



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 both degree courses

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

Options for <u>both</u> courses



Department of Sport and Exercise Sciences

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



Department of Sport and Exercise Sciences

'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



Department of Sport and Exercise Sciences

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





Department of Sport and Exercise Sciences

Current Student Perspectives



Department of Sport and Exercise Sciences

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!

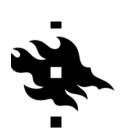


Università degli Studi di Padova



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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