

Sport and Exercise Science

*Department of Rehabilitation
and Sport Sciences*

@SportExSciBU



Open day

Dr Becky Neal, *Programme Leader*

**#BUopenday
#belongatbu
#SportExSciBU**

(BSc) Sport and Exercise Science

- Covering a wide range of areas this course will help you to gain a comprehensive understanding of the impact of exercise on health and performance



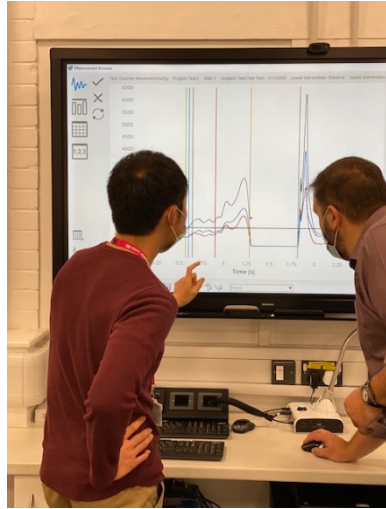
Key areas of study

- Biomechanics
- Physiology
- Psychology
- Nutrition
- Research Methods

Sport and Exercise Science

YEAR ONE	YEAR TWO	PLACEMENT	FINAL YEAR
Beginning Research	Conducting Research	<p>INDUSTRY PLACEMENT</p> <p>6 WEEKS OR 30 WEEKS AT HOME OR AWAY</p>	Dissertation OR Research Expedition
Principles of Sport & Exercise Physiology	Advances in Sport & Exercise Physiology		<u>Options (Choose 2)</u> <ul style="list-style-type: none"> • Applied Sport & Exercise Physiology • Applied Sport & Exercise Biomechanics • Applied Sport & Exercise Psychology
Principles of Sport & Exercise Biomechanics	Advances in Sport & Exercise Biomechanics		<u>Options (Choose 2)</u> <small>(Subject to change)</small> <ul style="list-style-type: none"> • Advanced Fitness Testing & Exercise Prescription • Advances in Applied Nutrition • Nutrition Requirements Throughout Life • Advanced Performance Analysis • Physical Education & Teaching Practice • Sport & Physical Culture; • Talent Development in Sport • Strategy & Leadership for Sport
Principles of Sport & Exercise Psychology	Advances in Sport & Exercise Psychology		
Fitness Assessments for Sport, Exercise & Health	<u>Options (choose 2):</u> <ul style="list-style-type: none"> • Principles of Training • Nutrition in Health & Disease • Performance Analysis • Sport Management & Leadership • Issues & Controversies in Sport 		
Principle of Food & Nutrition			

Why study at BU?



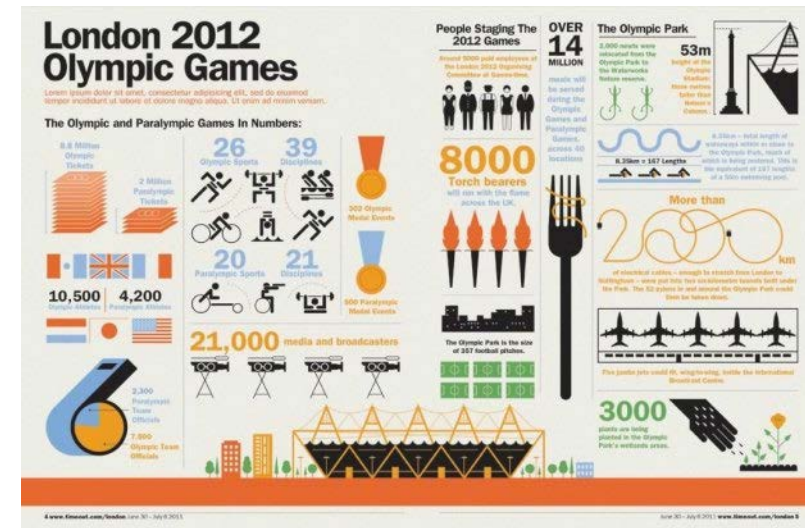
Please see www.bournemouth.ac.uk/courses for the latest information about this course.

Teaching methods



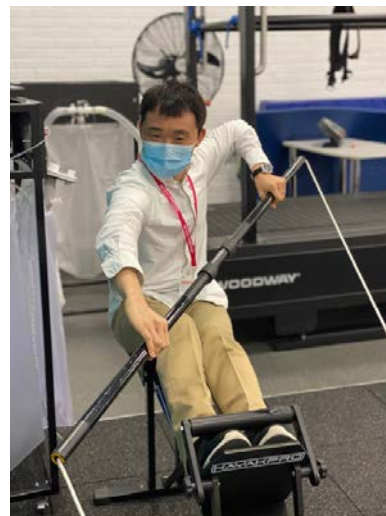
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Assessment methods



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Our staff: Research




BU
Bournemouth
University

**Fusion Inaugural
Public Lecture**

**Taking sport seriously:
looking behind Olympic
and Paralympic
mega events**


 Fusion Inaugural
Public Lecture by
Professor Mike Silk
Professor of Sport and Social Sciences




