

BHASVIC

Guide to Higher Education & Employability 24-25

Sport Sport & Exercise Science

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What courses are available?

Sports studies is one of the subject areas which has seen a big increase in course provision since 1990. It is an increasingly popular career sector, with demand for higher level expertise in performance analysis, business management, and community engagement, as well as hands-on participation.

You can choose to study through vocational and academic routes, either through an apprenticeship or on more traditional higher education courses. Universities and colleges in the UK offer diplomas, foundation degrees, higher education diplomas, honours degrees, and postgraduate and professional qualifications in sport including the following:

- [Activity leadership](#)
- [Sports administration and governance](#)
- [Sports coaching](#)
- [Leisure operations and management](#)
- [Physiotherapy](#)
- [Spectator safety](#)
- [Sport and exercise science](#)
- [Sports journalism](#)
- [Sports performance](#)
- [Sports photography](#)

Course options include:

- single, joint, and combined subject combinations
- full-time, and part-time (most offer professional placements)
- distance learning

Note: Courses may require Disclosure and Barring Service (DBS) or Protecting Vulnerable Groups (PVG) clearance.

Personal statement

Universities and colleges will be looking for evidence that you are passionate about sport, and well-informed about the sports sector with great interpersonal skills. Your personal statement should reflect:

- first-hand experience of participating in sports, either as an individual or in a team
- any volunteering, coaching, or sports leadership experience
- how you have pursued the subject outside of school or college
- particular modules you're looking forward to studying related to your career ambitions, and why
- your personality, enthusiasm, and determination to succeed

Key areas of employment

- [Sports professional](#)
- [Coach](#)
- [Personal trainer](#)
- [Physiotherapist](#)
- [Sports psychologist](#)
- [Broadcasting and media administrator](#)
- [Public relations officer](#)
- [Sports journalist](#)
- [Sport and leisure management](#)
- [Sports nutritionist](#)
- [P.E teacher](#)
- [Stunt artist](#)

Sports

Whether playing sports or working in the sports industry there are many specialist degree courses, with more opening up all the time showing the wide number of opportunities to work in the rapidly expanding sports industry. Universities such as UCFB running a range of specialist courses from the Etihad and Wembley to courses in many 'traditional' universities it is worth exploring the range of excellent courses available. **Example degrees:** Football Studies, Sports Management and Development, Fitness and Personal Training, International Football Business, Sport Media

- BA/BSC
- VOCATIONAL
- COMMUNICATION SKILLS
- TIME IN LABS
- RESEARCH
- SCIENCE
- SPORT
- EXERCISE

Example course modules

- Understanding Football Business
- Fundamentals of Accounting & Finance
- Sport, Diversity and Social Justice
- Conceptualising Sport
- The coaching process
- Fitness Training and Analysis
- Managing community sport
- Understanding Football fans and customers
- Applying teaching and coaching

Teaching hours / week

The time you'll spend in lectures and seminars each week will vary from university to university, so use this as a guide.



League tables for this subject

[The Guardian](#) [The Complete University Guide](#) [The Times](#)

What students say about sports science

In my first year I had about 12 hours in lectures each week and some workshops to attend, too. The content was pretty diverse from sports management, sports coaching and science of sport, for example. We were assessed in

various ways, for example, we did essays as well as small multiple choice progress tests and at the end of first year we had a couple of exams. We also had to present to small lecture groups on a specific topic and we had lab time too in some modules.

1st year, University of Hertfordshire

The content is very good, challenging, but not making exceptionally large demands on your time. Topics are interesting and lecturers are always using new research examples from their fields so you are learning the most up to date information. There is a good balance of coursework and exams. You also have labs where you really get to be hands on with some of the more basic equipment. These are great as you get real practical skills.

2nd year, University of Birmingham

A-levels or BTECs usually required

- Sport
- Physical Education

Useful to have

- Business

Application checklist

Here's a guide to what to expect from the application process - also check individual university entry requirements, as these may differ.

- January application
- Personal statement

BHASVIC Higher Education entry information

Last year 17 BHASVIC students went onto study Sport & PE Science at universities including Durham University, Leeds Beckett, Liverpool John Moores, Loughborough, Manchester Met, Northumbria, Nottingham, Oxford Brookes, Solent, St Mary's University, Twickenham, UCFB, Bath, Brighton, Chester, Chichester, UEA, Exeter, Kent, Leeds, Nottingham, Portsmouth, Salford, Surrey, Worcester.

