The remit of sport science is extensive – your skills could help an athlete achieve their goals or improve the quality of life for a cardiac patient undergoing rehabilitation.

Make it in Exercise and Sport Science

The UK is in what has been called the decade of sport, with a host of major international events including Olympic and Paralympics Games, many world championship competitions and bids from British cities to host the 2022 Commonwealth Games. This will continue to fuel opportunities for employment across the broad spectrum of the sport sector.

There has also been a significant shift in the way exercise and sport are seen as vehicles for improving the health and wellbeing of the population. This will generate a range of new graduate employment opportunities for which this course offers first class preparation. There are various career paths for graduates of this discipline within sport governing bodies, clubs, organisations, schools, research centres, academic institutions, as well as hospitals and medical centres specialising in health, fitness and rehabilitation.

Make it at Manchester Met

Manchester Metropolitan University has a good reputation for the high quality of its learning, teaching, research and community work within exercise and sport science. Research in exercise and sport science has an international reputation with world-leading and internationally-excellent work being recognised in the 2014 Research Excellence Framework (REF). Our Sport Science courses are endorsed by the British Association of Sport and Exercise Sciences (BASES) and many staff have achieved accredited, chartered, fellowship status in professional bodies.

Important notice

This brochure was developed in late 2017 to help you choose the right course for the 2018 academic year and may be used as a guide for other years of entry. The information therefore reflects the courses as they are at this time. Please be aware that placements and overseas study cannot be guaranteed on our courses. This brochure is intended to provide an overview of this course.

The online prospectus available at mmu.ac.uk/courses provides key up-to-date information about our courses to help you make an informed decision about which one to apply to, so please check online.

* Based on data from the Times Higher top ranking universities globally 2015.
** Research Excellence Framework (REF) 2014.
† DLHE survey 2015, for all respondents available for employment or further study and whose destinations are known.
Study at Mcr Met

Our course will give you the specific skills to start your career with confidence, delivered by academics with enthusiasm and expertise.

Exercise and Sport Science BSc (Hons)
Distance Learning

After an initial compulsory attendance at the course induction, the course is taught mainly via distance-learning. At certificate and diploma levels, there is one mandatory residential week. At BSc level, there are two mandatory residential weeks lasting three days each. The course is extremely flexible as assignment deadlines can be negotiated to fit around other commitments, although we do try and ensure that you have a semi structured approach to your studies to keep you on track.

Your learning materials include a free iPad, multi-media eBooks, videos and textbooks. Interactive activities are also embedded within the eBooks, and these are mainly accessed via our Virtual Learning Environment (VLE). Tutorial support is available via email, telephone, Skype and in person at the university with academic members of staff specialising in each unit of study.

This approach to exercise and sport science is addressed in a multi and inter-disciplinary fashion, structured around the three sub-disciplines of exercise and sport science, namely: biomechanics, human physiology and psychology. This provides you with both the breadth and depth of knowledge to address issues of direct relevance to exercise and sport science with real confidence.

This degree consists of three levels of study – the certificate, diploma and BSc level. The first two levels (certificate and diploma) each consist of 4 units of study. The final level (BSc) consists of a similar total amount of work. There are two core units to complete and then 2 of 5 option units.

The programme is validated for full-time and part-time study. All students currently on the programme are studying part-time. The minimum time to complete the course in this mode is 4.5 years, although we generally find that most will take 5.5 years.

Typical units of study may include the following but may be subject to change.

Stage 1

You will study four, 30-credit units

The first stage of the course develops your fundamental understanding of the three sub-disciplines of exercise and sport science – biomechanics, human physiology and psychology.

You must also study research methods which is embedded within each of the units and a practical and professional skills unit that includes a residential period to develop your laboratory and problem-solving skills.

Biomechanics
This unit provides students with an introduction to the study of human movement related to sport and exercise and the factors that affect the way in which the body moves. Within this unit students cover aspects relating to functional anatomy, the structure and function of muscle, the mechanical principles of movement, and the neural basis for the control of human movement.

