

Applied Sport and Exercise Science

Robert Gordon University

Content

Year 1:

In year one you will study the foundations of sports and exercise science including anatomy and kinesiology, exercise physiology, sport psychology and biomechanics. You will also be taught a range of independent study skills required for future study in sport and exercise science.

Year 2:

You will apply your learning to a variety of different areas such as exercise prescription and health improvement so that you are able to assess and improve health and fitness. You will also be introduced to nutrition and build on the physiology and biomechanics learned in year one with a focus on fitness and performance testing. Similarly you will progress the sport psychology principles through the study of applied sport psychology. In addition you will experience your first work placement allowing you to apply your knowledge to a real world environment.

Year 3:

During year three you will look at the application of sports science to a wide variety of populations ranging from those with chronic conditions, to elite athletes. This wider application also affords you an opportunity to engage in additional topics such as coaching science, and to learn about strength and conditioning. You will also engage in the research process and undertake your second placement period, gaining valuable experience in an area of sport and exercise science of your choosing.

Year 4:

A large part of year four is dedicated to the implementation of your research project, allowing you to develop your knowledge and skills in your chosen area. You will engage in debates on topical issues in sport and exercise science and take a more critical look at a variety of different topics with a focus on bringing all aspects of sports science together.

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

2022 entry requirements:

4 Highers at BBBB (BBC for widening access entry) 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