Many of our students go onto pursue a career in sport and will embark on many pathways, including higher education.

In addition to studying sport at university, student will begin professional sporting careers, take up coaching or sponsorships in the UK and abroad.

Students can add Sport Performance to their timetable at BHASVIC for their chosen sports.

Top 10 Universities for Sports Science – Complete University Guide

- Exeter, Loughborough Bath, Glasgow, Edinburgh, Durham
- Leeds, Nottingham, Portsmouth, Essex – all very high student satisfaction scores
- Birmingham, Swansea, Liverpool John Moores - all with top graduate prospects

Examples of degrees and combined degrees for BHASVIC student's 2019–23 entry

- Football Coaching & Management
- Manchester City Community Football Coaching
- Physical Education and Sports Coaching
- Sports Management and Development
- Fitness and Personal Training
- Sport, Coaching and Physical Education/Business Management
- Football Coaching and Performance
- Sport Management and Coaching
- Physical Education, Sport and Youth Development
- Football Studies
- International Football Business
- Multimedia Sports Journalism
- Sports Marketing
- Sports Management
- Sports Management and Development
- Sport Coaching and Sport Development
- Sports Technology
- International Football Business
- Sport Journalism
- Sport Media
- Sports Journalism
- Sport Coaching
- Sport Development and Physical Education
- Sport, Coaching and Physical Education

Career prospects

One of the fastest growing subjects in the country, the number of sports graduates has gone from under 9,500 in 2012 to 15,000 now. However, the good news is the country's appetite for good health and fitness means that sports grads are less likely than average to be out of work. Sports graduates, not surprisingly, tend to get jobs in sport and fitness, coaching and teaching especially, but they're found all over the economy. Management is also a popular option for graduates from this subject – after all, this is a degree for people who want to motivate others!

Jobs where this degree is useful

- Fitness instructor
- Teacher
- Sports coaches
- Sports Marketing
- Event Management
- Sports Finance

Other real-life job examples

- Marketing executive
- Sports officials
- Gym or leisure centre management

What employers like about this subject

A degree in sports science will get you subject-specific skills in areas such as physiology, psychology, nutrition and biomechanics. You will also learn transferable skills including communication, team-working, time management, customer focus and the ability to motivate yourself and others. Employers that recruit sports scientists include gyms, fitness centres and sports clubs, and schools and hospitals.

Local market information

Albion in the Community

We are lucky enough to have a Premier league football club on our doorstep and Albion in the Community provide a wide range of opportunities for both employment and apprenticeships. They also work with a growing number of local organisations and businesses to recruit and support apprentices across a range of jobs; these include leisure, activity leadership, PE and school sport, business administration, customer service and management.

Sources & Links

See end of guide.

Sports science

Does helping athletes maximize their potential, becoming a personal trainer or promoting sport in the community appeal? If so - and you have an aptitude for science - sport or exercise science could be for you. You'll learn how the healthy human body works during exercise, how exercise promotes health and the psychology of sport, opening up opportunities to work in the rapidly expanding sports industry.

Example degrees: Sport and Exercise Science with Placement, Sport Performance Analysis, Sport and Exercise Therapy, Sports Therapy, Sport Rehabilitation

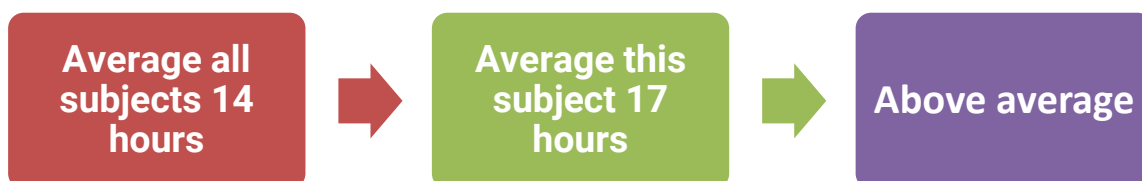
- BSC
- VOCATIONAL
- COMMUNICATION SKILLS
- TIME IN LABS
- RESEARCH
- SCIENCE
- SPORT
- EXERCISE

Example course modules

- Applied anatomy and biomechanics
- Research methods
- Nutrition for physical activity
- Introduction to the science of sport and exercise
- The coaching process
- Lifestyle behaviour change
- Managing community sport
- Life span, motor development and impairment
- Sport, exercise and health pedagogies
- Applying teaching and coaching

Teaching hours / week

The time you'll spend in lectures and seminars each week will vary from university to university, so use this as a guide.



