Sport and Exercise Science

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

www.lboro.ac.uk/ssehs
School of Sport, Exercise and Health Sciences
The School of Sport, Exercise and Health Sciences at Loughborough University is internationally renowned for excellence in teaching and research. Highly-rated in national university league tables and ranked number one in the prestigious QS World University Rankings by Subject for three years running, the School’s wide-ranging expertise encompasses such diverse areas as medicine, molecular biology, nutrition, biomechanics, economics, pedagogy, psychology, sociology and sport management.

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 wide-ranging expertise and cutting-edge research of our staff informs teaching across our degree courses, ensuring that our students keep pace with the latest developments in sport and exercise science, and helping them prepare for employment or further study.

The option of a professional placement year 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 one of the best for studying sport and exercise science. Outstanding facilities, teaching resources, equipment and our pioneering research combine to deliver a truly unique student experience.
Inspiring winners since 1909

Loughborough has been named the best university in the world for sports-related subjects in the global 2019 QS higher education league table.

It is the third year running that the University has topped the prestigious table, cementing its position as the world leader for sport.

Known for our outstanding contribution to the world of sport for over 60 years, we bring together exceptional athletes, facilities, coaching and research expertise with extensive partnerships with major sports organisations, we are proud to be the number one university for sport.

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
Diploma in Professional Studies/Diploma in International Studies.

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 enjoy access to the very best facilities, including bespoke training and testing equipment, the latest physiological, molecular and environmental technologies, and two climatic chambers within 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 recognised in 2012 by an Athena SWAN Silver Award.

Study with us
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BSc Sport and Exercise Science

Sport and exercise is a huge and rapidly expanding global industry, while levels of public fitness and health are issues high on the political agenda. For this reason, sport and exercise scientists are in increasing demand, particularly given the drive of professional athletes to maximise their potential and the efforts of health officials to encourage participation in exercise and physical activity.

This degree course offers you the opportunity to study Sport and Exercise Science at one of the UK’s leading universities. You will develop your knowledge and understanding of the disciplines of physiology, biochemistry, biomechanics, motor control and psychology. 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 position to secure appropriate employment upon graduation.

Year 1
You will embark on a compulsory first year which provides a platform for future years. Modules will provide fundamental information in anatomy, physiology, biochemistry, cell biology, structural kinesiology, biomechanics, motor control, skill acquisition and psychology. Additional modules addressing the Research, Employability and Professional Skills necessary for a successful career in Sport and Exercise Sciences will also be taken.

Year 2
You will select from modules within the disciplines of Physiology and Nutrition, Biomechanics and Motor Control, and Sport and Exercise Psychology where you will further develop your knowledge, understanding and discipline-specific skills with more in depth study. You will also continue with your development in Research, Employability and Professional Skills with modules that will put sport and exercise science into a wider context from a sports performance and health and wellbeing perspective.

Final year
You will specialise in two of the disciplines above and also undertake a substantial research project.

Placement opportunity
Professional placement or overseas study.

Study abroad
Additional award
Accredited course

The BSc Sport and Exercise Science degree is accredited by The British Association of Sport and Exercise Sciences (BASES).

Typical offers
A level: AAA-AAB including at least one preferred subject: Biology, Human Biology, Mathematics, Physics, Chemistry, Psychology, PE / Sports Science.
IB: 37 (6,6,6 HL)
BTEC Level 3 National Extended Diploma: D*T*D* including Distinctions in all units in combination with a Grade A in a preferred A level subject.
GCSE: Majority A/B (7/6) Grades at GCSE including minimum Grade B/6 in Mathematics, English Language and a science.

www.lboro.ac.uk/ssehs/undergraduate

Placement opportunity Study abroad Additional award Accredited course
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
There are high levels of employment for our graduates across a range of jobs related to sport, exercise, and health and wellbeing. These include positions such as coaches, PE teachers, exercise physiologists, sport psychologists, sports agents, personal trainers, strength and conditioning coaches, health advisers, and local government sports development officers. The emphasis on transferable skills (e.g. communication, project work, organisation) has enabled our graduates to enter a wide variety of graduate-level positions within other sectors.

Our graduates have gone on to pursue a diverse array of exciting and rewarding careers with a wide range of employers, including:
- Health Adviser – BUPA
- Talent Development Administrator – England Hockey
- Academy Sports Scientist – Birmingham City Football Club
- Rowing Coach – British Rowing
- Gymnastics Coach – Excel Gymnastics
- Facilities Management Graduate Trainee – KPMG
- Assurance Associate – PricewaterhouseCoopers
- HR Manager – NHS
- Marketing Executive – GSK
- Strength and Conditioning Coach – Arsenal Football Club
- Nutrition Assistant – Harlequins RFC
- Technology Consultant – IBM
- Health and Wellbeing Physiotherapist – Nuffield Health

“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 Connolly
Head of Sport Science, Juventus FC
Sport and Exercise Science graduate

www.lboro.ac.uk/ssehs/undergraduate

Watch our placements video
https://youtu.be/hvN0h9STmBs

School of Sport, Exercise and Health Sciences
Loughborough University is renowned for offering a life-changing student experience, recently ranking first in the Times Higher Education Student Experience Survey 2018. We asked Sport and Exercise Science student, Elysa to sum up her own “Loughborough Experience”.

“It is the best university for this degree. I also fell in love with the campus and the whole place when I visited one summer. It’s a beautiful campus. I just felt that I fitted in.

“Being here has opened up doors. The degree really opens your eyes. I came here expecting to go into nutrition, but now the field of public health has caught my attention. With the extensive resources available to me here, I look forward to continuing enhancing my knowledge in this subject area with the best of the best! The lecturers in my subjects of interest are truly inspiring.

“I would definitely recommend studying Sport and Exercise Science at Loughborough. My personal tutors have helped me in any way possible and have always been available to give me good advice. I have also genuinely enjoyed all my module options in the second year.”

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 #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.