Sports and Exercise Science

University of Aberdeen

Venues

Old Aberdeen Campus

Content

Sports and Exercise Science is about understanding how our bodies respond and adapt to the stresses imposed upon them during physical activity to benefit both performance and health. The MSci degree offers you the opportunity to undertake a year's placement in an industrial, commercial or research environment and graduate after five years with an MSci (an undergraduate Masters degree) instead of a BSc. BSc Applied Sports Science gives you the opportunity to provide sport science support to athletes and sports teams in order to maximise their performance.

Year 1: Introduction to Medical Sciences; Introduction to the Science of Sport, Exercise and Health; Chemistry for the Life Sciences 1 and 2; The Cell; Fitness, Performance and Survival; A further 30 credit points from Sustained Study, Discipline Breadth or Sixth Century Courses.

Year 2: Physiology of Human Cells; The Science of Sports Performance; Foundation Skills for Medical Sciences; Physiology of Human Organ Systems; Energy for Life; Exercise and Health; Research Skills for Medical Sciences; A further 15 credit points from Sustained Study, Discipline Breadth or Sixth Century Courses.

Year 3: Integrative Physiology; Clinical Exercise Physiology; Biochemistry and Nutrition of Exercise; A further 30 credit points from Discipline Breadth or Sixth Century Courses.

Year 4: The final year aims to explore in-depth, specific aspects of sports science and exercise physiology. An important feature is the ten-week research project, carried out in research laboratories at the University or in local research institutes.
Modules include: Staying Alive – Adaptation in Physiological Systems; Research Topics in Sports Science and Studies; Exercise Physiology; Exercise Science Project.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

C600

Course Length

4 years

Faculty

Life Sciences and Medicine

Department

Medicine, Medical Sciences and Nutrition

Entry Requirements

2027 entry requirements:

Standard entry:
4 Highers at BBBB including 2 maths or science subjects plus English and Maths at National 5.

For second year entry you would require 2 Advanced Highers at AB.

Widening access entry:
3 Highers at BBC including 2 maths or science subjects plus English and Maths at National 5.

1 Foundation Apprenticeship is accepted in place of a non-essential Higher.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

www.abdn.ac.uk

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