Exercise, Health & Sports Performance BSc (Hons)

Southend Campus

This course offers the opportunity to explore the six main strands of sports science (health & wellbeing, nutrition, professional practice, human physiology, human psychology and sports performance) providing a well-rounded learning experience that combines theoretical, practical and industry work.

Overview

Important You can read a comprehensive guide to this course containing full details in our Course Information Guide.

This course offers you the chance to study the six main strands of sports science (health & wellbeing, nutrition, professional practice, human physiology, human psychology and sports performance). This combines theoretical, practical and industry work. The theoretical work will allow you to learn from the historical application of sports science and how to critique past work and apply contemporary principles for the betterment of human conditioning within exercise, health and sports performance. In addition to developing awareness of sports ideologies within the six strands, you will demonstrate professional development through
practical work, including industry-reflective assignments, work placements and attainment of additional qualifications throughout the three years.

At Level 4 (Year one) you will develop the underpinning knowledge and skills within each of the six strands. You will undertake additional qualifications in coaching and also take on a minimum of 20 hours work experience in a coaching environment.

At Level 5 (Year two) you will begin to specialise within each of the six strands, looking at areas such as applied biomechanics, physical programming for sport and fitness, applied nutrition, applied psychology and self-administered research in sport and exercise sciences. In addition to these specialist modules, you will continue your professional development by undertaking a further block of 20 hours of work placement within a fitness area, and completing your Level 2 Gym Instructors or Level 3 Personal Trainer qualification.

Level 6 (Year three) focuses substantively on your ability to work independently to demonstrate appropriate employability skills on both a community-driven health project, and a scientific research endeavour. Other taught modules include Exercise Rehabilitation, Analysis of Physical Performance and Career Progression & Employability. The latter will incorporate your final last work placement of 20 hours, together with an additional qualification in a specific area of your own choosing. Types of placements/qualifications could centre around teaching, strength and conditioning, sports massage or specialist sports laboratory work.

**About this course**

**What's covered?**

**Year one modules**

- Health and Well-Being (Children and Adolescents)
- Foundations of Anatomy & Physiology
- Skill Acquisition for Sport & Exercise
- Foundations of Nutrition for Health
- Sport & Exercise Psychology
- Introduction to Exercise Injuries

**Year two modules**

- Health and Well-Being (Adults and Older People)
- Applied Biomechanics
- Physical Programming for Sport & Fitness
- Applied Nutrition for Sport & Exercise
- Applied Psychology for Performance
- Research in Sport, Exercise & Health

**Year three modules**
Teaching

You will be taught through a combination of lectures, seminars, practical work and laboratory sessions. Seminars will enable you to discuss and develop your understanding of topics covered in lectures in smaller groups of approximately four-six students. Practical and laboratory work will facilitate the implementation of theory within an applied setting. In addition, you will have timetabled meetings with your personal tutor. You will use industry-standard equipment and software to compliment your time on the course.

Independent learning

When not attending lectures, seminars and laboratory or other timetabled sessions, you will be expected to continue learning independently through self-study. Typically, this will involve reading journal articles and books, working on individual and group projects, undertaking research in the library, preparing coursework assignments and presentations, and preparing for examinations. Your independent learning is supported by a range of excellent facilities, including the library, the learning zone, and our sports science laboratory.

How will my work be assessed?

Assessment methods include:

- Coursework (such as essays, reports, case studies, training plans, research proposals)
- Presentations
- Exams
- Practical work

Feedback

You will receive feedback on all formative work completed in lectures and on formal assessments undertaken by coursework.

Feedback on examination performance is available upon request from the module leader.

Feedback is intended to help you develop and improve your academic performance, and you are encouraged to discuss it with your module tutor during developmental meetings. We will provide you with written and/or verbal feedback within 20 working days of submission for summative coursework assessments.

What can I do after this?

You will have the opportunity to find employment across a variety of sectors. Probable job titles for a graduate from the programme include: Exercise Physiologist, Health Promotion Specialist, Sport Science Technician, Sports Development Officer, Performance Analyst, Personal Trainer, Nutritional Advisor, Behaviour Change, Research Assistant or Teacher. These roles are not an exhaustive list, and you may also progress into supporting or managerial roles within coaching, fitness, sports performance and education.

You will be encouraged to engage in placement learning opportunities throughout the programme e.g. with Southend Divers, or within educational environments, and may therefore be offered employment in a variety of
Roles. Opportunities to gain employment whilst on the programme in both fitness environments (e.g. as fitness instructors or in supporting roles) and coaching environments (e.g. as assistant coaches) will enable you to initiate your career progression.

You will also have the opportunity to progress to postgraduate study, such as Masters and doctoral programmes in subjects such as: Sports Science, Clinical Exercise Science, Sport Performance, Sport and Exercise Psychology, or Performance Coaching.

**Entry requirements**

A Minimum of 64 UCAS Points from one or more of the following:

- At least two A-levels
- BTEC Level 3 Extended Diploma/Diploma/Subsidiary Diploma/Certificate [QCF]
- BTEC National Award/Certificate/Diploma [NQF] International Baccalaureate
- International Baccalaureate
- Access to Higher Education Diploma (including 15 credits at Merit or above)

For any qualification not identified above the HE Admission Team will determine equivalences through UKNARIC.

Applicants will also need GCSE English and Maths at grade C (old specification) or Grade 4 (new specification) or above.

**International applicants**

If English is not your first language you will need an IELTS score of 7, with a minimum score of 6.5 in each component (Reading, Writing, Listening and Speaking), or an equivalent English Language qualification.

**Additional requirements**

Credit transfer and accreditation of prior learning or experience

If you have achieved a qualification such as a foundation degree or HND, or have gained credit another higher education institution, you may be able to enter the course at level 5 or level 6.

Other qualifications and relevant work experience may also count for academic credit. Further information is available at in the Higher Education Admissions Policy & APL Policy for students studying on the University of East Anglia Degree.

**Applying**

**Full-time courses**

Applications for full-time courses should be made through the [Universities and Colleges Admissions Service (UCAS)](https://www.ucas.com), quoting institution code S43 and the UCAS code for your chosen course.

**Part-time courses (incl. short full-time)**

Applications for all part-time Honours Degree, Foundation Degree, PGCE, CertEd (full-time and part-time), Certificate of Higher Education and Diploma of Higher Education courses at South Essex College should be made directly to the College using the online application form or by completing a paper application form and mailing
it to our freepost address:

HE Admissions
South Essex College
Freepost SMU 110
Luker Road
Southend on Sea
Essex
SS1 1BR

Need more info? Take a look at [applying for your course »](#)

### Course options

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<tr>
<td>Southend Campus (Luker Road)</td>
<td>Monday, September 30, 2019</td>
<td>Full time</td>
<td>3 years</td>
<td>Higher Education</td>
<td>£8500.00</td>
<td>Course cost is £8,500 per year.</td>
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