

Sport and Exercise Science

 QS WORLD UNIVERSITY RANKINGS BY SUBJECT 2018
1ST IN THE WORLD FOR SPORTS-RELATED SUBJECTS

 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



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 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 and Exercise Science.



A unique sporting university

Inspiring winners since 1909

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 37 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



UNIVERSITY OF THE
YEAR FOR SPORT

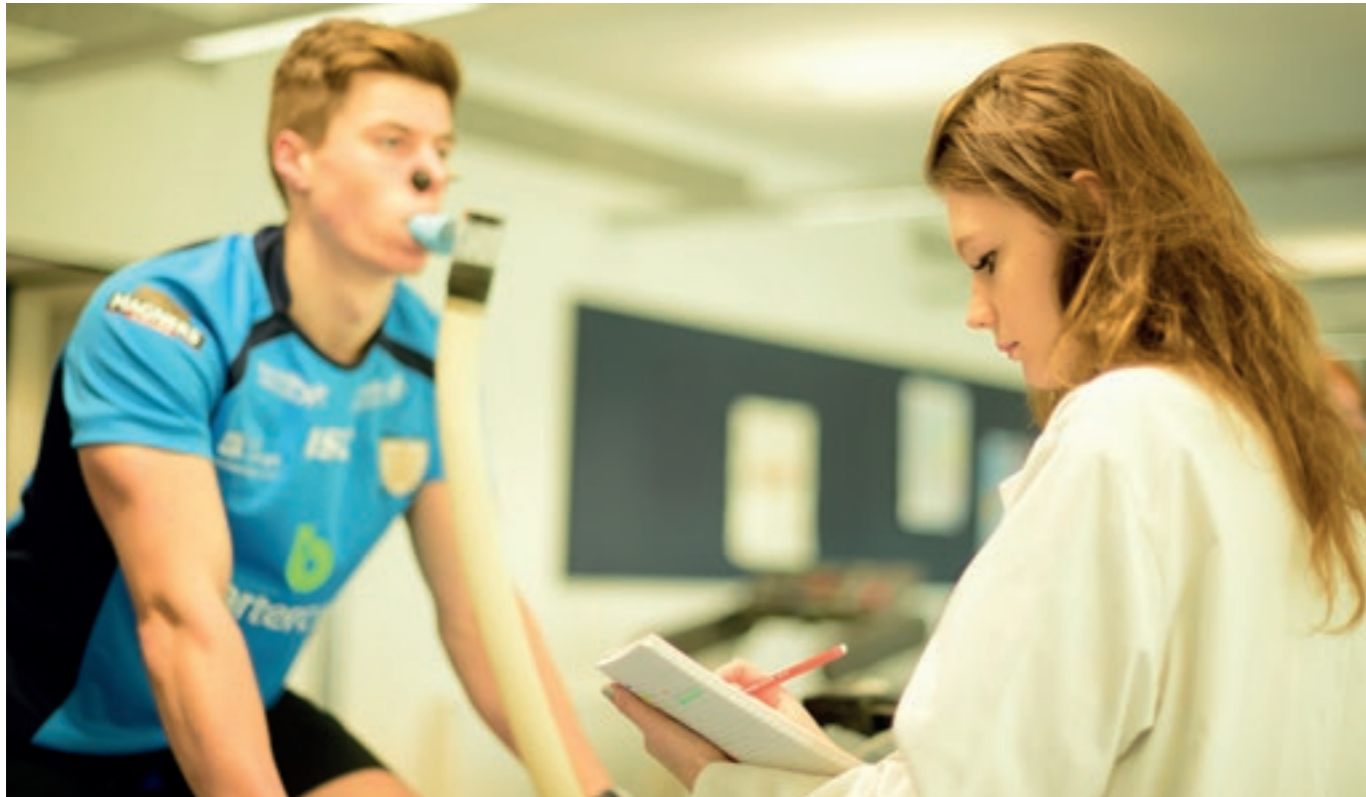


THE WIDEST RANGE
OF FACILITIES FOR
THE WIDEST RANGE
OF SPORTS IN THE UK



—
*"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



—
"I always wanted to attend a university that could offer me high quality teaching and allow me to develop in my sport. Loughborough University offers both world-class sporting facilities along with top lecturers who are leaders in their field."
 —

Isobel
 Sport and Exercise Science BSc

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 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.

In addition, you will benefit from all the facilities and support services that the University campus has to offer, including: round the clock access to computers, extensive and newly refurbished library facilities and the widest range of sports facilities for the widest range of sports.

*DPS/DIntS: Diploma in Professional Studies/Diploma in International Studies.

BSc Sport and Exercise Science

BSc (Hons) DPS/DIntS* 4 years full-time sandwich
UCAS code: C600

BSc (Hons) 3 years full-time
UCAS code: CX63

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*D* including Distinctions in all units in combination with a Grade A in 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.



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 Sport and Exercise Sciences that will be underpinned by a thorough scientific appreciation 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 best possible 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 Development Skills necessary for a successful career 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.

Optional placement/study year

Professional placement or overseas study.

Final year

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

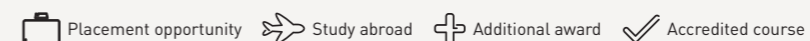
Please note that optional modules are subject to availability and timetable permitting.



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1ST IN EUROPE FOR SPORT SCIENCE



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

“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





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 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.









TIMES HIGHER EDUCATION
STUDENT EXPERIENCE
SURVEY 2017-2018
1ST PLACE

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