology

**BSc (Hons) DPS/DIntS\*** 4 years full-time sandwich  
UCAS code: B150

**BSc (Hons)** 3 years full-time  
UCAS code: B151

#### Typical offers

**A level:** ABB including at least one science (Biology preferred)

**IB:** 34 (6,5,5 HL) with 5 in Biology and one other science (at least one of which should be at HL).

**BTEC Level 3 Diploma:** BTEC Level 3 National Extended Diploma in a relevant subject: DDM with majority of units at Distinction. Relevant subjects include Applied Science or Forensic Science.

**GCSE:** GCSE Mathematics and English Language Grade C/4 (Grade B/6 preferred).



**Human Biology is the study of the structure and function of the human body: how the human species evolved, how we change over the lifespan, adapt to external stressors, and how our human biology and culture influence disease risk.**

Human biologists address questions such as: What is the body made of? How does the body work? What factors affect our growth? Why do some people age more successfully than others? How does the body adapt to cope with challenges such as exercise, undernutrition or environmental extremes? How does our evolutionary past affect our current biology? How do our genes, lifestyle and environment affect our risk of disease?

At Loughborough University, Human Biology is taught by staff who are all active researchers with renowned expertise that includes human population biology, global health and human development, physical activity and public health, nutrition, human genetics, and the influence of diet, exercise and lifestyle on health.

This degree course is unique in its consideration of the human from molecule to population level and in its international perspective. It is also modular, allowing choice and increasing specialisation in each year of study. Its home within the School of Sport, Exercise and Health Sciences offers the opportunity to study optional modules in sport and exercise science and psychology.

#### Professional accreditation

Graduates with a 2:2 degree or higher are eligible for membership of the Institute of Biology, the United Kingdom’s professional body for biologists, and the Society for the Study of Human Biology, an international scientific society for the general advancement and promotion of research in the biology of human populations in all its branches. Student membership of both organisations is also open to Human Biology students.

#### Year 1

Areas studied include anatomy and physiology, genetics and cell biology, biochemistry, human evolution and adaptation, data analysis, human biology and society, and homeostasis.

#### Year 2

Areas studied include measurement and evaluation, ecology of nutrition, growth and development, physiology of physical activity, human genomics, human ageing, and experimental design and analysis.

#### Optional placement/study year

Professional placement and/or overseas study.

#### Final year

Areas studied include human evolution, performance at environmental extremes, infectious diseases in humans, body composition, lifestyle and disease, and forensic DNA analysis, plus a choice of optional modules.

You will also undertake a research project of your own choosing. Recent projects include investigations on child health, bone health, DNA polymorphisms, heat strain, napping and performance, and diet quality.

### Placements and careers

Loughborough University is ranked among the best universities for graduate employment and, having strong collaborative relationships with leading companies, our graduates are consistently targeted by the UK's top recruiters.

### Outstanding placement opportunities

The graduate job market is highly competitive, so having first-hand practical work experience can help you stand out from the crowd. This is why we offer our students the opportunity to take advantage of our professional placement scheme.

Many students have found their placement gave them invaluable experience that enhanced their studies and employment prospects.

#### Examples of recent placement destinations include:

- Watford General NHS Hospital
- Kings College Institute of Psychiatry
- England and Wales Cricket Board ECB
- Pennsylvania State University
- Alvotech (a biopharmaceutical company)
- Reckitt Benckiser (international consumer goods company)

### Graduate destinations

Employers today are keen for graduates to demonstrate dynamic and flexible skills that complement their academic achievements. We place great importance on our students' employability and, in particular, on transferable intellectual and personal skills that organisations demand, including problem-solving, presentation skills and effective co-working. As such Human Biology graduates have gone on to pursue a wide variety of career or opportunities for further training in scientific and medical research, teaching, medicine, healthcare services, clinical writing, as well as retail management, accountancy, government and industry.

#### Example career destinations of our graduates include:

- Research and Development Specialist – Evacta
- Panel Leader – GlaxoSmithKline
- Buying Assistant – Mondelez International
- Genetic Technologist – NHS
- Trainee Clinical Scientist – NHS
- Laboratory Analyst – Orchid Cellmark
- Analyst – Royal Bank of Scotland
- Sales Development – Supernutrients
- Statistical Analyst – Thames Valley Cambac

Other graduates go on to pursue a postgraduate degree in medicine.

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*"I wanted to get a degree in a subject I enjoyed and that left lots of doors open for me later in life, at a University with a great reputation. After a campus tour of Loughborough, I knew it was the place for me."*  
 —

Sammy Case  
 BSc Human Biology graduate





# The Loughborough Experience

Loughborough University is renowned for offering a life-changing student experience, recently ranking first in the Times Higher Education Student Experience Survey 2016. We asked Human Biology graduate Jack Needham to sum up his own "Loughborough Experience".

"At the open day I was very impressed by the facilities and labs that I was shown around that are used throughout the degree. I was also fond of studying at a campus based university and Loughborough is definitely a great example of that. I chose Loughborough for its sporting background as I had an interest in developing a scientific career relating to sports.

"The structure of the Human Biology course was attractive to me as it gave the ability to pick optional modules each year from within the entire department. I've been able to pick modules from the Sport and Exercise Science course that have a greater basis on biology and chemistry, supporting my learning of the compulsory modules on my course.

"The quality of teaching is great and it is good to be taught by a variety of staff for the additional content they bring, such as their own research or personal views on aspects of the taught course.

"To anyone considering Human Biology at Loughborough, I'd say the combination of great academic support and teaching with the social and unique environment of Loughborough's campus and hall system will truly make it the best years of your life."

Jack is now studying our postgraduate MSc Sport Management programme.



## An outstanding campus

The University is based on a superb 440 acre campus - the largest single-site green campus in the UK. Boasting pleasant open spaces, gardens and sports areas, our campus is equipped for every aspect of student life, with high quality accommodation, shops, health services, student support centres and our award-winning Students' Union. You will join a vibrant campus community of over 20,000 students and staff from over 100 countries.

## More than sport

In your spare time, there is something for everyone. You can join in with our Rag charity fundraising, community Action volunteering, the Media Centre, music and arts activities, and over 100 different clubs and societies.

Find out more: [www.lboro.ac.uk/about/students-union](http://www.lboro.ac.uk/about/students-union)

## Loughborough life

A busy market town in the East Midlands, Loughborough boasts great travel links and is situated between three nearby cities of Leicester, Nottingham and Derby. The town has a variety of entertainment on offer, including theatre, comedy, cinema and restaurants serving up global cuisine, alongside pubs, delis, bars and coffee shops.

For more information go to: [loveloughborough.co.uk](http://loveloughborough.co.uk)

## The #LboroFamily

Coming to university is about so much more than just getting a degree - it is a brand new opportunity to build friendships, take part in once-in-a-lifetime experiences and create lasting memories. One thing that makes Loughborough so special is the close-knit community spirit that runs through our campus. Whether it's within halls of residence, clubs and societies or Schools and departments, take a look at what it means to be part of our #LboroFamily.







TIMES HIGHER  
EDUCATION STUDENT  
EXPERIENCE SURVEY  
BRITAIN'S BEST  
STUDENT EXPERIENCE  
OVER THE LAST  
10 YEARS 2007-2017

### General enquiries

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