

Sport and Exercise Science

Open University in Scotland

Content

Sport and exercise performance is driven by science and this degree puts the study of the human body and mind at the heart of your learning. You'll explore the core disciplines of biomechanics, physiology and psychology, helping you make sense of how people move, think and perform. You'll investigate real-world case studies, analyse data and apply the scientific principles required to optimise performance, improve health and reduce injury risks. Along the way, you'll build the valuable skills needed to work with athletes, equipping you with the expertise and confidence to influence performance and pursue a rewarding career in the sector.

Start Date

October

Qualification

Degree

Study Method

Online learning

Award Title

BSc Hons

Course Length

Flexible

Faculty

General

Department

Education, Childhood, Youth and Sport

Entry Requirements

There are no formal entry requirements to study this qualification. You do not need experience of working in the sector prior to starting this degree. But you'll find the modules and the assignments much easier and more fulfilling if you can draw on employment experience (paid or unpaid) in the sector during your study.

Computer and internet access required.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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Website

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