Kent is one of the UK’s leading universities. All of our academic schools produce world-class research, and Kent is rated as internationally excellent, leading the way in many fields of study.

Passionate teaching
The School of Sport and Exercise Sciences’ programmes are highly rated by our students. Taught by lecturers at the forefront of the field, our courses will stimulate and challenge you, and give you the opportunity to gain practical experience.

We use a range of teaching methods from traditional lectures, laboratories and clinics to more innovative approaches such as professional placements, real-life scenarios and problem-based learning which, with support and encouragement from staff, gives you the opportunity to assess real-life situations and devise your own solutions.

Cutting-edge research
Lecturers in the School are involved in exciting research, giving you the chance to study with some of the most influential thinkers in this field. We are currently undertaking major research projects for organisations such as The Rugby Football Union, British Cycling, NHS Foundation Trusts, Macmillan Cancer Support, the English Institute of Sport and UK Sport. We have two major research groups; the Endurance Research group, and the Health and Physical Activity group. Our areas of research range widely including sports training and performance fatigue, hamstring injuries, sport psychology, tissue repair and rehabilitation, cardiac rehabilitation, and analysis of media coverage of Olympic and Paralympic athletes.

Global outlook
Kent, known as the UK’s European university, acts as a gateway to Europe for students from the UK and across the world, and has international partnerships with a number of prestigious institutions. We have an international community on campus, with 25% of Kent’s students coming from outside of the UK. All of our students are encouraged to develop their studies in an international context and there are many opportunities to study or work abroad.

First-class facilities
The School of Sport and Exercise Sciences has excellent purpose-built facilities including sport and exercise science laboratories, teaching and student clinics, and a rehabilitation gymnasium. The School also has new facilities at Medway Park, the region’s centre of sporting excellence. These include a new sports therapy clinic, a range of sport and exercise science laboratories, rehabilitation gym and one of the best ranges of state-of-the-art sports science equipment in the country. The facilities at Medway

DID YOU KNOW?
In the 2012 National Student Survey (NSS) 92% of students at the School of Sport and Exercise Sciences were satisfied with the quality of their course.
to apply for Register of Exercise Professionals accreditation and have the option to take an exam for the American College of Sports Medicine Health Fitness Instructor qualification.

Sports Therapy graduates are eligible to apply for accreditation and full membership of the Society of Sports Therapists. As well as providing a first-rate academic experience, we want you to be in a good position to face the demands of a competitive employment market.

**Successful future**

Whether you want to work with elite athletes, promote sport and exercise to the public, manage a big sports event or sports centre, or help athletes to recover from injury, our degree programmes can launch you on a first-class career in the specialised area of your choice. Our graduates have excellent employment prospects. We ensure you have the transferable skills you might need. For more information on the careers help we provide at Kent, please go to p10 or see our Employability webpage www.kent.ac.uk/employability

“*My lecturers are always there for me, encouraging and guiding me. Going to the London Marathon to offer sports massage was the most amazing experience.*”

Carly Challinger
Sports Therapy
SUPERB STUDENT EXPERIENCE

Our modern, shared campus at Medway provides a stunning location for your studies. As well as outstanding teaching and learning facilities, the campus also has a real sense of community.

Good location
The Medway campus is near Chatham Historic Dockyard which was built at the start of the 20th century. The campus has cafés, a student pub and Essentials, a shop which includes a mini off-licence. Five minutes’ walk from campus, the Dockside retail outlet offers a range of shops and restaurants.

Nearby is the town of Rochester with its stunning Cathedral, which is the venue for Kent’s degree congregations. Bluewater shopping centre is also within easy driving distance and there are also good bus and train links.

The Medway campus is quick and easy to reach from central London. The high-speed train to London St Pancras from Ebbsfleet in Medway takes 17 minutes. Travel to London from stations at Gillingham or Chatham takes about 45 minutes. There is also a free hourly shuttle bus between the Medway and Canterbury campus running from 8am to midnight.

Excellent study resources
The general resources on campus are excellent. The £8 million Drill Hall Library has over 100,000 items including books and journals and electronic information. You have access to a range of support services such as IT support, library support, and public PCs and printers.

Diverse environment
Our students come from a variety of backgrounds. There are always a number of mature students with work experience, as well as an increasing number of students from overseas. This mix means you not only learn from your lecturers, but from the experiences of your peers.

Live by the riverside
If you join Kent as a full-time student, you could be living in an attractive new ‘waterside village’ on the banks of the River Medway. These popular student flats have modern kitchens and en-suite bedrooms. The development has its own social area, Tesco Express store, Subway and Domino’s Pizza.

