

BSc (Hons) Sport & Exercise Sciences

In today's society, sports and physical activity is an increasingly important part of life for more and more people. Those involved in sports and physical activity are consistently striving to improve their performance, either as professionals, elite, amateurs, or purely for recreational and personal reasons. Sport and Exercise Sciences is a systematic way of studying how performance can be improved and how individuals can achieve their personal potential. It is within this context that our BSc (Hons) Sport & Exercise Sciences programme prepares graduates for a successful career in an exercise related field, by placing strong emphasis on both, theoretical knowledge and practical application. Our programme will appeal to those with an enthusiasm for sports and those who want to take an active role in the promotion of health and physical activity combined with an interest in science from a human perspective. A strong feature of the programme is that it provides a particularly solid understanding of the sport and exercise science discipline in years one and two. The third and fourth years build upon this foundation with an increased focus on students' specific interests as well as providing placement opportunities for students to enhance their employability skills.

Beyond the discipline specific knowledge and skills, throughout the programme, students can develop essential transferable skills, such as research skills, digital literacy skills, communication skills, group working and presentation skills. In each of the four years of the programme, students will study compulsory and optional modules which will allow them the flexibility to follow their own interests as they develop during their studies, including a focus on areas such as Human Performance, Sports Psychological Counselling and Physical Education. Moreover, students will have the opportunity to train on the finest learning, exercise and human performance laboratory equipment.

The programme curriculum is research informed and highly practical, enabling graduates to work with professional athletes of any division and/or sport. Students can work with a range of clients including children and teens involved in sports, professional or semi-professional athletes interested in improving their performance as well as injured athletes/players working toward returning to sports participation. Practical application occurs in the campus fitness centre, athletic track, indoor hall and the sports laboratory, but most importantly in off-campus fieldwork and industry placements.



BSc (Hons) Sport & Exercise Sciences

YEAR 1	S	E
COMPULSORY		
Practical Sport, Exercise & Physical Activity	YL	10
The Basis of Human Movement	YL	10
Pedagogy and Sociology Issues in Physical Education	YL	10
Essentials of Physical Education	YL	10
OPTIONAL		
Academic Writing	YL	10
English for Academic Purposes	YL	10
Introduction to Mathematics & Statistics	YL	10
YEAR 2	S	E
COMPULSORY		
Introduction to Psychology in Sport & Exercise	YL	10
Introduction to Biomechanics in Sports	YL	10
Principles of Physiology & Scientific Enquiry	YL	20
Planning and Instructing Exercise for Health & Fitness	YL	10
Functional Anatomy	1	10
YEAR 3	S	E
COMPULSORY		
Applied Physiology & Scientific Enquiry	YL	20
Sport Biomechanics	YL	10
Sport & Exercise Psychology	YL	10
OPTIONAL		
Performance Nutrition	YL	10
Advanced Principles of Exercise & Training	YL	10
Professional Work Experience 1	YL	10
Common Sports Injuries & Injury Prevention	YL	10
Applied Principles and Techniques in Sports 1	YL	10
Outdoor Activities and Recreation	YL	10
YEAR 4	S	E
COMPULSORY		
<i>(Research/Professional Development Strand: students can chose one of the following)</i>		
Double Research Project OR	YL	20
Consultancy Project	YL	20
OPTIONAL		
Training Prescription for the Elite Athlete	YL	10
Exercise Referral	YL	10
Theory and Practice of Sport Psychology	2	10
Psychology of Diet and Exercise	1	10
Biomechanics of Posture & Injury	YL	10
Professional Work Experience 2	YL	10
Applied Principles & Techniques in Sports 2	YL	10

CAREER OPTIONS

Graduates can be employed in a variety of sports related companies and organisations, including health and fitness clubs, outdoor activity centres, retail and commercial sports organisations, local sports authorities, sports governing bodies, sports clubs, hotels and leisure companies.

Recent graduates of our programme received employment in areas such as fitness management, fitness training, sport ergonomics, coaching, performance training, fitness testing, teaching physical education in private schools abroad, managing sports projects funded by European Commission, creating their own start-ups, and more.

ENTRY REQUIREMENTS

The minimum requirements are:

- > Apolytirion or High School Leaving Certificate, or 96 A' Level points (new Tariff system) in relevant subjects.
- > Proof of English Language knowledge to a score of at least IELTS 5.5, or other equivalent according to the Common European Framework of Reference for Languages (CEFR).

S: SEMESTER / E: ECTS / YL: YEAR LONG

The University reserves the right to make amendments to programmes in order to improve the quality of learning content and outcomes.

✉ admissions@uclancyprus.ac.cy
☎ +357 24 69 40 00