ACADEMIC EXCELLENCE AND INSPIRATIONAL TEACHING

Are you passionate about sport and fascinated by the science behind it? Are you interested in working with elite athletes, rehabilitating people after injury or helping the inactive to become more active? On our degrees, you can acquire the skills to do all of these.

The School of Sport and Exercise Sciences’ five degree programmes cover many areas of the sports industry, including therapy and rehabilitation, management and exercise for health. Your academic studies are supported by practical experience gained in our laboratories and clinics. There are also opportunities to assist in community exercise rehabilitation classes, working with people recovering from strokes or with cardiac conditions or Parkinson’s disease.

Inspirational teaching
Our programmes are highly rated by our students. Taught by lecturers at the forefront of the field, our programmes will stimulate and challenge you.

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

State-of-the-art facilities
The School of Sport and Exercise Sciences is part of a modern and metropolitan campus with excellent purpose-built facilities including sport and exercise science laboratories, teaching and student clinics, and a rehabilitation gymnasium. The University has also invested in Medway Park, the region’s centre of sporting excellence, just a short walk from campus. The facilities at Medway Park were specified to the highest standards in order to support athletes at pre-Olympic training camps and to enable world-leading research. Facilities available to you include one of the best ranges of sports science equipment in the country. See p6 for more details of the specialist facilities on offer.

Supportive academic community
We have a dynamic, enthusiastic and innovative academic team. All our staff are available to advise and guide you through your studies. In addition, the School has a dedicated student support officer to assist you with any issues, academic or otherwise, that may occur during your studies.

Professional accreditation
Graduates of our Sport and Exercise Science, and Sport and Exercise for Health programmes may be eligible to apply for the Register of Exercise Professionals (REPs) accreditation and have the option to take an examination for the American
World-leading research

In the most recent Research Excellence Framework, Kent was ranked 17th* for research intensity, outperforming 11 of the 24 Russell Group universities. In addition, research in the School of Sport and Exercise Sciences was ranked in the top 20 for research intensity in the Times Higher Education.

Our lecturers 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, UEFA, the World Anti-Doping Agency, the Ministry of Defence, the English Institute of Sport, Team Sky and UK Sport.

We have two major research groups; the Endurance Research Group, and the Sports Therapy, Physical Activity and Health Research Group. Our areas of research range widely and include 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.

A global outlook

Kent is known as the UK’s European university and has international partnerships with a number of prestigious institutions. We have an international community with 42% of Kent’s academic staff coming from outside of the UK and students representing 158 nationalities. All of our students are encouraged to develop their studies in an international context and there are opportunities to study or work abroad.

A successful future

Our graduates have excellent employment prospects. Whether you want to work directly with elite athletes, promote sport and exercise to the public, manage a big sports event or sports centre, our programmes can launch you on a first-class career in the area of your choice. We also 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 visit www.kent.ac.uk/employability

*of 122 universities, not including specialist institutions.

Independent rankings

School of Sport and Exercise Sciences

The Complete University Guide 2018
• 15th in the UK

The Guardian University Guide 2018
• 13th for graduate prospects

Destination of Leavers from Higher Education (DLHE)
• Sports students who graduated from Kent in 2015 were the most successful in the UK at finding work or study opportunities

University of Kent

National Student Survey (NSS) 2016
• 1st in London and the south-east
• 4th highest score for overall student satisfaction

The Guardian University Guide 2018
• 22nd in the UK
SUPERB STUDENT EXPERIENCE

Our modern, shared campus at Medway provides outstanding teaching and learning facilities; the campus also has a real sense of community.

Excellent study resources
The general resources on campus are excellent. The Drill Hall Library is well-stocked with printed books and journals and provides access to a range of electronic information. There is a café for relaxed study and free high-speed Wi-Fi access. We also offer library and IT support, and there are public PCs and printers available.

Kent’s Student Learning Advisory Service (SLAS) also provides information and advice on all aspects of effective learning and study skills, and is available to all students from the time they arrive at the University. Please see www.kent.ac.uk/learning for more information.

