

# **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** 





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## **Course Length**

4 years

## **Department**

**Health Sciences and Sport** 

## **Entry Requirements**

2026 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 FK9 4LA

## Website

www.stir.ac.uk

