



University of
Central Lancashire
UCLan Cyprus

BSc (Hons) Sport & Exercise Sciences

In today's society, sport is an increasingly important part of life for more and more people. Those involved in sports are consistently striving to improve their performance, either as professionals, elite amateurs, or purely for recreational and personal reasons. Sport and Exercise Science is a systematic way of studying how performance can be improved and how individuals can achieve their personal potential. It does this by drawing together the study of physiology, psychology and biomechanics in a sport and exercise context. The BSc (Hons) Sport & Exercise Sciences course will appeal to those with an enthusiasm for sport and physical activity combined with an interest in science from a human perspective. A strong feature of the course is that it provides a particularly solid understanding of the parent disciplines in years one and two. The third year builds upon this foundation with an increased focus on sport specific material and in year four develops students' particular interests and specialisms.

Throughout the course, students can develop transferable skills in research methods and information technology, communication skills, group-working and presentation skills. In each of the four years of the course students will study compulsory and option modules which will allow them flexibility to follow their own interests as they develop throughout the course. There are also specialised modules which offer students the opportunity to concentrate in the area of Sports Psychological Counselling and Physical Education. Modules are designed to enable graduates to work with professional athletes of any division and/or sport. They may work with a range of clients including children and teens involved in athletics, professional or semi-professional athletes interested in improving their performance as well as injured athletes/players working toward returning to sports participation.

BSc (Hons) Sport & Exercise Sciences

✉ admissions@uclancyprus.ac.cy

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YEAR 1

MODULES	SEMESTER	ECTS
COMPULSORY		
Practical Sport, Exercise & Physical Activity	YL	10
The Basis of Human Movement	YL	10
Pedagogy and Sociology Issues in Physical Education	YL	10
English Language I	1	10
English Language II	2	10
OPTIONAL		
Academic Writing	YL	10
Academic Speaking	YL	10
Introduction to Mathematics & Statistics	YL	10

YEAR 2

MODULES	SEMESTER	ECTS
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 or 2	10

YEAR 3

MODULES	SEMESTER	ECTS
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

MODULES	SEMESTER	ECTS
COMPULSORY		
(Research/Professional Development Strand: students can choose one of the following)		
Double Research Project OR	YL	20
Consultancy Project	YL	20
OPTIONAL		
(Plus 40 ECTS credits from the following)		
Training Prescription for the Elite Athlete	YL	10
Exercise Referral	YL	10
Theory and Practice of Sport Psychology	1 or 2	10
Psychology of Diet and Exercise	1 or 2	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. **Graduates are also eligible to work as Physical Education Teachers in both public and private schools.**

ENTRY REQUIREMENTS

The minimum requirements are:

- > A score of 16.5 in the Apolytirion or High School Certificate grade of 82.5%, or 80 A' Level points (new Tariff system) in relevant subjects.
- > Internationally Recognised Certificate of English Language knowledge equivalent to B1-B2 Level of the Common European Framework.

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

