

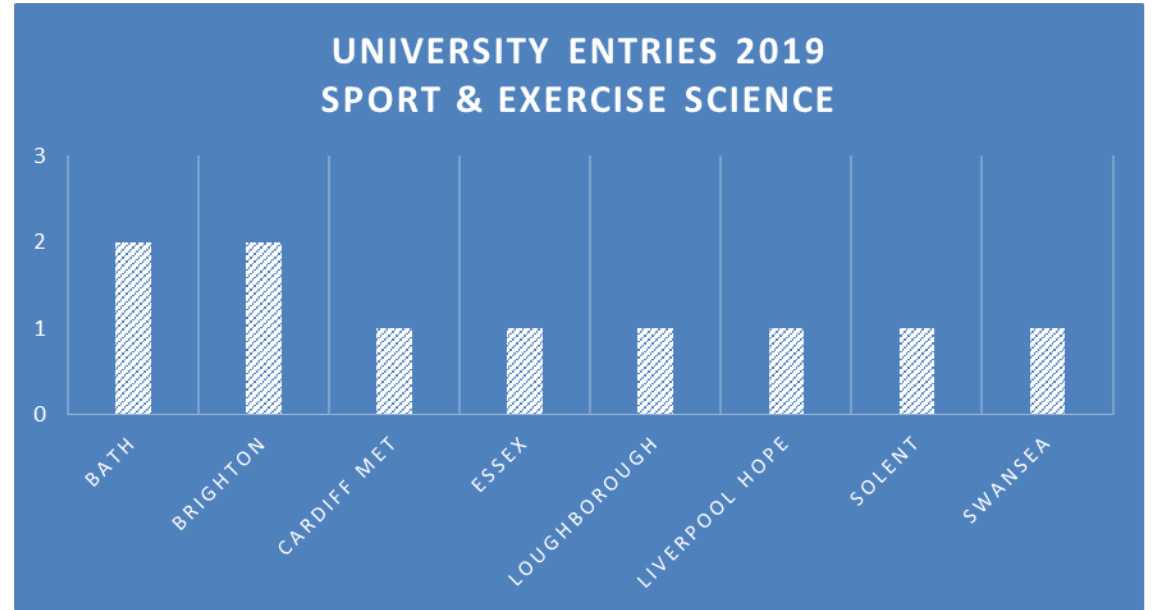
# Sport & Exercise Science

## Higher Education at BHASVIC 2019

**In Sept 2019, 10 BHASVIC students went onto study Sport & Exercise Science at 8 different universities**

Sport and Exercise Science in many different forms remains a very popular university choice for our students. It regularly features in our **top ten** most studied subjects at a higher level.

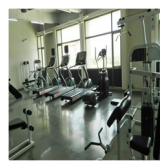
Students usually study a Sport and Exercise BTEC at BHASVIC.



## Should I study Sport & Exercise Science at uni?

Does helping athletes maximize their potential, becoming a personal trainer or promoting sport in the community appeal? If so sport or exercise science could be for you

You will have around 12 hours of lectures each week and workshops too. Content will be diverse from sports management, sports coaching and science of sport, for example.



### Types of degree

- You can choose to study straight Sports and Exercise Science or combine with:
  - Sports therapy
  - Coaching
  - Performance
  - Rehabilitation
- Also closely is Physiotherapy
- Also available are placement years



### Entry Requirements

- BTEC Sport & Exercise Science is very useful
- A-levels (or equivalent) usually required
- Biology or another science / maths
- Useful to have
  - Psychology
  - Physical education