BU
Bournemouth
University

**Fusion Inaugural
Public Lecture**

**Nature, nurture, and beyond:
What underpins exceptional
sport performance?**

 Fusion Inaugural Public
Lecture by
Professor Tim Rees
Professor in Sport,
Bournemouth University



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Our staff: professional Practice



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Industry placement



- 6 week or 30 week
 - Dedicated sport/science placements
 - Global opportunities
 - Take placement abroad
-
- Support while on placement
 - Employable graduates



HARLEQUINS



Sport placement examples 2016-2020

E-Sports Dubai – Sport Management Intern
Chelsea FC – Digital Insights Assistant
Centurion Club – Golf Operations Assistant
Golfbreaks.com – UK Sales Assistant
Juventus FC Spa – Stadium Intern / Sport Secretary Intern
Reading FC – Groups & Events Executive
Soccer-ex – Marketing Intern
Sussex County Cricket Club – Marketing & Communications Intern The Grove
Golf Club – Golf Operations Assistant
AFC Bournemouth – Ticketing Operations Assistant
Barnet FC – Youth Development Phase Recruitment / Performance Analyst
Bournemouth 7's Rugby – Team Sales
Fitness First – Assistant Health & Fitness Manager
Leicester City FC – Intern for Commercial Acquisition & Engagement London
Irish Rugby FC – Apprentice Community Rugby Coach Mercedes Benz Grand Prix
Ltd – Facilities Undergraduate Formula One Management Ltd – Media Work
Placement
Adidas – Concepts to Consumer Internship
Under Armour – Brand Marketing Intern
Saracens Rugby Club – Player Management Assistant Manchester United FC –
Sponsorship Sales Operations Intern

AFC Bournemouth Academy – Sports Psychology Intern; Sport Science Intern;
Academy Performance Analyst
Active Dorset – Assistant Sports Development Officer
Dorset Cricket Board – Community Cricket Coach
Southampton FC – Sports Psychology Placement
London Irish RFC – Community Marketing & Relations Officer
Crystal Palace FC Foundation – PE & School Sport Officer
The Bourne Academy – PE Teacher Assistant
England Netball (South) – Regional Coordinator South
British Canoeing – Intern
Norwich City FC – Coaching Work Placement
Surrey FA – Football Development Officer
West Ham United FC – Education & Community Hub Assistant; Academy Strength &
Conditioning Placement; Recruitment & Analysis Work Placement
Bristol Sport Foundation – Community Sport Coach
Watford FC – Strength & Conditioning Intern; Performance Analysis Intern England
Hockey – Player Pathway Officer
Cornish Sports Partnership – Project Support Officer
Exeter City FC – Lead Academy Match Analyst
Fulham FC – Analysis Placement; Coaching Placement
US Institute of Sport, USA – Coach
Camps International, Kenya – Camp Leader
Norwegian School of Sports Science – Study Abroad/Intern
German Sport University Cologne, GER – Study Abroad Frenchman's Creek Golf
Resort, USA – Golf Intern
Kiwi Tennis, NZ – Sports Development Coordinator
Rob Nickels Tennis Academy Florida, USA – Tennis Coach

Please see www.bournemouth.ac.uk/courses for the latest information about this course.

- Support transition from education to employment
- Network with a variety of partner organisations
- Become a stronger coach & leader
- PPD “Honoraria” (£££s) for sport related qualifications
- Valuable industry experience

Contact us

**Andy Boland -
Programme Lead**

✉ CoachBU@bournemouth.ac.uk



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Sport scholarships



Key facts

Entry	For courses starting in January 2022, September 2022 and January 2023. Scholarships cannot be deferred.
Eligibility	<ul style="list-style-type: none"> Any applicant for a full-time undergraduate or postgraduate course delivered at BU Be a high performing sportsperson and have the desire to continue to develop in the sporting arena, as well as academically.
Value	£500 to £5,000
Number available	45-50
Need to fill in an application	Yes
Application deadline	31 August if your course starts in September and 30 November if your course starts in January.

- Apply via TeamBU on website



- TASS: contact Martin Wells mwells@bournemouth.ac.uk



Please see www.bournemouth.ac.uk/courses for the latest information about this course.

Where do our graduates end up?

**Commercial
Manager**



**Strength and
Conditioning Coach**



Fitness Advisor



Technology Analyst



Event Manager



**PGA Professional
The Grove Golf Resort**



**PR Representative
Jonny Walker F1**



Pathway Manager



Performance Analyst



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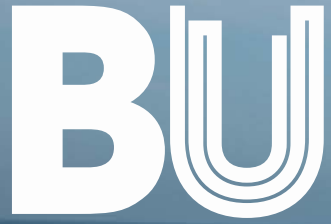


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Please note: The detail, dates and additional fees stated are correct at the time of presentation (October 2021). The latest information can be found at www.bournemouth.ac.uk/courses.

Questions? We've got answers.
01202 961916
futurestudents@bournemouth.ac.uk



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See you soon...

(Questions and Laboratory tour to follow)

#BUopenday
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