

## 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

2025 entry requirements

Standard entry:

4 Highers at BBBB (by end of S5) including 2 maths or science subjects by end of S6 plus English, Maths and Chemistry or Physics at National 5. Those with Highers at BBB by end of S5 are encouraged to apply.

For second year entry you would require the above plus 3 Advanced Highers at ABB including two maths or science subjects at AB or BA.

Widening access entry:

2 Highers at BB (by end of S5). Additional Highers/Advanced Highers in S6.

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

## SCQF Level

10

## Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

King's College  
Aberdeen  
Aberdeen City  
AB24 3FX

## Website