League tables for this subject

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What students say about sports science

In my first year I had about 12 hours in lectures each week and some workshops to attend, too. The content was pretty diverse from sports management, sports coaching and science of sport, for example. We were assessed in various ways, for example, we did essays as well as small multiple choice progress tests and at the end of first year we had a couple of exams. We also had to present to small lecture groups on a specific topic and we had lab time too in some modules.

1st year, University of Hertfordshire

The content is very good, challenging, but not making exceptionally large demands on your time. Topics are interesting and lecturers are always using new research examples from their fields so you are learning the most up to date information. There is a good balance of coursework and exams. You also have labs where you really get to be hands on with some of the more basic equipment. These are great as you get real practical skills.

2nd year, University of Birmingham

My course was comprised of four modules, each module was timetabled once a week for two hour sessions. The content of my course comprised of event management, project dissertation, contemporary issues in sport and advanced professional experience. I was required to complete written and oral assessments as well as an exam.

1st year, University of Gloucestershire

A-levels or BTEC usually required

- Biology or another science / maths
- Sports & Exercise Science

Useful to have

- Psychology
- Physical education

Application checklist

- January application
- Personal statement

BHASVIC Higher Education entry information

Last year 32 BHASVIC students went onto study Sport & PE Science at universities including Durham University, Leeds Beckett, Liverpool John Moores, Loughborough, Manchester Met, Northumbria, Nottingham, Oxford Brookes, Solent, St Mary's University, Twickenham, UCFB, Bath, Brighton, Chester, Chichester, UEA, Exeter, Kent, Leeds, Nottingham, Portsmouth, Salford, Surrey, Worcester.

Sport and Exercise Science in many different forms remains a very popular university choice for our students. It regularly features in our top ten most studied subjects at a higher level.

Top 10 Universities for Sports Science - Complete University Guide

- Exeter, Loughborough Bath, Glasgow, Edinburgh, Durham
- Leeds, Nottingham, Portsmouth, Essex – all very high student satisfaction scores
- Birmingham, Swansea, Liverpool John Moores - all with top graduate prospects

- Sport and Exercise Science with Placement
- Sport and Exercise Science with a Year Abroad
- Sport Coaching
- Sport Development and Physical Education
- Sport, Coaching and Physical Education
- Sports and Exercise Science (Including Placement Year)
- Sport and Exercise Therapy
- Sport Performance Analysis
- Exercise and Sport Sciences
- Exercise, Nutrition and Health
- International Football Business
- Multimedia Sports Journalism
- Physical Education with QTS (Secondary)
- Sport and Exercise Medical Sciences
- Sport and Exercise Psychology
- Sport and Exercise Science
- Sport and Exercise Science (with Foundation Year)
- Sport and Exercise Science with Foundation Year
- Sport Journalism
- Sport Management
- Sport Rehabilitation
- Sport, Exercise and Health Sciences
- Sport, Physical Education and Coaching Science
- Sports & Exercise Therapy
- Sports Business and Entrepreneurship
- Sports Business Management (Foundation Year)
- Sports Journalism
- Sports Science
- Sports Technology

Employability

One of the fastest growing subjects in the country, the number of sports science graduates at university has grown nearly four times from 2003. However this is a subject with many pathways, and studying at A level / BTEC is likely to give lots of opportunities.

However, the good news is the country's appetite for good health and fitness means that sports science students are less likely than average to be out of work. Sports science students, not surprisingly, tend to get jobs in sport and fitness, coaching and teaching especially, but they're found all over the economy. Management is also a popular option for students from this subject – after all, this is a subject for people who want to motivate others!

What employers like about this subject

A degree in sports science will get you subject-specific skills in areas such as physiology, psychology, nutrition and biomechanics. You will also learn transferable skills including communication, team-working, time management, customer focus and the ability to motivate yourself and others. Employers that recruit sports scientists include gyms, fitness centres and sports clubs, and schools and hospitals.

Transferable skills

Research & analytical skills, critically evaluating information, designing research studies, data handling, problem solving, decision making, leadership, time management, communication.