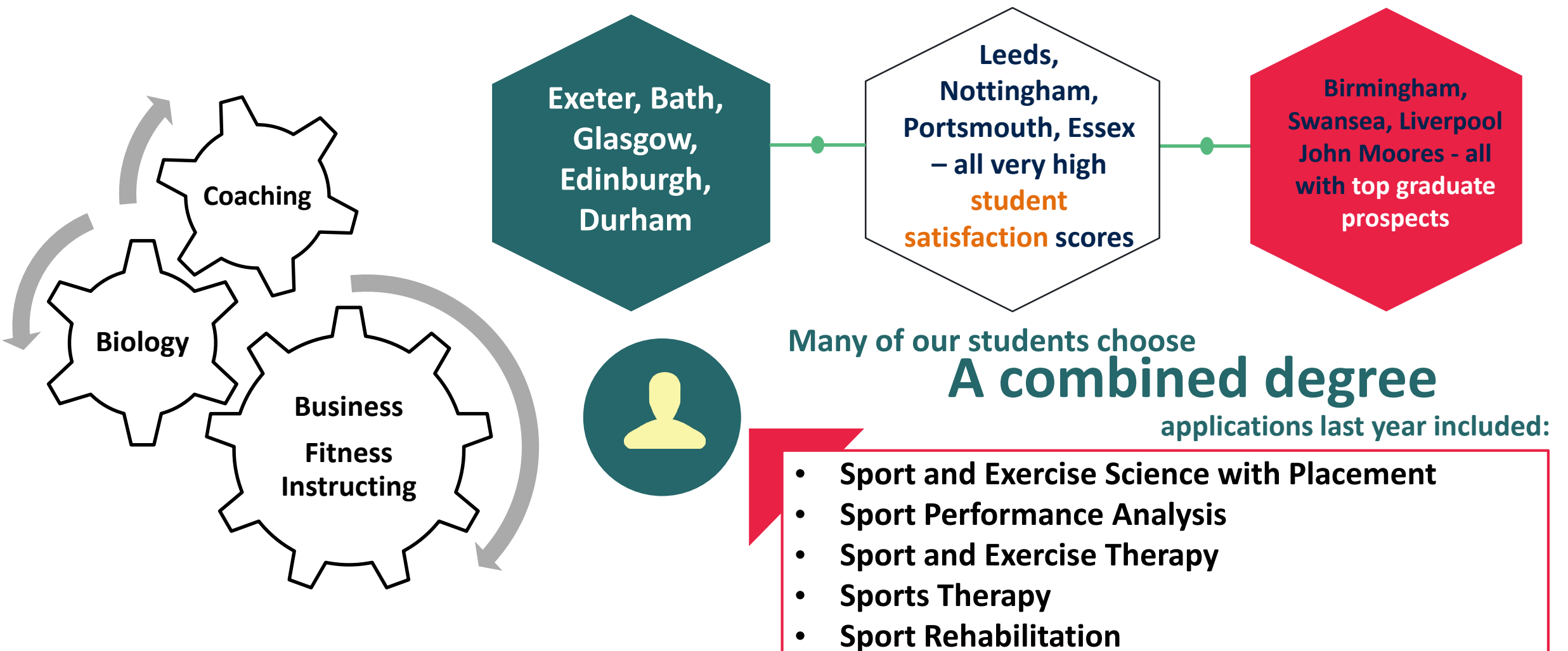


### Example degree modules

- Applied anatomy and biomechanics
- Research methods
- Nutrition for physical activity
- Introduction to the science of sport and exercise
- The coaching process
- Managing community sport
- Life span, motor development and impairment
- Sport, exercise and health pedagogies
- Applying teaching and coaching

## Top 10 Universities for Sport & Exercise Science

Complete University Guide 2020



Why not try a foundation degree..

Chichester  
**BBB** (A level)  
**DMM** (BTEC)

A level grades or BTEC equivalents

Birmingham  
**AAA** (A level)  
**DDD** (BTEC)

Essex  
**BCC** (A level)  
**DMM** (BTEC)

Leeds Beckett  
(with Foundation Year)  
**DDD** (A level)  
**MMP** (BTEC)

.....or degree / higher apprenticeship

Sports and Fitness Instructor Apprenticeships  
Notgoingtouni.co.uk