

Sport and Exercise Science

University of Stirling

Venues

Stirling Campus

Content

In Year 1, you'll gain a strong grounding in biological science, and an introduction to the study of sport and exercise. Further outline modules will include Cell biology, Physiology and Sports Studies. Laboratory skills will also be introduced that year.

Year 2 considers issues and concepts of sports studies. You'll also further develop your knowledge and skills in biological science, as well as sport and exercise sciences.

You'll study subjects such as Human Anatomy and Physiology; Genetics and Evolution; and Statistical Techniques.

Further advanced level modules are delivered in Year 3, studying areas such as the Physiology of Sport and Exercise, which considers adaptations to exercise training and the challenges of environmental extremes. You'll also explore Animal Cell Biology, which looks at the basic components of animal cells, their functions and how these functions are regulated in health and disease.

Understanding exercise and diet in developing a healthy lifestyle is also explored during Year 3, and considers medical issues that affect physical activity. Applied Exercise Physiology is studied in the laboratory, and Psychology of Exercise considers the factors that influence a person's decision to exercise.

Semester 7 covers Advanced Methods in Human Physiology Research, and also helps you to discover the techniques and methodological assumptions underpinning sport and exercise science research. You'll then undertake a dissertation in the final semester.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

CC61

Course Length

4 years

Department

Health Sciences and Sport

Entry Requirements

2025 entry requirements:
4 Highers at AABB including one from Maths, Biology, Chemistry or Physics.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Stirling
Bridge Of Allan
Stirling
FK9 4LA

Website

www.stir.ac.uk