Example careers

- Event manager
- Health promotion specialist
- Higher education lecturer
- Outdoor activities/education manager
- Sport and exercise psychologist
- Fitness instructor
- Teacher
- Sports coaches
- Gym or leisure centre management

Local market information

Albion in the Community

We are lucky enough to have a Premier league football club on our doorstep and Albion in the Community provide a wide range of opportunities for both employment and apprenticeships. They also work with a growing number of local organisations and businesses to recruit and support apprentices across a range of jobs; these include leisure, activity leadership, PE and school sport, business administration, customer service and management.

Personal statement advice: sports science

Writing a sports science personal statement? We've been asking sports science tutors what they're looking for in your personal statement – here's what they told us...

One way to win over sports science admissions tutors is to dig into the detail of the course itself and focus your personal statement accordingly.

Sports science degree courses: read the small print

Sport degrees come with many different titles and flavours, ranging from those that are very science-based, to those approaching sport from a cultural, development, or management angle. Such as, it's important to give lots of thought to the kind of course that most closely meets your personal needs and expectations. Choose carefully, and focus your personal statement accordingly.

Don't judge a course just by its title either, because there are often distinct differences between courses with the same name. Even courses with the word 'science' in the title will vary considerably in the level of scientific knowledge they expect.

'Some courses within sport and exercise science are very much based on the natural sciences (e.g. physiology or biochemistry) and some lean towards the social sciences (sociology of sport, coaching, and so on). So you must read the course information for each institution and course you wish to apply for and make sure your statement reflects your chosen study area. Courses within our general subject

Sports science personal statement pointers

Durham University's website has a really helpful checklist for students applying for its sport, exercise, and physical activity degree, and suggests focusing your statement around questions such as:

- Why do you want to study it?
- What specifically interests or excites you about the subject?
- What have you read, seen, or heard about recently that intrigues you about the subject?
- What current issues do you want to learn more about?
- Is there a specific part of the course that interests you?
- What are your own achievements and ambitions?
- What relevant experience, skills, or qualities can you offer?

The British Association of Sport and Exercise Sciences says that the qualities graduates find most helpful in their subsequent careers are time management, communication, organisation, negotiation, and presentation skills – so, if you can demonstrate any of those, all the better.

But don't waste space quoting famous sports stars who have inspired you. As Bournemouth University's admissions tutor said: 'I'm really fed up of Muhammad Ali quotes.'

Show your personality in your sports science statement

Admissions tutors Tom Webb and Jo Corbett at the University of Portsmouth really want to hear your voice and personality come through in your statement. Think about some of these questions:

What makes you different?

- What part does sport play in your life, and why is it important to you?
- Do you know where you want to be in five years' time? If so, don't be afraid to say.
- What experience of sport do you have?
- Is your personality running through your personal statement? Studying and working in sport is often about interacting with people and being a 'people person.'

Remember – don't overlook that this is also a science course. You'll need to demonstrate your awareness of this, particularly if you're applying for a sport degree that involves rigorous scientific study

All sport and no science won't impress

We also had some great advice from the Sport and Exercise Science degree at University of Bath, which they themselves stressed is very much 'a science course in which sport is just the context in which you study science.' Their advice once again is that your statement needs to focus around the specific courses you're applying for, and to answer the question:

'Why do I want to study this subject further at degree level?'

So while you might be very tempted to write several paragraphs about all your sporting achievements, you've got to ask yourself if it's relevant. As far as this particular course at Bath is concerned, all sport and no science won't impress.

Some of your sporting successes could also be covered in your reference, saving precious space in your personal statement to talk more about science. Another approach might be to write about scientific issues that relate to your own performance.

Bath also gave us a tip for applicants who might want to apply for two or more different types of sport course within your five choices. Their advice is 'can you write a personal statement that covers them all? It's perfectly possible to do this. The secret is not to write 50% on one course and 50% on the other, but to blend your content in a way that makes 100% of your statement highly relevant to both courses.'

https://web.ucas.com/ps_sports_science

Sources & Links

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[Teaching Subject Guide | Why Study Teaching At Uni? | UCAS](#)

[Sport England](#)

[Skillsactive](#)

[UK Sport](#)

[The British Association of Sport and Exercise Sciences \(BASES\)](#)

[The Chartered Institute for the Management of Sport and Physical Activity](#)

[GRADUATE PROSPECTS](#)

[WHICH? STUDENT SURVEY](#)

[HESA & HEPI-HEA](#)

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