DID YOU KNOW?
In the 2012 National Student Survey (NSS), the University of Kent was ranked 3rd in the UK for student satisfaction.
FIRST-CLASS SPORTING FACILITIES

The School of Sport and Exercise Sciences has custom-built facilities on campus and at Medway Park.

These include two large sports therapy clinics, two rehabilitation gyms, and several laboratories housing some of the latest equipment. We even have a heat and altitude environmental chamber that can create an atmosphere found on Mount Everest or the Brazilian Jungle. For exercise testing, the School has everything you’d expect and more, including treadmills, cycle and rowing ergometers, an isokinetic dynamometer, brain and muscle stimulators, blood testing and gas analysis equipment.

Professional clinic
The School has a professional sports injury and rehabilitation clinic (where students can gain experience by working with clients under supervision).

Our clinics offer both imaging and treatment ultrasound, and use a professional online client management data system.

State-of-the-art equipment
We are the first university in the UK to install an anti-gravity treadmill in our rehabilitation gym. Originally developed by NASA to help astronauts exercise in space, this treadmill has since proved a valuable resource for professional athletes as they look to speed up their return to fitness.

Within our neuromuscular laboratory we have equipment for transcranial magnetic and direct current stimulation and peripheral muscle and nerve stimulation. These devices allow us to manipulate and test areas of the muscle and brain before and during exercise. Only a handful of Universities in the UK have access to such state-of-the-art equipment, and we incorporate these facilities into our undergraduate programmes.

Our Velotron cycle ergometer allows us to replicate Olympic cycling courses or Tour de France stages that athletes can then cycle in laboratory conditions, watching their progress on a computer screen.

You also have the opportunity to work with our 3D motion video analysis, nutritional analysis software and the Game Ready cryotherapy systems. This equipment is used by top laboratories around the world including NASA, and Premier League rugby and football teams.

Sport facilities
The Medway region offers the chance for students to get involved in major sporting activities at international and local level.

To enhance Medway’s sports facilities, Kent committed £3 million towards the creation of regional centre of sporting excellence, Medway Park. This £11 million project provides a multi-sport, state-of-the-art facility a short walk from...
the campus. A number of activities are run at Medway Park for students. Our students also receive discounted rates to use the sports halls, pools, squash courts and health suite and spa.

The Medway area includes a range of other sporting facilities, such as a dry ski slope and toboggan run, an ice rink, a go-karting circuit, an Olympic-standard trampoline centre and a number of sports and leisure centres. The Deangate Ridge Sports Complex has an 18-hole golf course, athletics track and gym, and the Arethusa Venture Centre offers a climbing wall and sailing activities. Some of our past and current students compete at the highest level of sport, in basketball, women’s premiership football, British Lions snooker and county cricket for Kent.

Student teams
Sport is a great way to get involved in student life and meet new people. Whether you are a serious athlete or a beginner, there are a number of student sports teams you can get involved in at Kent. Available sports include football (women’s and men’s), rugby, cricket, hockey, golf, netball, tennis, canoeing, snow sports, badminton and basketball.

Being close to the River Medway, there is an active rowing club, which benefits from coaching support and the use of a boathouse from the Medway Towns Rowing Club.

As well as taking part in team sports, students are encouraged to continue with any individual sports they enjoy. Students from the School regularly compete in the British Universities and Colleges Sport (BUCS) national championships. Jason Plowman (trampolining) and Kimberly Hughes (karate) won gold at the 2010 event and, more recently, Hannah Bratton-Smith (ten pin bowling) won bronze in 2012.

“The resources are brilliant – the University has all the rehab and exercise equipment that you need. You get a lot of hands-on experience and learn how to use techniques like ultrasound.”

Megan Seheult
Sports Therapy graduate
Dexter Thomas is studying for a Sports Therapy BSc. A member of Trinidad and Tobago’s Defence Force Physical Training Department, he has worked at national sports level in his country.

Why did you choose to study at Kent?
I was searching the net and came across the Kent site and criteria to be accepted on to the programme, and so I did some courses that would help me to meet the criteria. The programme and the course content was the main attraction as I knew exactly what I wanted to do.

How is your course going?
The way knowledge is imparted by the lecturers and how they relay information to students who don’t have a scientific background is excellent. Although I did a lot of courses in sports therapy, I now realise there’s a lot I was missing out on… I knew what I was doing but now I understand why I do things.

