

Sport

Why study sport at Hull?

Our Department of Sport, Health and Exercise Science has seen significant and sustained growth for a number of years – an expansion which is set to continue thanks to the popularity of our degree courses. We currently have 22 staff members teaching more than 400 students across the three years of study. The British Association of Sport and Exercise Sciences endorses our Sport and Exercise Science and Sports Coaching and Performance courses, while our Sports Rehabilitation course is accredited by the British Association of Sport Rehabilitators and Trainers.

The University's significant investment in the department has allowed us to develop our laboratory facilities and to install state-of-the-art equipment, including the £1.5 million Health and Human Performance Laboratory, developed in association with the Hull York Medical School (HYMS). Our excellent facilities allow us to conduct advanced research and to teach our students using the latest technology. We also provide comprehensive sport science support to teams and athletes from the region, including Hull City and Scunthorpe United football clubs, Hull FC and Hull Kingston Rovers rugby league clubs, and many runners, cyclists and triathletes. Through these associations you have the opportunity to graduate with experience in working with elite-level athletes – a definite advantage in the competitive job market.

Other community links include our association with local schools and colleges. We organise regular sport science workshops and taster sessions aimed at providing an insight into higher education, encouraging those who are interested in continuing their studies, and demonstrating to pupils and students that they have a choice of high-quality sports degree courses in their own city.

We offer well-resourced and comprehensive degree courses which reflect modern developments in the sport, health and exercise industries. Our Health and Human Performance Laboratory adjoins the Hull Campus's excellent sports facilities. Other local venues include a National League athletics stadium, an indoor tennis centre, swimming pools, an ice skating and hockey stadium, an indoor rock-climbing centre and an outdoor centre for water-based adventure activities.

What will you study?

Sport and Exercise Science fosters knowledge and understanding of the scientific principles that govern sport, health and exercise, and the skills to carry out comprehensive performance and clinical analysis, while the Sports Coaching and Performance degree provides practical skills for the preparation and implementation of effective coaching programmes. Sports Rehabilitation is a vocational course which offers training in the prevention, assessment, diagnosis and management of musculoskeletal injuries.

Sport Science with Geography and Physical Education and Sport Science with Management or Psychology are major/minor courses in which you spend 70% of your time studying sport, health and exercise science and 30% on your other subject. The University also offers Geography or Psychology with Sport Science, in which sport, health and exercise science is the minor subject.

How will you learn?

Inclusive learning ensures that there is close personal contact between staff and students. Lectures are supported by tutorials, seminars and practical sessions that utilise our dedicated sport science laboratories and excellent on-site sporting facilities.

What are we looking for?

Our typical offer is 280 UCAS points from three A levels (or equivalent), preferably including a science subject or PE / Sports Studies. We consider applicants with qualifications such as BTEC National, Higher National Diploma/Certificate or International Baccalaureate (or equivalent) on their individual merits. We also welcome applications from those with non-standard qualifications as well as from mature students or others who may have relevant life experiences but few conventional qualifications.

What do our graduates do?

Most of our graduates proceed directly into employment or pursue further study. Employment destinations include leisure administration and management, sports development, and sport science work with athletes and clinical populations. Postgraduate study opportunities include professional qualifications in teaching, physiotherapy, podiatry, nutrition, fitness training, coaching, public health and sport science research.

Sports coaching and performance

Single Honours BSc (Hons)

This is a new course designed to cater for those wishing to enter an applied area such as physical education or sport coaching (whether with children, adolescents or adults). While sharing some common modules with the BSc Sport and Exercise Science, it also includes modules focusing on the theory and practical application of coaching skills. In addition to using the expertise of its staff members, the department invites specialist coaches from the region to deliver practical sessions. The knowledge and skills gained during the course can be applied from school level up to elite performance, depending on your chosen career path.

Requirements

Typically 280 points from three A levels (or equivalent), preferably including a science subject or PE / Sports Studies. We also consider BTEC National, Higher National Diploma/Certificate or International Baccalaureate (or equivalent), and we encourage applications from people with non-standard qualifications or others who may have relevant life experiences but few conventional qualifications.

Structure

The first year introduces the fundamental principles and theories that underpin the physiological, biomechanical and psychological aspects of sporting performance, health and exercise. Year 2 further develops your knowledge in applied contexts and focuses on the principles of coaching, while in your final year you can choose to specialise in one of the core disciplines. Free elective modules from outside the department are available throughout.

