

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

Course Content & Structure Key:

Core for both degree courses

**BSc. Sport
& Exercise Sciences:
core modules**

**BA Sport, Exercise
& Physical Activity:
core modules**

Options for both courses

Current Year 1: Study 6 Modules

**ACADEMIC SKILLS
FOR SPORT & EXERCISE SCIENCES**

INTRO TO ANATOMY & EXERCISE PHYSIOLOGY

INTRODUCTION TO SPORT & EXERCISE PSYCHOLOGY

INTRODUCTION TO SOCIOLOGY OF SPORT

INTRO TO PHYSICAL ACTIVITY, DIET & HEALTH

INTRO TO SPORT & EXERCISE INDUSTRIES

‘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

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

‘OPEN MODULE’ (inc Year 2)

Current Student Perspectives

Teaching, Learning & Assessment

Teaching:

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

- ## Assessment:
- Group & individual research projects
 - Essays
 - Tests
 - Lab reports
 - Presentations
 - Infographics
 - Podcasts
 - Applied projects

Engaging Industry Partners:



Typical Year 1 Timetable

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 Exercise Physiology		(Potential) Block for Personal Tutorials, Independent Study, <u>Groupwork</u> 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
- 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
OTAGO
Te Whare Wānanga o Ōtāgo
NEW ZEALAND



UNIVERSITY OF
CALGARY



HELSINGIN YLIOPISTO
HELSINGFORS UNIVERSITET
UNIVERSITY OF HELSINKI



Entry Requirements:

APPLYING THROUGH
UCAS

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

We use contextual admissions to enable students with potential to come to Durham, inc. varying entry grade requirements 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
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



**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



Is our course
and Durham
right for you?



@duzthedurhamdog



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



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?



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