Physiology
This unit provides the student with an introduction to exercise physiology. The unit covers both the physiological systems and energy pathways, ultimately demonstrating the integration of these areas.

Psychology
This unit provides an introduction to two important areas. Broadly these areas can be characterised as the study of individual and group factors from a social perspective, and the cognitive processes that underpin learning and performance in sport and exercise. Topics include an examination of personality theory, the links to sport and coaching and a study of attitude development. Students study how the processes of sensation, perception, attention and memory are involved in the learning and performance of movement skills. Application of this knowledge to sport and coaching is then pursued by focusing on the issue of how knowledge of cognitive psychology can be useful in enhancing motor learning and control.

Practical and Professional Skills
The unit provides the student with an introduction to the practical skills in exercise physiology and biomechanics.

Stage 2

You will study four, 30-credit units

At diploma level, your developing knowledge is applied more directly to practical sport and exercise problems. The unit is designed to further develop and integrate your knowledge and skills from the sub-disciplines.

Biomechanics
This unit examines the biomechanical principles that underpin human movement and the main analysis techniques that are used. The unit requires students to draw on their existing knowledge base, gained from the previous year, and apply the various theories and principles to the coaching domain.

Physiology
This unit is divided into two sections. The first section builds on the basic biochemistry and physiology knowledge gained in the previous year. The main emphasis is placed on the applied physiology of the exercising human.

Psychology
This unit introduces students to the use of psychological principles in sport and coaching, and the study of the processes and behaviour related to coaching practice. This section requires the student to draw on their existing knowledge base, gained from the previous year’s Psychology unit, and apply the various theories and principles to the sport and coaching domain.

Practical and Professional Skills
The unit provides the student with an opportunity to apply practical skills across the sport science disciplines (sport physiology, sport psychology and biomechanics) in finding solutions to issues identified in a sports performance context.

CONTINUED...
Stage 3
You will study four, 30-credit units

The final stage of the programme provides the opportunity to integrate the knowledge acquired during the previous two stages and address the practical challenges faced by sport scientists and fitness coaches. At this level, the three sub-disciplines of sport science are not addressed in isolation, and the titles of the units reflect this.

An important part of this level of study is the research project. In total, 50% of the marks available at this level are directly related to the research project.

Performance Analysis
The unit examines how the systematic analysis of sport behaviour may contribute to a better understanding of the demands faced by performers, teams and coaches.

Working in High Performance Sport
This unit will develop understanding of the complex and multidimensional realities of high-performance sporting environments. Specifically, these environments will be discussed with an emphasis on the perspectives of high-performance sports coaches.

Science of Injury
This unit develops students’ knowledge and understanding of the aetiological factors underlying sports injury and the principles of prevention, management and rehabilitation from multi- and interdisciplinary perspectives.

Exercise and Health Applications
The unit will develop the understanding of health and clinical applications within exercise science; including a number of physical and psychological states and conditions; and to evaluate their interactions with, and responses to, exercise.
Managing your time

The programme can be a demanding challenge as the pressures of other personal commitments can often generate problems that are unplanned and unavoidable. We are extremely sympathetic and flexible to your individual circumstances; however, we do expect a realistic perspective from you on your time constraints imposed by family, work, and social commitments. Although you will be able to determine when and how much you study throughout the year, an approximate time commitment of 10-15 hours per week, every week, is a typical example of how much commitment this course will require. Your life commitments may mean you study every fortnight, as an example, so be aware of the workload ahead.

Modes of study

This course is believed to be one of the first distance-learning Exercise and Sport Science degrees in the UK. It is also thought to be the first course in the country to benefit from having custom-made eBooks. The degree has been designed to offer a flexible rate of study and to meet the needs of those in full-time employment which may include sports performers, coaches or exercise professionals.

