SPORT SCIENCE FOR OPTIMAL PERFORMANCE MSc

Medway
This MSc enhances your specialist knowledge and understanding of the scientific principles underpinning optimal performance in sport and exercise. It develops your understanding of current theory, research and debates in sports science and gives you the opportunity to conduct an in-depth study in your chosen areas of interest.

The programme provides opportunities for you to develop professional skills, including monitoring, analysing, evaluating and prescribing interventions and applications to client issues for the optimisation of performance in a sport or exercise context. The programme is designed to develop the professional and academic skills of graduate sport scientists. Health and sport professionals who want to take modules on a stand-alone basis for continuing professional development are welcome to contact us.

**Course content**

**Modules**
- Assessment for Optimal Performance
- Contemporary Perspectives in Sports Research
- Dissertation/Project
- Research Methods

You also select three from the following optional modules:
- Applied Athlete Support
- Injury Prevention
- Psychology for Injury and Rehabilitation
- Return to Sport
- Sport and Exercise Nutrition for the High Performance Athlete

(Please note this is indicative only.)

**Assessment**

Assessment is by coursework (eg laboratory reports, essays) and the final dissertation research project. Some modules may include other forms of assessment, such as presentations, project work or laboratory observations.

**Attendance**

The MSc is a one-year taught programme with attendance typically required on Mondays and Tuesdays with additional self-study.

If studied on a part-time basis, the programme usually takes two years.

**Who should apply**

Graduates with a good honours degree in sports science, exercise science or a related subject. This programme is particularly suitable for students with a keen interest in sport science and its application to performance enhancement, including those with an interest in applied sport science, further study or research (eg PhD) in sport science or a related subject area.

**Further information**

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