What are the lecturers like?
They are helpful and understanding, not only in relation to the course but personal issues as well. Two of my favourite subjects are functional anatomy and biomechanics, which is a lot to grasp but my tutor breaks down the science into a simple format that you can understand and remember. My sports massage lecturer somehow manages to connect with all of her students.

What is the level of support like in your studies?
You can always book a one-to-one session with a lecturer who will review a subject with you or refer you to journals, websites and books to simplify the information, which is really helpful.

What are your favourite modules so far, and why?
Functional Anatomy and Biomechanics, and Sports Massage. They concern everything I am used to doing as a sports therapist. I have a (VTCT Level 3 Diploma in Sports Therapy) which meant I could work with national athletes at home. I also worked with the Trinidad and Tobago national women’s football team, travelled to other countries for the women’s World Cup qualifying games and attended the Pan-American Games in Mexico in 2010 as a sports massage therapist. So this programme is really rounding out my experience to date.

How would you describe your fellow students?
Everyone was reserved to begin with but as we get towards the end of the first term we’re helping each other to study. As course rep I represent the students at staff meetings, giving feedback from the staff to the students and vice-versa.

What are the facilities like at Medway?
I’ve practically lived in the Drill Hall Library and I’ve really benefited from the Student Learning Advisory Service, which holds workshops on English. It has helped to improve my writing skills and vocabulary, and made me more confident in writing. Off campus I use the swimming pool and gym at Medway Park.

What is the accommodation like at Liberty Quays?
It is expensive but comfortable, I share a flat with five other mature students: one doing law, one journalism and two are studying biosciences, we’re a mix of first, second and third years. We have a lot of interesting debates!

What sort of things do you do in your spare time?
I play football at Medway Park and volunteer at Dulwich Hamlet Football Club in east London, working with sports therapists, which adds validity to my background.

What kind of career do you hope to follow?
I would like to study for a Master’s degree, then become a teacher in the field of sports therapy, passing on the knowledge I have gained to other students. I’d also like to help young athletes develop their careers.

What advice would you give to other students coming to Kent?
I would say it’s better to learn as an experience, not as a consequence. I mean, don’t just achieve your degree because you want to look smart, but embrace the whole university experience, get involved in every extra curricular activity you can. Learning is something you can’t get just from reading books or going to lectures.
Kent equips you with essential skills to give you a competitive advantage when it comes to getting a job. Our graduates have an excellent record in finding work or further study and we are consistently in the top 20 for graduate starting salaries.

Wide-ranging career paths
Sports studies graduates go into a wide range of careers after graduation. The most common career paths for our four degree programmes are described below.

Sports Therapy
Sports therapy is one of the fastest-growing careers in the sports and healthcare sector. Our Sports Therapy graduates are qualified to start work as professionally accredited sports therapists in, for example, their own or a commercial sports injury clinic, a sports club, the National Institute of Sport, or with a professional team. Other career opportunities include the NHS in physical activity or health promotion, health and fitness clubs or sports development within local authorities, or with national governing bodies of sport. Others choose to go into teaching by taking a postgraduate programme (PGCE), or lecturing and research (MSc/MPhil/PhD).

Sport and Exercise Science
Career options for our Sport and Exercise Science graduates include: employment as a sports scientist, for example, working within sports science support with elite athletes; working within the NHS (in physical activity, exercise referral or health promotion); working in health and fitness clubs, or as strength and conditioning coaches in local sports development or with national governing bodies; working for community leisure centres or as a self-employed personal trainer.

Sport and Exercise Management
Sport and Exercise Management graduates are well suited to work in sports development for local authorities or sports governing bodies; leisure centres, health and fitness clubs, or as a self-employed personal trainer. Others choose to take a postgraduate programme, leading to a career in teaching or in research.

Sport and Exercise for Health
Graduates from this programme will be equipped to work within the NHS or a local authority promoting physical activity, exercise referral or other health promotion strategies. Other destinations might include sports development with local authorities, national or regional sports governing bodies; in public or private leisure centres, health and fitness clubs, community leisure facilities, or self-employment as a personal trainer. Additionally, you can choose further study to pursue a career in teaching or research.

All programmes offer you the chance to gain valuable professional experience. This could be a placement in the sports and leisure industry, or working with clients in our on-site clinic, or by supporting ‘centre of excellence’ athletes. Medway Park also gives you the opportunity to study sport in a regional centre of excellence.