Once you start the course, you will be given an iPad which you can use to download bespoke interactive eBooks in physiology, biomechanics, psychology, and practical skills. The eBooks contain a blend of text, images, interactive tasks, video lectures, and videos. You will be encouraged to consider how to combine knowledge from these disciplines to enhance sports performance, health and well-being. The course has a strong applied focus and will draw upon your experiences of exercise and sport to form a context for your learning.

After an initial compulsory attendance at the induction, the course is taught mainly via distance learning. At both Certificate and Diploma levels, there is one mandatory five-day residential. At BSc level, there are two mandatory residential trips.

Feedback

Feedback throughout your time on the degree is hugely important to help you improve and develop as a learner. As we would like to consider ourselves as forward-thinking and innovative, for all written pieces of work we provide individualised, screen cast recorded feedback. This approach is quite unique within the sector. We find it provides not only great depth to the feedback, but also a personal touch that is difficult to get in a distance learning situation.

Assessment

We try to offer a broad range of assessment modes to help you develop a broad range of skills and to appeal to different learners. Most assessments are submitted individually online (e.g., essays, laboratory reports, and tests). However, during residential periods, we take the opportunity to utilise group assessments. Assessments later in the programme become more varied and are focused on the skills required if you were performing that job in real life. As such, our graduates have a fantastic skill set that is immediately applicable to the industry.
Kick-start your future career

At the heart of our curriculum and student support lies a real focus on developing skills to make you highly employable and an asset to any organisation.

Work-based focus
While there is no formal placement or work-based learning embedded within the programme, most students are in employment and there is a strong contextual and work-based focus to the learning and assessment.

Employable skills
We pride ourselves in developing our students through their time on the course. It is extremely fulfilling to watch the development of students to the point where they leave the course with more enquiring and critical minds. By utilising experts in subject areas we have analysed the skills required for jobs in those areas and then designed activities, assessment and material around those requirements. As such, our graduates progress into a huge range of employment areas in the Exercise and Sport industries.
Supporting your studies

We’re here to help you get the most out of your studies, with advice and guidance from specialist support staff and outstanding learning facilities.

Student Hubs
Student Hubs across our campus offer a first port of call for over the phone, email or face-to-face guidance on course-related matters, as well as information about university services and facilities.

Student support officers
Student support officers provide support through group workshops and individual sessions, advising on everything from managing your time to revision techniques.

Academic support
Course unit leaders, programme leaders and personal tutors will give you all the course-specific help and guidance you need throughout your time here.

Library
A newly-refurbished, five-storey library at our Manchester campus open 24/7 during term time means access to over a million books, journals and e-resources whenever you need them. There’s also a helpdesk, technical and digital equipment to loan, electronic book returns and a café on site too.

MyMMU
Sector-leading virtual learning through Moodle, which brings together your student email, course timetable, teaching materials, reading lists, assessment marks and feedback accessed via the MyMMU app from your phone, laptop or tablet.

Disability Service
Support for disabled students and students with specific learning difficulties, with Disability Service Advisers working with both current and prospective students. Our advisers can help with any screenings, assessments or funding you might need, or provide access to a host of internal and external resources.

Counselling and wellbeing
Talk to a professionally trained counsellor, in confidence, about any personal problems you may have. The team also runs workshops and courses on themes such as relaxation, stress management and confidence building.

Students’ Union
Experienced, trained staff offering specialist, student-centred advice when you need it most. This includes practical help and support with academic issues, housing and finance. It’s also free and independent.

“A typical day on a residential”

08:45 Introduction
Arrive on campus and meet with the academics I’ve been working with remotely along with my fellow students.

09:30 Biomechanics: Collecting Data
Use cutting edge human performance laboratory equipment, I collect a range of data to aid my studies.

13:00 Physiology: Cardiovascular Function
More work on the lab equipment, this time measuring lung exertion while running on a treadmill.

15:00 Blood Sampling
Learn how to correctly take blood samples. We even practice on each other!

18:00 Biomechanics: Analysing Data
There is a lot to pack in this week! After dinner, we’re back in the labs analysing data gathered so far.