Courses offered	Years	Other subject(s)	UCAS code	Typical offer
Single Honours				
Sports Coaching and Performance	3	n/a	CB69	280

Sport and exercise science

Single Honours BSc (Hons)

Our course imparts in-depth knowledge and understanding of the scientific principles governing exercise and sports performance. Through laboratory classes, you develop the skills needed to assess measures of health, fitness and sports performance. With an emphasis on exercise for health, the BSc in Sport and Exercise Science is the perfect preparation for a career in sport science support – for example, as an exercise science professional in community health initiatives or as a high-level personal trainer – or perhaps for further study at postgraduate level.

Requirements

Typically 280 points from three A levels (or equivalent), preferably including a science subject or PE / Sports Studies. We also consider BTEC National, Higher National Diploma/Certificate or International Baccalaureate (or equivalent), and we encourage applications from people with non-standard qualifications or others who may have relevant life experiences but few conventional qualifications.

Structure

The first year focuses on introductory studies in the core areas of anatomy, physiology, biomechanics, psychology and research methods. During Year 2, you continue to develop your knowledge base in an applied setting. When you commence your final year, you have the opportunity to carry out further research in one of the three core disciplines, which culminates in your undergraduate dissertation.

Courses offered	Years	Other subject(s)	UCAS code	Typical offer
Single Honours				
Sport and Exercise Science	3	n/a	C601	280



Detailed course information

Visit our website at www.hull.ac.uk/ugsports

Detailed course information

Visit our website at www.hull.ac.uk/ugexercise



Dan Proctor

BSc Sport and Exercise Science

Studying sport and exercise science at the University of Hull not only enabled me to experience the interesting and sophisticated technology that is used in the laboratories; it also provided me with the opportunity to make new friends and to experience life away from day-to-day studying, through the vast and remarkable social life that the city has to offer. With plenty of opportunities to take part in recreational and sporting activities, you will always be on your feet.

Sports rehabilitation

Single Honours BSc (Hons)

Ours is a vocational course which is accredited by the professional body the British Association of Sport Rehabilitators and Trainers (BASRaT). It trains you in the prevention, assessment, diagnosis and management of musculoskeletal injuries – providing the skills, knowledge and expertise needed to undertake specific training and rehabilitation programmes and equipping you with the skills to enable a client to return to sport, work, leisure or competition in the shortest possible time. Our graduates are autonomous professionals who set up private clinics, work in occupational health settings or the leisure industry, or work with sports teams or the armed forces.

Requirements

Typically 280 points from three A levels (or equivalent), preferably including a science subject or PE / Sports Studies. We also consider BTEC National, Higher National Diploma/Certificate or International Baccalaureate (or equivalent), and we encourage applications from people with non-standard qualifications or others who may have relevant life experiences but few conventional qualifications.

Structure

The degree incorporates subjects such as applied anatomy, physiology, biomechanics, manual therapy, electrotherapy, remedial exercise therapy and sports psychology. Because of the applied nature of the course, there are no optional modules.

You complete 400 hours of applied field work placement to attain BASRaT membership, also gaining valuable hands-on experience.

Courses offered	Years	Other subject(s)	UCAS code	Typical offer
Single Honours Sports Rehabilitation	3	n/a	C602	280

(Physical education and) sport science

Major subject / minor subject BSc (Hons)

The sport, health and exercise science content of these programmes includes modules in our core disciplines of exercise physiology; sports and clinical biomechanics; and sport, health and exercise psychology.

Requirements

Three A levels (or equivalent), preferably including a science subject or PE / Sports Studies. We also consider BTEC National, Higher National Diploma/Certificate or International Baccalaureate (or equivalent), and we encourage applications from people with non-standard qualifications or others who may have relevant life experiences but few conventional qualifications. Typical offers for particular courses are listed in the table.

Structure

In those courses where (physical education and) sport science is the major subject, modules from the Department of Sport, Health and Exercise Science form 70% of the degree. Geography, management or psychology modules account for the other 30%.

For the courses in which sport science is the minor subject, approximately 30% of your modules are drawn from the Department of Sport, Health and Exercise Science and you select the remainder from the partner subject.

Courses offered	Years	Other subject(s)	UCAS code	Typical offer
As a major subject				
Sport Science with Geography	3	page 112	C6F8	260
Physical Education and Sport Science with Management	3	page 70	C6N2	280
Physical Education and Sport Science with Psychology	3	page 158	C6C8	280
As a minor subject				
Geography with Sport Science	3	page 112	F8C6	240–300
Psychology with Sport Science	3	page 158	C8C6	280



Detailed course information

Visit our website at www.hull.ac.uk/ugrehab

Detailed course information

Visit our website at www.hull.ac.uk/ugphysical