Gain transferable skills
Today, employers are looking for transferable skills such as communication and IT, time management and problem solving. Dealing with challenging ideas, thinking critically, the ability to write well and present your ideas are all skills you learn at Kent. This makes it possible to be successful within a wide range of careers, not just those directly related to sports.

Careers advice
Kent’s Careers and Employability Service can offer advice on how to apply for jobs, how to write a good CV and how to perform well in interviews. It also provides up-to-date information on opportunities before and after you graduate.
Laura Dent graduated from Kent in 2010 where she studied Sports Therapy, she has now opened her own sports therapy clinic in Hertfordshire.

Why did you choose Kent?
When I applied for a Sports Therapy degree in 2005 Kent was, and still is, seen as one of the top universities for this degree.

What in particular attracted you to the course?
I always wanted to work in sport or something to do with the body and found this an excellent way to combine both. I like the mix of theory and practical this course provided and also the placement opportunities that Kent provided within the sports industry.

How did your degree lay the foundations for your chosen career path?
I couldn’t do the job I do now without my degree. It enabled me to qualify as a sports therapist, to join the Society of Sports Therapists, and gave me invaluable work experience in the sports industry shadowing top-class physios and sports therapists. There was also a business module included in the degree which, although I didn’t know it at the time, would prove to be extremely beneficial for me.

Could you describe your career path since leaving Kent?
Within three months of graduating I realised that, to be able to work in both private practice and sport, I would need to set up my own business. I first worked part-time with the first team of a national-level rugby team. On my days off I started to develop my own business. I wrote a business plan, did financial forecasts and approached others in the industry in my local area for space to work out of. I had a good response from an osteopath clinic, which wanted to include sports therapy treatments. I also approached a local gym that had a treatment room and spent one day a week working from there. The next step was more work experience, this time with a basketball team. After a few months I was offered a paid position. Then I had to fit rugby, basketball and my private practice work into a busy week, as well as all the time spent behind the scenes running the business.

What is a typical day like in your current role?
Two and a half years from setting up the business I now regularly see up to eight patients a day, spend two hours with one of the sports teams I work with, and then go home to do accounts, emails and all the other admin tasks necessary to keep things ticking along.

What are your future plans?
I now have four locations for my sports injury clinics, two in Hertfordshire and two in London. My plan for the coming year is to employ other sports therapists to cover some of my clinics, leaving me with more time to run the business. At some stage, I would like to study for a Master’s and to gain experience in lecturing. I was asked back to Kent in October 2012 to give a guest lecture on Business in Sports Therapy and really enjoyed it; I have since been asked back and hope to build on that experience of working with students.

Do you have any particularly happy memories of Kent that you would like to share with us?
Graduating! It is a tough three years so to get to the end with a good result was definitely my happiest memory.

What advice would you give to someone coming to Kent?
Make sure you visit the campus, speak to the lecturers and current students and be certain it is the right course and the right place for you. If it’s sports therapy you are interested in, I have no hesitation in recommending Kent.

EXCELLENT PROSPECTS
According to Unistats, 95% of students studying at the School of Sport and Exercise Sciences are in paid employment within six months of finishing their degree.
CHOOSING YOUR DEGREE

The School of Sport and Exercise Sciences offers four different degree programmes. Below, we describe the kind of areas you study during your time at Kent. For more details on individual modules, see p14-17.

For all programmes, assessment combines written and practical examination with coursework.

**Sports Therapy**
This degree programme is designed to provide you with the academic, clinical and professional skills required of a professional sports therapist. You learn to diagnose, treat and prevent sporting injuries. You also learn how to compile exercise and training programmes for different population groups, ranging from elite athletes to recreational exercisers.

You cover topics such as sports massage, examination and assessment, rehabilitation techniques and nutrition, and gain experience within a sports therapy environment using the University facilities at Medway Park. There is a culture of evidence-based research at Kent so you become familiar with the latest innovations and gain hands-on experience of using advanced technology.

Graduates of this degree programme are professionally accredited by the Society of Sports Therapists.

**Modules: Stage 1**
- Functional Anatomy and Biomechanics
- Introduction to Fitness Testing
- Introduction to Human Physiology
- Introduction to Professional Skills
- Introduction to Sport and Exercise Nutrition
- Sports Massage

**Modules: Stage 2**
- Examination and Assessment
- Fitness Training Methods
- Rehabilitation
- Research Design and Planning
- Sports Injuries
- Therapeutic Mobilisations

You also choose options from:
- Applied Sport and Exercise Psychology
- Exercise for Special Populations
- Strength and Conditioning.