Social facilities
The campus has two large social areas – the Student Hub and Cargo. The Student Hub is at the heart of campus life and is a well-designed, flexible space where students can relax and socialise. It is also home to the students’ union bar and entertainment space, The Deep End, which serves hot and cold drinks and has an extensive food menu. Cargo is at Liberty Quays (our student village) and has a bar, a bistro and a live performance space.

Five minutes’ walk from campus, the Dockside retail outlet offers a range of shops and restaurants and a multiplex cinema. Bluewater shopping centre is also within easy driving distance with good bus and train links.

Good location
Our campus is near The Historic Dockyard Chatham and combines beautiful old buildings with state-of-the-art facilities.

Nearby is the town of Rochester with its stunning Cathedral, which is the venue for Kent’s degree congregations. There is also a free hourly shuttle bus between the Medway and Canterbury campus running during term time from 8am to midnight.

The Medway campus is less than an hour from central London. Travel to London from stations at Gillingham or Chatham takes about 50 minutes. There is a high-speed train to London St Pancras from nearby Ebbsfleet International that takes under 20 minutes. You can take the Eurostar from Ebbsfleet and be in Paris in just over two hours.

Live by the riverside
In partnership with the company Liberty Living, we offer all eligible, new, full-time students accommodation at Liberty Quays, part of the ‘waterside village’ set on the River Medway. Accommodation is self-catered and arranged in clusters of flats with four to ten students sharing a fully equipped kitchen. All students have their own shower, handbasin and toilet, and access to the computer network and the internet with Wi-Fi available throughout the building.
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 Brazil’s Amazon 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 high-performance sports clinic and a professional sports injury and rehabilitation clinic, where students can gain experience by working with clients under supervision.

**First-class equipment**

We were 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, Premier League football teams and Premiership Rugby teams.

**Sports facilities**

The Medway region offers you the chance 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 preferential 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 Paralympic skiing, 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, rugby, hockey, basketball, (women’s and men’s) cricket, golf, netball, tennis, canoeing, snow sports and badminton.

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.

“**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
Olyvia Geohagen is in the third year of her degree, studying Sport and Exercise for Health.

Why did you choose Kent?
I liked the sound of the course, because it combines all the different areas of the subject that I’m interested in – rather than just sport or just biology, we study aspects of sports science and anatomy as applied to health. It has more to offer and I think it offers more possibilities for your future.

How is your course going?
It’s really good. There’s lots of practical work and it was fascinating learning how to assess people, monitoring heart rates, using a Douglas bag (which analyses exhaled breath) and so on. Then you learn how to use software to analyse data. Now I’m in my third year, I find you have to work independently a lot more, as there isn’t such a regimented timetable. So you have to be more disciplined, and read around the subject for yourself rather than be guided. But the staff are very supportive, and always make themselves available for you if you need clarification on anything.

Do you have a favourite module?
Last year I particularly enjoyed Applied Sport and Exercise Physiology, and this year my favourite is Exercise Prescription, Referral and Rehabilitation – so that covers things like treating at-risk populations such as people with Parkinson’s, stroke patients and so on. I also love that there are so many opportunities on this course – for instance if you want to help in the local community. I work every week in a stroke rehabilitation class and it will make up part of my dissertation.

How would you describe your fellow students?
My course is quite a small group and we get on with each other very well; we all help each other out. A lot of the lectures are combined with the Sport and Exercise Science and Sport Management degrees, so you get to know other students well. Plus you have to practise on other people on your course, which is an interesting way to break the ice at the beginning!

What are the facilities like on campus?
The facilities for the course are great. The sports labs are really well equipped – we do lots of practical work there, and there are clinics and gyms with amazing specialist equipment. For the social side of things, there’s a good variety of societies, and the campus may not be as big as the one at Canterbury, but there’s plenty going on.

What kind of career do you hope to follow?
I’d like to go into physiotherapy or clinical exercise physiology – using exercise to help people with chronic disease. But for my work placement module I worked with Medway Council’s service for childhood obesity and enjoyed that too.

