Sport and Exercise Science

University of Stirling

Venues

Stirling Campus

Content

Sport and exercise scientists make a valuable contribution to people's lives. They have an important part to play at all levels of sport. At the community level they encourage better health and wellbeing for all. Their skills are also required to enhance athletic performance at the elite level of sport.

You'll learn:
The physiology, biomechanics and psychology of exercise and sports performance; How people learn and enhance motor skills, the role of nutrition and supplements, and the importance of interval and endurance training; Human anatomy and fundamental concepts of chemistry and physics; The latest research in sport and exercise science, from hydration to neuromuscular function; How sport can positively impact individuals, communities and the wider economy.

This Sport and Exercise Science course is endorsed by the Chartered Association of Sport and Exercise Sciences. You'll learn in a world-class environment at sports facilities ranked among the best in the UK.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

CC61

Course Length

4 years

Faculty

Health Sciences and Sport

Department

Health Sciences and Sport

Entry Requirements

2027 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