**Sport and Exercise Science**
You study the application of science to issues in sport, exercise and fitness. Topics include anatomy, physiology, the principles of training, exercise prescription, sports nutrition and sports psychology. In your third year, you can specialise by choosing modules that relate to contemporary topics.

You are taught by well-qualified practitioners with experience of supporting and training a wide range of clients – everyone from Olympic athletes to older and frail people. The lecturers on your course are research active and internationally recognised as experts in their field. As such, research informed teaching underpins the delivery of your course.

**Modules: Stage 1**
- Functional Anatomy and Biomechanics
- Fundamentals of Human Anatomy and Physiology
- Introduction to Fitness Testing
- Introduction to Professional Skills
- Introduction to Sport and Exercise Nutrition
- Introduction to Sport and Exercise Psychology

**Modules: Stage 2**
- Applied Nutrition for Sport Performance
- Applied Sport and Exercise Physiology
- Fitness Training Methods
- Research Methods
- Research Study Preparation
- Sport, Exercise and Health Promotion
- Sport and Exercise Psychology

You also choose from these options:
- Applied Sport and Exercise Psychology

**Modules: Stage 3**
- Research Study in Sport Sciences

You also choose options from:
- Applied Sport and Exercise Psychology
• Contemporary Issues in Sport and Exercise Nutrition
• Exercise for Special Populations
• Exercise Prescription, Referral and Rehabilitation
• High Performance Physiology
• Strength and Conditioning

**Sport and Exercise Management**

You gain wide-ranging knowledge in the field of sport and exercise and also look at important aspects of management. Topics include: training, exercise for ‘special’ populations, and health and exercise promotion as well as events management, sports marketing and general management skills such as human resource development. In your final year, you can take a placement within the sports industry or focus on personal training and corrective exercise.

**Modules: Stage 1**
- Introduction to Fitness Testing
- Introduction to Human Physiology
- Introduction to Professional Skills
- Introduction to Sport and Exercise Nutrition
- People and Organisations
- Sport and Exercise Psychology

**Modules: Stage 2**
- Fitness Training Methods
- Human Resource Management in Sport
- Principles of Sports Marketing
- Research Design and Planning
- Sport, Exercise and Health Promotion

**Modules: Stage 3**
- Individual Research Study

You also choose from the following modules:
- Sports Event Management
- Sports Industry Placement.

You choose further options from:
- Applied Sport and Exercise Psychology
- Contemporary Issues in Sport and Exercise Nutrition
- Exercise for Special Populations
- Exercise Prescription, Referral and Rehabilitation
- Sports Event Management
- Sports Industry Placement
- Strength and Conditioning.

**Sport and Exercise for Health**

This is a new programme for students who wish to combine their passion for sport and exercise with health-related study. This science-based programme has option modules in the second and third years, so you can customise your programme. You develop a range of laboratory and clinical skills, giving you an outstanding platform for a career in sport, exercise and health.

You study areas including sports psychology and methods of research. You learn how to promote events and the issues involved in encouraging members of the public to be physically active. In your final year, you conduct a research project from specialist options that may include exercise referral or rehabilitation, exercise psychology, and contemporary nutrition issues.

**Modules: Stage 1**
- Functional Anatomy and Biomechanics
- Fundamentals of Human Anatomy and Physiology
- Introduction to Fitness Testing
- Introduction to Professional Skills
- Introduction to Sport and Exercise Nutrition
- Introduction to Sport and Exercise Psychology

**Modules: Stage 2**
- Applied Sport and Exercise Physiology
- Exercise for Special Populations
- Fitness Training Methods
- Research Design and Planning
- Sport, Exercise and Health Promotion

You also choose options from:
- Applied Nutrition for Sport Performance
- Sport and Exercise Psychology
- Sports Injuries
- Sport and Exercise Leadership
- Sports Massage.

**Modules: Stage 3**
- Exercise Prescription, Referral and Rehabilitation
- Research Study in Sport Sciences

You also choose options from:
- Applied Sport and Exercise Psychology
- Contemporary Issues in Sport and Exercise Nutrition
- Soft Tissue Techniques
- Sports Industry Placement
- Strength and Conditioning.
During the first year of full-time study, you are able to build a thorough foundation in your subject. All the major theoretical topics are covered and you also gain practical skills.

Each programme involves taking part in practical sessions, attending lectures, small group seminars and private study. For each module, you have weekly lectures or practical sessions and a series of seminars. You also spend time developing your practical skills and knowledge in real-life situations.