What do you do in your spare time?
I’m secretary of the University’s cheerleading society, which is based in Canterbury, so that takes up quite a bit of time.

Any advice for students coming to Kent?
Throw yourself into university life – you won’t regret it!
A SUCCESSFUL FUTURE

Kent equips you with essential skills to give you a real advantage when it comes to getting a job. More than 95% of our 2015 graduates found a job or further study opportunity within six months of graduation.

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

Sports Therapy and Rehabilitation
Sports therapy is one of the fastest-growing careers in the sports and healthcare sector. Our graduates gain the professional skills required of a sports therapist and sport and exercise rehabilitator, which qualifies them to start work in, for example, their own or a commercial sports injury clinic, a sports club, the English 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 Management/Sport and Exercise Management
Graduates of our sport management programmes are well suited to work in sports development for local authorities or sports governing bodies; leisure centres, health and fitness clubs, as sport event organisers, sport marketing and PR specialists, sport entrepreneurs or as a self-employed personal trainer or sports coach. 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 are 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 and Employability Service
Kent’s award-winning Careers and Employability Service offers 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. For details, see www.kent.ac.uk/employability
GRADUATE PROFILE

Roisin Sullivan graduated with a First in Sport and Exercise Science in 2015, and now works for the NHS in Kent Community Health.

Why did you choose to study at Kent?
I live locally and had studied Sports Science at MidKent College, which meant we visited the University so I was familiar with it. The staff and the facilities seemed very good, so it was the perfect way to continue my studies.

What was the teaching like?
Brilliant! Of course it depends on what you put into it as well – but if you were willing to learn, the lecturers were always keen to support and encourage you. There was a good selection of modules on the course, and through studying some of these different options – particularly health promotion and the referral pathway for rehabilitation – I discovered I was more interested in the health side of things; helping patients with their rehabilitation appealed to me far more than working with athletes.

What are you doing now?
I’m working in the NHS, in pulmonary rehabilitation – working with patients who have lung conditions. A lot of the work involves running exercise classes and educating people on looking after themselves, so talking about diet and nutrition too. I take groups of about 15 people twice a week for six weeks; you get to know them so it’s lovely when you can see them progress. After the six weeks, if they wish, I can set up one-to-one classes to continue the work. It’s very rewarding, helping to improve people’s quality of life so they can do things you might take for granted, such as walking up stairs or shopping.

How did the skills you gained at Kent help with your career?
As well as the knowledge gained from my degree, I did volunteer work with one of the lecturers who ran cardiac rehabilitation sessions; I ended up doing this for two years and got to work one-to-one with patients as well as running classes, and that gave me an immense amount of experience. It meant I not only knew the theory, but learnt how to talk to people and communicate information to them even when they might not be feeling well. I was also able to complete a personal training course while studying, which has helped me too.

What are your future plans?
For now I’ll continue working full-time in the NHS but I’m running a weekly exercise class for stroke patients too. The University also runs clinics where students can work alongside professionals, and I’m assisting on one of those. I like working on my own, but it’s good being part of a team too – you get more experience, and I enjoy my current work so would like to progress within the NHS. Eventually, I think I’d like to work in physiotherapy, which would mean doing a Master’s.

What advice would you give someone thinking of studying at Kent?
Rather than just relying on gaining skills through your degree, go out and experience things hands-on by volunteering. The University can help you get practical experience so grab the opportunity.
CHOOSING YOUR PROGRAMME

The School of Sport and Exercise Sciences offers five different degree programmes. Below, we describe the kind of areas you study during your time at Kent. For module listings, see p14-17.

**Sports Therapy and Rehabilitation BSc (Hons)**
www.kent.ac.uk/ug/182

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 British Association of Sport Rehabilitators and Trainers (BASRaT).

**Sport and Exercise Science BSc (Hons)**
www.kent.ac.uk/ug/171

On this programme, you gain the skills you need to become a well-rounded practitioner in the field. 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 final year, you can specialise by choosing modules that relate to contemporary topics.

