

# BSc (Hons) Sport & Exercise Science

In today's society, sports and physical activity are an increasingly important part of life for more and more people. Those involved in sports and physical activity consistently strive 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 Science programme prepares graduates for a successful career in an exercise-related field and physical education by placing a 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 promoting health and physical activity and fostering physical literacy combined with an interest in science from a human perspective. A vital feature of the programme is that it provides an excellent foundation in physical education in year one, followed by a solid understanding of the sport and exercise science discipline in year two. The third and fourth years build upon these grounds with an increased focus on specific interests and providing placement opportunities and teaching practices 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, allowing them the flexibility to follow their own interests as they develop during their studies, including a focus on areas such as Human Performance, Sports Sciences 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 different cohorts, including children and teens involved in sports or physical education in school, professional or semi-professional athletes interested in improving their performance, and injured athletes/players working toward returning to sports participation. Practical application occurs in the campus fitness centre, athletic track, indoor hall and sports laboratory, but most importantly, in off-campus fieldwork and industry placements.



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YEAR 1			S	E
<b>COMPULSORY</b>				
* 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		
<b>OPTIONAL</b>				
Academic Writing	YL	10		
English for Academic Purposes	YL	10		
Introduction to Mathematics & Statistics	YL	10		
YEAR 2			S	E
<b>COMPULSORY</b>				
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
<b>COMPULSORY</b>				
Applied Physiology & Scientific Enquiry	YL	20		
Sport Biomechanics	YL	10		
Sport & Exercise Psychology	YL	10		
<b>OPTIONAL</b>				
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
<b>COMPULSORY</b>				
<i>(Research/Professional Development Strand: students can chose one of the following)</i>				
Double Research Project	YL	20		
OR				
Consultancy Project	YL	20		
<b>OPTIONAL</b>				
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 public and private schools as Physical Education \*teachers and in a variety of sports and exercise related settings, including health and fitness clubs, outdoor activity centres, retail and commercial sports organisations, local sports authorities, sports governing bodies, sports clubs and teams, hotels and leisure companies.

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

\*Graduates who, as part of their award degree, will successfully complete respective modules (\*) are eligible:

1. to register in the Registry of Physical Education Teachers and Sports  
(<https://mitroo-gymnaston.moec.gov.cy/>)
2. to register to the lists of Appointees and Appointable Teachers of Physical Education, according to the requirements of the Educational Service Commission  
(<http://www.eey.gov.cy/>)

## 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.

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