The first half of Stage 1 is largely assessed by coursework and the observation of practical assessments. In the second half of Stage 1, most modules have written examinations in addition to coursework and practical assessments.

Modules: Stage 1
The combination of modules you study depends on your programme, see p12. The following modules are studied at Stage 1.

**Functional Anatomy and Biomechanics**
This module introduces you to the structure and function of the major bones, joints, muscles and soft tissue structures of the body. You learn the basic principles of human movement analysis.

**Fundamentals of Anatomy and Physiology**
A practitioner in sport and exercise science needs a clear understanding of the anatomical location, structure and function of the major systems in the human body. This module provides you with the essential knowledge of the musculoskeletal, cardiopulmonary, nervous, endocrine and lymphatic systems.

**Introduction to Fitness Testing**
In this module, you look at the systematic processes involved in testing fitness. You consider the evaluation of fitness in both the field and the laboratory. You assess a range of fitness tests for a variety of parameters of fitness and are taught to consider the reliability and validity of the tests, as well as the specificity of the test to the population you are working with.

**Introduction to Human Physiology**
You explore the growth, structure and function of the major systems within the body. Topics include the musculoskeletal system (bone, cartilage, ligaments, tendons and muscles); the cardiovascular system (how the heart beats); the respiratory system (gas exchange); the endocrine system; and the nervous system.

**Introduction to Professional Skills**
This module provides you with a basic knowledge of professional skills, including employability skills, and research methods. The module includes an introduction to academic writing style, referencing, plagiarism, quantitative research, qualitative research, history of science, critical thinking, and statistics. The module underpins the generic skills necessary for successful undergraduate level study.
Introduction to Sport and Exercise Nutrition
This module provides an introduction to the principles of sport and exercise nutrition, from the macronutrients that contribute to energy metabolism, to the micronutrients that keep the individual healthy. The foundations of nutrition are covered: carbohydrate loading, losing and gaining weight, and fluid intake. Research evidence in the ever-changing area of nutritional supplements is considered. You look at the efficacy and risks of these substances, along with the physiological mechanisms of performance enhancement.

Introduction to Sport and Exercise Psychology
How do people respond and adapt to sport and exercise? This module looks at performance monitoring and analysis, and ways to promote long-term exercise in order to benefit health. Lectures and seminars examine the complex interactions between the mind, the brain, behaviour and experience and you learn how to apply the theory to a range of individual experiences.

People and Organisations
This module introduces you to the key concepts and theories of organisational behaviour and management, and the processes of managerial decision-making.

The module relates organisational theory to practical management issues, and illustrates how these are shaped by the contemporary business environment.

Sport and Exercise Psychology
You study human responses and adaptations to sport and exercise. Using a psychological approach, you look at how sport and exercise performance can promote health. Lectures and seminars provide the chance to discuss the complex interactions between cognition, effect and behaviour. A key aim is to provide an understanding of how the theory relates to real situations within sport and exercise settings.

Sports Massage
In this module, you learn to apply a range of sports massage skills effectively and safely. This module develops your ability to record and review massage treatments for a range of athletes and individuals.

“The lecturers are all interesting and I enjoy learning about the research they are involved in. I have found the level of support in my studies to be great.”

Joe Clements
Sports Science
STUDYING AT STAGES 2 AND 3

In your second year of full-time study you build on your skills and knowledge in the field, while in your third year you choose areas of specialisation and work in the field, on an industry placement, your own project or in our on-site Sports Clinic.

Modules: Stage 2

Applied Nutrition for Sport Performance
You investigate nutritional strategies for sports performance across a range of performance types (like strength, power and endurance), taking into account differences such as age, gender, ethnicity and ability.

Applied Sport and Exercise Physiology
You look at the body’s physiological response to exercise: interpreting aerobic and anaerobic fitness and performance, blood lactate and ventilatory thresholds, as well as cardiovascular control during exercise. The module reviews the key physiological factors that determine exercise performance.

Examination and Assessment
This module develops your ability to examine and clinically assess all the major joints in the body. You learn to assess ranges of movement, muscle length and strength, and ligamentous stability.

Exercise for Special Populations
This module looks at how to take physiological, psychological or social factors into consideration when prescribing exercise or physical activity. You can develop practical skills in fitness testing, as well as your communication skills by giving presentations and creating literature for the groups under study.

Fitness Training Methods
This module provides you with a grounding in training theory and application, specifically looking at programme design and implementation in health and athletic performance.

