

Sport and Exercise Science

Heriot-Watt University

Venues

Edinburgh Campus

Content

BSc (Hons) Sport and Exercise Science combines theory and applied learning to create an exciting, challenging, and contemporary University degree. The university's interdisciplinary expertise and industry partners will ensure our teaching is relevant in the real world, and you'll experience what it is like to be a sport and exercise scientist working in practice.

You'll gain knowledge in all the three core areas of sport and exercise science including biomechanics, physiology, and psychology. You'll learn to apply this knowledge and gain experience across a variety of professional settings including strength and conditioning, nutrition, data analysis and research, understanding the impact of exercise and sport on our daily lives.

You'll explore evidence-based strategies for improving sport and physical performance, as well as promoting health and preventing lifestyle-related diseases and the impact this has on a variety of different populations. In addition to practical skills, you'll develop an ability to plan, conduct, critically analyse, interpret, and communicate results of applied work in field and laboratory settings.

As well as developing expertise in sport and exercise science, our programme builds sought after soft skills, such as problem-solving and practical technology skills. You'll also understand the role of sport and exercise scientists in professional fields including performance sport, sport technology, exercise prescription, adherence, research, and public health.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

C6SS

Course Length

4 years

Faculty

School of Energy, Geoscience, Infrastructure and Society

Department

Sports Science

Entry Requirements

2026 entry requirements

Standard entry: 4 Highers at AABB including a science subject (Psychology or Physical Education accepted) plus National 5 English and Maths or Applications of Maths.

Widening access entry: 4 Highers at BBBC including a science subject (Psychology or Physical Education accepted) at B plus National 5 English and Maths or Applications of Maths.

Entry to year 2 may be possible with 2 Advanced Highers at AB including Biology plus Highers at AABB.

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Edinburgh
EH14 4AS

Website

www.hw.ac.uk