Sport, Coaching and Physical Education

QS WORLD UNIVERSITY RANKINGS BY SUBJECT
1ST IN THE WORLD FOR SPORTS-RELATED SUBJECTS
THREE YEARS RUNNING 2017, 2018, 2019

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

THE TIMES AND SUNDAY TIMES
GOOD UNIVERSITY GUIDE 2017
UNIVERSITY OF THE YEAR FOR SPORT
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 major investment in buildings, laboratories, facilities and equipment, the School provides students with a truly stimulating multidisciplinary learning environment.

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 gaining 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 molecular biology, physiology, nutrition, biomechanics, economics, pedagogy, psychology, sociology and sport management. This winning combination makes Loughborough the ideal place to study Sport, Coaching and Physical Education.
Loughborough University’s long sporting heritage continues to provide unrivalled sporting opportunities for students. The University has been named University of the Year for Sport for the second time in The Times and Sunday Times Good University Guide 2017, winning the prestigious title in honour of its unparalleled role in the triumph of the British Olympic and Paralympic teams in Rio.

Students here have won the British Universities and Colleges Sport (BUCS) championship title for 40 consecutive years.

The campus has the country’s largest concentration of world-class training facilities across a wide range of sports, including an indoor athletics centre, outdoor stadium and a 50m swimming pool. National and regional centres for many sports are located on campus, including national performance centres for athletics and cricket. Many of these are based at SportPark, a state of the art £15 million development that houses many of the country’s top national governing bodies including swimming, volleyball, and wheelchair basketball.

The University is justly proud of its reputation for sporting excellence, having produced athletes and coaches of the calibre of Sebastian Coe, Paula Radcliffe, Steve Backley and Clive Woodward. The University was also proud to serve as the Official Preparation Camp Headquarters for Team GB prior to the London 2012 Olympic Games.

**Sports Development Centre**

The University runs the most comprehensive sports development programme in the UK and boasts unrivalled sporting excellence. Highly qualified coaches support Loughborough’s sports teams and individual athletes competing at national and international levels. The SDC works in partnership with the School of Sport, Exercise and Health Science to provide advanced facilities and expertise.

www.lboro.ac.uk/sport

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**“I was drawn to study at Loughborough’s School of Sport, Exercise and Health Sciences by its world leading reputation for sports research and teaching – and the amazing sports facilities.”**

— Georgina

Sport and Exercise Science BSc
This degree course offers you the opportunity to study Sport, Coaching and Physical Education at one of the UK's leading universities — and the world's number one for sports-related subjects. You will develop a critical, theoretical and practical knowledge and understanding of each of these areas, as well as of the underpinning disciplines of physiology, physical activity and health, skill acquisition, psychology and sport sociology.

You will benefit from access to state-of-the-art facilities which will allow you to develop your teaching and coaching practical skills and academic and scientific skills which will enable you to apply your knowledge and understanding to sport, educational, health and other contexts.

You will also take a series of modules that have been specifically designed to develop your research, vocational and employability skills, placing you in a best possible position to pursue rewarding careers upon graduation.

The modular structure of the degree will enable you to increasingly tailor your studies towards your career aspirations. This course is likely to be of particular interest to those wishing to pursue careers in the fields of coaching, education, sport policy, physical activity and health promotion and/or allied professions.

Year 1
You will embark on a compulsory first year which provides a platform for future years. Modules will provide fundamental information and practical experience in Sport, Coaching and Physical Education and fundamental knowledge in the complementary disciplines of Sport and Social Sciences, Kinimology, Growth and Development, Psychology, Biomechanics and Physiology. An additional module addressing the Research, Employability and Academic Skills necessary for a successful career in Sport, Coaching or Teaching will also be taken.

Year 2
You will take compulsory modules in Teaching, Coaching and Research Methods. You will then select from a series of optional modules in the areas of Sport Sociology, Physical Activity and Health, Skill Acquisition and Fitness Training and Analysis where you will further develop your knowledge, understanding and academic and practical skills through more in depth study.

