

BSc (Hons) Sport and Exercise Science – additional information

Year 1, semester 1

We introduce you to a wide range of graduate employers – with local to international links – and help you develop your communication and professional skills as you deliver physical activity.

Year 1, semester 2

You build your competencies in a range of sport and exercise science methods. You deliver these tests in the Sport and Exercise Science Consultancy module to athletes and teams who visit the sports science facilities on a weekly basis. You are assessed on your professionalism and engagement with clients.

Year 2, semester 1

We work with Public Health South Tees to involve you in live projects within the community, where you learn more about how sport and exercise science methods can be used to improve health outcomes in local communities.

Year 2, semester 2

The Sport and Exercise Science Work Placement 1 module has direct links to working in sports performance (through Tees Valley Sport, local clubs, Middlesbrough Football Club, MFC Foundation, and our own Sport and Exercise Science Consultancy module), public health (through Public Health South Tees), and a range of other opportunities. In late spring you attend our end-of-year work placement conference to present the outcomes from your time in industry. Employers and students from all levels are invited.

Year 2, semester 2

We prepare you to conduct your own research, giving you the skills to assess the integrity of evidence based practice, and consider how research might impact sport performance and society.

Year 3, semester 1

You learn how to design and teach practical and classroom-based material on the core module, Contemporary Issues in Sport and Exercise Science. You are also provided with a selection of option modules to tailor the course to your interests, where you can select from either the traditional sport and exercise science disciplines, or other areas, such as how to launch your own business.

Year 3, semester 2

The Sport and Exercise Science Work Placement Module 2 replicates and extends your links to industry partners. It also includes a credit-based system where you are encouraged throughout your degree to get involved in extracurricular activities including research, vocational courses, volunteering, work placements, continuing professional development, and sport science consultancy.