20:30 Time to Relax
After a long day’s work it’s time to relax and get to know each other over a quick drink before another busy day tomorrow.

“...help me with my referencing and academic writing when I first started university. Doing this really improved my confidence.”

Aimee Cooper
BA (Hons) Inclusive Education and Disability Studies

“I Did a Workshop to Help Me With My Referencing and Academic Writing When I First Started University. Doing This Really Improved My Confidence.”

Aimee Cooper
BA (Hons) Inclusive Education and Disability Studies

mmu.ac.uk/students
Taught by experts

Our courses are designed, led and taught by some of the UK’s leading academic voices. This means you’ll learn directly from passionate, knowledgeable individuals.

World-leading research
Research in the UK is assessed every five years through the Research Excellence Framework (REF), which measures the quality of outputs, the extent of economic and societal impact and the sustainability of the research environment.

Research at Manchester Met has an international reputation with world-leading and internationally-excellent work being recognised in the 2014 REF. Staff in Exercise and Sport Science contributed to the highly successful Allied Health research submission that positioned the University 12th overall and as a top new university for research power in this discipline.

Research-informed courses
The close alignment of our research portfolio with our teaching and learning provision ensures that both undergraduates and postgraduates benefit from the latest developments in the field. All students will benefit from research-informed, research-led and research-involved learning and teaching practices.

Sports and Leisure history research archive
This archive contains over 1000 books, journals and magazines dating back to the early 19th century. Based initially on an extensive private collection, purchased from a founding member of the British Society of Sports History, the archive has already been expanded to include sporting newspapers and magazines that have been digitised with the support of funding from Manchester City Football Club.

Swimming for Gold
Our research has helped swimming coaches, teachers and scientists to understand the factors that hold back the performances of swimmers with a physical impairment and the best ways to overcome them.

The research has shown how swimmers with a single arm amputation can maximise their propulsion; how physical impairment can affect fatigue; how physical impairment affects the amount of resistance produced by a swimmer and how a single limb loss affects a swimmer’s coordination and movement patterns in the water.

Britain’s leading coaches and elite swimmers have used the biomechanics results to help boost British swimmers’ performances at major international competitions including the Beijing 2008 Paralympics, the London 2012 Paralympics, the 2015 IPC World Championships and the Rio 2016 Paralympics.

Swimming for Gold

“WORKING WITH MANCHESTER MET HELPS BRITISH PARA-SWIMMING TO TAP INTO EXTENSIVE EXPERTISE. BRITISH PARA-SWIMMING HAS BENEFITED FROM HIS APPLIED PROJECTS WHICH WOULD BE CONSIDERED CUTTING EDGE WITHIN THE PARALYMPIC SWIMMING ENVIRONMENT.”

Damian Keil
Programme Leader

How to apply

Fact file

The information in this fact file is intended for courses starting in the 2018 academic year. The information in the online prospectus is the most detailed and up-to-date so make sure you check there when choosing which course to apply for.

The way in which GCSE qualifications are graded is changing. If you are expecting your GCSE English or mathematics qualification from a school or college in England from 2017 onwards and are unsure about any of the tariff points advertised in our course materials, please visit mmu.ac.uk/gcseadvice for more information.

<table>
<thead>
<tr>
<th>Degree title</th>
<th>Years of study</th>
<th>Application</th>
<th>Entry requirements</th>
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<tbody>
<tr>
<td>BSc (Hons) Exercise and Sport Science (Distance Learning)</td>
<td>4.5 – 5.5 years part-time distance learning</td>
<td>via application form <a href="http://www.mmu.ac.uk/14180">www.mmu.ac.uk/14180</a></td>
<td>Applicants will be considered individually. Many applicants will typically be in employment as professional or voluntary coaches, athletes, in the fitness industry or Armed Forces.</td>
</tr>
</tbody>
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mmu.ac.uk/research/impact/swimming-for-gold