Optional placement/study year
Professional placement or overseas study.

Final year
You will have the opportunity to take one or two modules focusing on Teaching and Coaching. You will then have the opportunity to select options from a series of modules covering the areas of Sport Sociology, Physical Activity and Health, Psychology, Leadership and Development Skills, Strength and Conditioning and Performance Analysis. These modules will be more advanced and encourage you to foster a multi-disciplinary approach to understanding the contemporary field of Sport, Coaching and Physical Education. You will also undertake a substantial Research Project module that will involve investigating a sport, coaching, teaching or related discipline in which you have developed a particular interest.

Graduate destinations
This degree is designed to prepare you for employment across a range of coaching, sport, exercise, health and wellbeing, and traditional graduate jobs. It will also form a strong basis for further training, including in PE teaching, coaching, strength and conditioning, exercise physiology, sport psychology, personal training, health, and local government sports departments.

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
As a student within the school, you will have access to the very best facilities including bespoke training and testing equipment, the latest physiological, molecular and environmental technologies, two climatic chambers, and an £8 million development housing 27 laboratories, including specialist labs for physiology and biomechanics.

Athena SWAN
The School of Sport, Exercise and Health Sciences is committed to addressing gender inequalities in science and to improving career progression for female academics. This commitment has been recognized in 2012 by an Athena SWAN Silver Award.

www.lboro.ac.uk/ssehs/undergraduate
“Loughborough provided me with a broad-base in the scientific study of sport and human performance that was the key to my future career. The different modules enable you to gain an insight into many different aspects that are useful further on in your career. Having Loughborough University on my CV also helped me get my foot in the door as different employers knew of its reputation and recognised the quality of education it provided.”

Darragh
Head of Sport Science, Juventus FC
Sport and Exercise Science graduate

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:
• Sports Science Intern – Tottenham Hotspur Football Club
• Physiology Placement GB Hockey – English Institute of Sport
• Physical Performance Intern – Leicester Tigers
• Strength & Conditioning Coach – Southampton Football Club
• Sales Planning Analyst – Adidas
• Research Assistant – Leicester Diabetes Research Centre

Graduate destinations
This is a new course so it is too early to report on graduate destinations. However, the School of Sport, Exercise and Health Sciences has an excellent track record for preparing its students for employment in wide-ranging roles in wide-ranging settings.


Recent graduate destinations have included:
• Strength and Conditioning Coach – Arsenal Football Club
• Performance Analyst – Bournemouth AFC
• Rowing Coach – British Rowing
• Retail Department Manager – Decathlon
• Strength and Conditioning Coach – England Cricket & Basketball
• Marketing Executive – GlaxoSmithKline
• Nutrition Assistant – Harlequins RFC
• Academy Sports Scientist – Nottingham Forest Football Club
• Health and Wellbeing Physiotherapist – Nuffield Health

Other graduates from the School of Sport, Exercise and Health Sciences have gone on to pursue careers in teaching, finance and health.

www.lboro.ac.uk/ssehs/undergraduate

Watch our placements video
https://youtu.be/hvN0h9STmBs
Loughborough University is renowned for offering a life-changing student experience, recently ranking first in the Times Higher Education Student Experience Survey 2018.

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

The Loughborough Experience

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 sport 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

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

THE GUARDIAN UNIVERSITY GUIDE 2020 UNIVERSITY RANKED 6TH
THE GUARDIAN UNIVERSITY GUIDE 2019 UNIVERSITY RANKED 5TH
THE TIMES AND SUNDAY TIMES GOOD UNIVERSITY GUIDE 2019 UNIVERSITY RANKED 8TH
THE COMPLETE UNIVERSITY GUIDE 2020 UNIVERSITY RANKED 8TH
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This brochure was written several months in advance of the academic year to which it applies (2020). 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.