

Applied Sport and Exercise Science

Robert Gordon University

Content

YEAR 1

Anatomy, Exercise Physiology, Introduction to Biomechanics, Kinesiology, Sport and Exercise Behaviour, Independent Academic Development and Professional Skill Development and Application.

YEAR 2

Applied Sport and Exercise Psychology, Human Movement and Skill Acquisition, Physiology of Health and Performance Testing, Nutrition, Enhancing Performance, Sport and Exercise in Public Health, Exercise Programming and Delivery. You will also undertake a 4-week work placement and have the opportunity to apply to study your second semester abroad at one of our partner universities.

YEAR 3

Research concepts, Athlete Monitoring and Support, Strength and Conditioning, Pathophysiology and Exercise, Exercise Prescription. You will also undertake a 6-week work placement.

YEAR 4

Performance Analysis, Performance Training for Sport, Sport and Exercise Rehabilitation, Applied Professional Development, Contemporary Debates in Sport and Exercise Science and Research Project.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

C600

Course Length

4 years

Department

School of Health Sciences

Entry Requirements

2025 entry requirements

Standard entry:

4 Highers at BBBB including English or another English based subject and 2 maths or science subjects plus English and Maths at National 5 at B (if not held at Higher).

Widening access entry:

4 Highers at BBC including English or another English based subject and 2 maths or science subjects at B for widening access entry plus English and Maths at National 5 at B (if not held at Higher).

All shortlisted applicants are invited to attend a selection visit prior to an offer of a place on the course being made. The selection process includes evaluation of your professional suitability and communication skills.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Garthdee House
Garthdee Road
Aberdeen
AB10 7QB

Website

www.rgu.ac.uk