Human Resource Management in Sport
How do you recruit, select and train staff and volunteers to work in the sports industries? This module looks at the role of human resources and analyses the professional status of sport management and sport and recreation services.

Principles of Sport Marketing
This module helps you understand the foundations and particularities of the sport product. You learn how to construct and present a marketing mix for a business within the sports industry, to investigate consumer behaviour and to critically discuss a current sports marketing campaign.

Rehabilitation
You cover basic life-saving support systems, including Airway, Breathing and Circulation (ABC), Cardiopulmonary resuscitation (CPR), and safe and effective methods of removing an injured athlete from the field of play. You learn how and when to apply treatment modalities such as: electrotherapy, taping and strapping, and PRICE (Protection, Rest, Ice, Compression and Elevation). You also learn the criteria for different stages of rehabilitation and return to play.

Research Design and Planning
This module examines the strengths and weaknesses of research methods and the process of forming a research question and hypothesis. Topics such as ethics in research and scientific writing skills are covered and students present current dissertation projects.

Research Study Preparation
This module takes you through the research study design process. In collaboration with a member of staff (supervisor), you design and produce a research and ethics proposal that will form the basis of the dissertation project you undertake at Stage 3. Sufficient detail and rigour in this module will allow you to begin your dissertation project at the start of Stage 3.

Sport, Exercise and Health Promotion
You look at the multi-dimensional nature of health to broaden your understanding of the many factors
that can contribute to personal experience of health and its meaning to different members of the population. Key aspects of sport and exercise promotion are considered and students complete their own promotional event.

Sport and Exercise Psychology
See p15 for module description.

Sports Injuries
You learn how to interpret a range of sports injuries by anatomical region and tissue type and the risk factors associated with sports injuries.

Therapeutic Mobilisations
You develop your ability to examine, select and apply therapeutic interventions for the vertebral and peripheral joints. You continue to build skills in problem-solving and clinical reasoning based on the principles of joint mobilisation.

Research Methods
You develop your skills in designing, conducting and analysing research studies. At the end of this you propose your own study to form the basis of your final-year research or dissertation project.

Modules: Stage 3

Applied Sport and Exercise Psychology
You learn how behavioural observations can be used to assess sporting performance and discover the effects of environmental factors and personal disposition in various sporting situations. You also conduct an in-depth case study.

Clinical Practice
This module provides a framework to undertake clinical placement hours. You develop professional skills and employability for the work environment. You can work with injured athletes in sports therapy environments and disciplines.

Contemporary Issues in Sport and Exercise Nutrition
This module investigates cutting-edge research in sports nutrition. You study nutritional ergogenic aids and nutritional strategies to improve performance. You also conduct practical sessions to test theories and strategies studied.

Exercise Prescription, Referral and Rehabilitation
Exercise rehabilitation has established a leading role within many intervention programmes to promote health in clinical population groups. This module explains the role of exercise in helping to manage many common disease conditions and adapting activities for optimum benefits.

High-Performance Physiology
This module increases your knowledge of the physiology that governs sports performance. Contemporary training methods are discussed and the module also develops your skills in analysing and assessing performance. Practical sessions reinforce your theoretical knowledge.

Individual Research Study
This module gives you the chance to do a piece of independent research in an area of sports science. You develop your understanding of the theories behind your chosen area of study and develop your ability to apply the appropriate analysis.

Soft Tissue Techniques
This module enables you to apply a range of treatment modalities, such as neuromuscular and myofascial techniques. You also develop an ability to use clinical reasoning skills in your diagnosis and treatment of sports injuries.

Sports Event Management
You apply the knowledge gained within the Stage 2 business-related modules to propose, deliver and evaluate a sports event of your choice. You also develop management skills, including human resources, budgeting, marketing, health, safety and security, time management and leadership.

Sports Industry Placement
You take part in a work placement within an appropriate sports department/organisation of your choice and develop key management skills.

Strength and Conditioning
This module advances the basics of fitness and training, and skills required to train and rehabilitate clients. Topics include postural and joint analysis techniques, advanced programme design and a practical work placement.
VISIT THE UNIVERSITY

Come along for an Open Day or a UCAS Visit Day and see what it is like to be a student at Kent.

Open Days
Open Days are held in the summer and the autumn for potential students, and their families and friends, to have a look round the campus. The day includes a wide range of subject displays, demonstrations and informal lectures and seminars, and the chance to tour the campus with current students to view accommodation and facilities.

