



BA Sport, Exercise and Physical Activity

BSc Sport and Exercise Sciences

(+ Study Year Abroad or Year in Industry)

Email: sport.admissions@durham.ac.uk Web: www.dur.ac.uk/sportandexercise



## Today: Is Durham right for you?

- Studying Sport and Exercise
  - Choosing a sport course
  - Our Department and courses
  - Your Durham Experience
- Entry Requirements
- Careers and postgraduate pathways & opportunities
- Optional Lab visit





# Distinctive features of studying sport and exercise at Durham:

- Contemporary, evolving and diverse courses
- Flexibility and choice according to student interests and aspirations
- Variety in teaching, learning & assessment
- High-quality support in a close-knit academic community
- Focus on employability & diverse career plans



### **Our BA and BSc courses:**

Multi-disciplinary: commonly designed around six subject areas:

- Physiology of Sport & Exercise
- Psychology of Sport & Exercise
- Physical Activity, Nutrition and Health
- Sports Industries, Development & Policy
- Sociology of Sport
- Academic & Research Skills



Exercise Sciences

## **Course Content & Structure Key:**

#### **Core for <b>both** degree courses

BSc. Sport & Exercise Sciences: core modules BA Sport, Exercise & Physical Activity: core modules

#### **Options for <u>both</u> courses**



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## **Current Year 1: Study 6 Modules**

#### ACADEMIC SKILLS FOR SPORT & EXERCISE SCIENCES

#### **INTROTO ANATOMY & EXERCISE PHYSIOLOGY**

#### **INTRODUCTION TO SPORT & EXERCISE PSYCHOLOGY**

#### **INTRODUCTION TO SOCIOLOGY OF SPORT**

#### **INTRO TO PHYSICAL ACTIVITY, DIET & HEALTH**

#### **INTROTO SPORT & EXERCISE INDUSTRIES**



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#### **'OPEN MODULE'**

## **Current Year 2: Study 5 Modules**

#### RESEARCH SKILLS FOR SPORT & EXERCISE SCIENCES (40 Credits)

**ADVANCED SPORT & EXERCISE PHYSIOLOGY**\*

**ADVANCED SPORT AND EXERCISE PSYCHOLOGY** 

**ADVANCED SOCIOLOGY OF SPORT** 

SPORTS DEVELOPMENT

**NUTRITION FOR SPORT & HEALTH** 



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**SPORT, HEALTH & the ENVIRONMENT** 

**'OPEN MODULE'** (inc Year 1)

## **Current Year 3: Study 5 Modules**

**INDEPENDENT RESEARCH PROJECT (40 Credits)** 

#### APPLIED EXERCISE PHYSIOLOGY IN SPORT & HEALTH\*

**APPLIED SPORT AND EXERCISE PSYCHOLOGY** 

#### **APPLIED SOCIOLOGY OF SPORT**

PHYSICAL ACTIVITY, SPORT & INEQUALITIES

**ACTIVE COMMUNITIES: PLACEMENT** 

**FUTURES IN SPORT, EXERCISE SCIENCES & HEALTH** 





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## Current Student Perspectives



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## Teaching, Learning & Assessment

#### **Teaching:**

- Lectures
- Small groups:
  - Labs; practical workshops;
     Seminars; fieldtrip

#### Assessment: • Group & individual

- Essays
- Tests
- Infographics

research projects

- Lab reports 
   Podcasts
- Presentations
   Applied projects



## **Typical Year 1 Timetable**

<u> </u>									
DAY	09.00 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00
MON		Intro to PA, Diet & Health		Intro to Sport & Exercise Industries		Critical Skills			
TUES			Intro to Exercise Physiology		Intro to Sport Psychology		Intro to Sociology of Sport		Critical Skills
WED	NO TIMETABLED TEACHING TO ALLOW FOR SPORTS PARTICIPATION / COMPETITION								
THURS			Intro to l Physi		(Potential) Block for Personal Tutorials, Independent Study, Groupwork and Preparation Tasks				
FRI	Intro to Sport & Exercise Industries		Intro to PA, Diet & Health		Intro to Sociology of Sport			Intro to Sport Psychology	

## **Placement Year (in Industry)**

• Potential for additional year between Years 2 and 3

**Chemistry Building** 

Today: 9:30, 12:10

• Students apply for scheme in Year 2

#### Placement Year:

- At least 40 weeks with UK or international organisation
- Support through Faculty Placement Officer
- Experience, network, money
   => employability





## **Study Year Abroad**

- Potential for additional year between Years 2 and 3
- Students apply for the Go Study scheme in Year 2

#### Go Study - Year Abroad:

- At one of our European or non-European exchange partner universities
- Experience another culture!

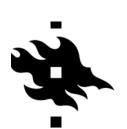


Università degli Studi di Padova



Universiteit Utrecht





UNIVERSITY OF

CALGARY

HELSINGIN YLIOPISTO HELSINGFORS UNIVERSITET UNIVERSITY OF HELSINKI





Palatine Centre Today: 9:30, 10:50, 13:30

# **Entry Requirements:**

Typical offers for both BA and BSc courses:

- A-Level offer: AAB
- BTEC Extended Diploma: DDD
- BTEC Subsidiary Diploma (D) + AB at A-Levels
- BTEC Diploma (DD) + B at A-Level
- Scottish Qualifications: AAABB Higher Level, AAB at Advanced Higher
- International Baccalaureate: 36 Points

**Admissions** Desk & Talks today in Teaching & Learning Centre

**APPLYING THROUGH** 

We use contextual admissions to enable students with potential to come to Durham, inc. <u>varying entry grade requirements</u> to take into account how where you live, school you attend, your social & economic background may impact on your educational achievement

## Getting involved in Sport at Durham

Student Enrichment (Sport) talks in the Dojo at: 10.50; 13.30; and 14.50

1. (High) Performance

T E A M DURHAM

- 2. Participation (University & College)
- 3. Community Partnership / Sport Development



# **Employability:** Equipping our Graduates

- Strong emphasis on employability across both our courses
- Career planning support and guidance
- Various and varied career pathways for our graduates UNIVERSIT





## 65th in the world

in the category of **Employer Reputation** 

## Durham Graduate data



Most recent public data (class of 2020-21):
93% are in paid employment or further

study 15 months after graduation.

### Of those in employment:

- 93% are in high skilled employment
- With an average salary of £28,000.



## Diverse career pathways:

- High performance sport
- Sports marketing
- Sports media
- Sports development
- Exercise and Health
- Public Health
- Teaching / P.E.
- Post-graduate study





High performance. Delivered.

# Is our course and Durham right for <u>you</u>?



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Coc FDurhant University

# Why choose Durham sport & exercise?

- Student-centred learning experience on top-rated course
- Excellent international reputation
- An Experience for Life:-Degree; College; Sport & Extra-Curricular
- Compact, beautiful and historic city



Exercise Sciences



#### Consistently ranked Top 10

for sport degrees in the UK, across all major rankings Ranked World Top 100

QS World University Rankings by Subject 2025











# Any questions?



Enquiries: sport.admissions@durham.ac.uk

Durham University

> Department of Sport and Exercise Sciences



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