For more information, see www.kent.ac.uk/opendays

Visit Days
UCAS Visit Days take place between January and April and include a tour of the campus with a student guide and a talk about University life. You also have the chance to talk to one of the academics and discuss any queries about the course.

For more details see www.kent.ac.uk/visitdays

Informal visits
You are welcome to visit the campus at any time. We produce a leaflet that can take you on a self-guided tour and you may be able to meet up with an academic member of staff. For more details, please contact the Information and Guidance Unit (see right).

More information
For more information about the University, or to order another subject leaflet, please contact the Information and Guidance Unit.

T: +44 (0)1227 827272
Freephone (UK only): 0800 975 3777
E: information@kent.ac.uk

You can also write to us at:
The Information and Guidance Unit,
The Registry, University of Kent,
Canterbury, Kent CT2 7NZ.

For the latest departmental information, please see www.kent.ac.uk/sportsciences

Terms and conditions: the University reserves the right to make variations to the content and delivery of courses and other services, or to discontinue courses and other services, if such action is reasonably considered to be necessary. If the University discontinues any course, it will endeavour to provide a suitable alternative.

To register for a programme of study, all students must agree to abide by the University Regulations (available online at: www.kent.ac.uk/regulations/).

Data protection: for administrative, academic and health and safety reasons, the University needs to process information about its students. Full registration as a student of the University is subject to your consent to process such information. The information given in this booklet is correct at the time of going to press. The University reserves the right to modify or cancel any statement in it and accepts no responsibility for the consequences of any such changes.
### Location
Medway.

### Degree programmes
**BSc (Hons):** C600:K, C602:K, C604:K  
**BA (Hons):** C601:K

### Programme type
Full-time or part-time.

### UCAS codes
- **Sport and Exercise for Health** (C604:K)  
- **Sport and Exercise Management** (C601:K)  
- **Sport and Exercise Science** (C602:K)  
- **Sports Therapy** (C600:K)

### Typical offer levels

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<th>Programme</th>
<th>Offer Level</th>
<th>Entry Requirements</th>
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| **Sport and Exercise Management**              | BBB at A level or equivalent at grade B on average, plus GCSE in Mathematics grade C. | IB 34 points inc Mathematics 4 at SL or IB Diploma with 16 points at HL inc 4 in Mathematics.  
BTEC Extended Diploma 18 units at Distinction, Distinction, Merit. |
| **Sport and Exercise Science**                 | ABB at A level in a relevant subject, as for Sport and Exercise for Health, and GCSE Mathematics grade C. | IB 34 points inc Mathematics, Biology, Chemistry, Physics 5 at HL or 6 at SL, or IB Diploma with 16 points at HL inc Mathematics, Biology, Chemistry, Physics 5 at SL or Biology 6 at SL and Mathematics 4 at SL.  
BTEC Extended Diploma at Distinction, Distinction, Merit in Applied Science (Sports Studies), Sport Performance or Exercise Science or a related subject plus GCSE Mathematics grade C.  
Applicants with applied or theoretical knowledge of anatomy and physiology are considered individually. |
| **Sports Therapy**                             | ABB at A level grade B in an appropriate subject inc Biology/Chemistry/Physics/ Mathematics/Applied Science/ Statistics or PE and Sports Studies and GCSE Mathematics grade C. | IB 34 points inc at least one of Mathematics, Biology, Chemistry, Physics 5 at HL or 6 at SL, or IB Diploma with 16 points at HL inc at least one of Mathematics, Biology, Chemistry, Physics at 6.  
Mathematics must be obtained at either HL or SL at 4.  
BTEC Extended Diploma in a sport or science-related subject at Distinction, Distinction, Merit. Exercise Science, or Advanced Diploma in Sports Therapy plus GCSE Mathematics grade C.  
Applicants with applied or theoretical knowledge of anatomy and physiology are considered individually. |

### Professional recognition
- **Sport and Exercise Science/Sport and Exercise for Health** Graduates of this programme may be eligible to apply for Register of Exercise Professionals accreditation. Graduates may also be eligible to sit for the American College of Sports Medicine (ACSM) Health and Fitness Specialist qualification.
- **Sports Therapy** Graduates of the programme may be eligible to apply for accreditation and membership of the Society of Sports Therapists.

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Offer levels and entry requirements are subject to change. For the latest course information, see [www.kent.ac.uk/ug](http://www.kent.ac.uk/ug)
COME AND VISIT US

We hold Open Days at our Canterbury and Medway campuses.
For more information, see:
www.kent.ac.uk/opendays