**Sport and Exercise Management BA (Hons)**
www.kent.ac.uk/ug/169

You gain wide-ranging knowledge in the field of sport and exercise and also look at important aspects of management. Topics include: training 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.
Sport and Exercise for Health BSc (Hons)
www.kent.ac.uk/ug/188
If you wish to combine your passion for sport and exercise with health-related study, then this programme is for you. In your second and third years, you can choose optional modules that reflect your interests. You develop a range of laboratory, practical and clinical skills, giving you an outstanding platform for a career in sport, exercise or health.

You study areas across a range of disciplines including sports psychology and nutrition. 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, or contemporary nutrition issues.

Sport Management BA (Hons)/Sport Management MSport
www.kent.ac.uk/ug/1385
www.kent.ac.uk/ug/1396
We offer two programmes in Sport Management, a BA and an MSport. The BA is completed over three years and the MSport over four.

On both programmes, you develop an excellent understanding of the management expertise needed to be successful in the sport and exercise industry. You study management modules alongside sport-related modules, with an emphasis on building up practical experience of how management theories can be applied in the workplace. As well as gaining a thorough grounding in sport management, you can choose to focus on particular areas of interest to you such as personal training, corrective exercise, and/or strength and conditioning.

We offer a number of applied learning opportunities within a range of environments, including sports development, sports events, leisure centres and fitness centres. You can also choose to complete a placement module in your third year.

The four-year MSport programme gives you more opportunities for work experience, with industry placements in Stages 3 and 4. In addition to gaining a broader range of experience, you are also able to develop a stronger network of contacts. Upon graduation, MSport students hold a qualification that lies between an undergraduate and a Master’s degree.
Whichever of our programmes you choose to study, you develop both theoretical knowledge and practical skills, which put you in an excellent position to enter into a career in a related field of your choice.

On our BSc and BA programmes, your studies are divided into three stages. In your first year, you gain a thorough foundation in your subject. You build on this in your second year developing your knowledge to allow you to specialise in your final year. All the major theoretical topics are covered and you also gain practical skills.

If you are studying on our MSport programme, you complete a fourth year of study.

Teaching and assessment

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.

Stages 2 and 3 are assessed by a combination of coursework, practical assessments and written examinations.

Those students on the MSport programme undertake a significant research project in their chosen specialism in their fourth year.

Module information

Please note: the module lists below are not fixed as new modules are always in development and choices are updated yearly. Please see www.kent.ac.uk/ug for the most up-to-date information.

To read a full description of any of the modules listed, go to www.kent.ac.uk/courses/modules and search for the module code shown below.

In order to take some optional modules, you may need to have taken prerequisite modules at an earlier stage. You can find out if this is the case for your chosen module at: www.kent.ac.uk/courses/modules

*Codes for modules marked with an asterisk have not been confirmed; for details of these modules, please search using the module title at www.kent.ac.uk/courses/modules

Stage 1

Sports Therapy and Rehabilitation

- Functional Anatomy and Biomechanics (SS345)
- Introduction to Fitness Testing (SS348)
- Introduction to Human Physiology (SS346)
- Introduction to Professional Skills (SS349)
- The Mechanisms of Sport Injuries*
- Peripheral Joint Assessment*
- Sport and Remedial Massage*

Sport and Exercise Science

- Functional Anatomy (SS326)
- Fundamentals of Human Anatomy and Physiology (SS338)
- Introduction to Biomechanics (SS327)
- Introduction to Fitness Testing (SS348)
- Introduction to Professional Skills (SS349)
- Introduction to Sport and Exercise Nutrition (SS313)
- Introduction to Sport and Exercise Psychology (SS344)

Sport and Exercise Management

- Introduction to Fitness Testing (SS348)
- Introduction to Human Physiology (SS346)
- Introduction to Professional Skills (SS349)
• Introduction to Sport and Exercise Nutrition (SS313)
• Introduction to Sport and Exercise Psychology (SS344)
• Management Principles (CB366)
• Introduction to Sports Industries (SS350)

**Sport and Exercise for Health**

• Functional Anatomy and Biomechanics (SS345)
• Fundamentals of Human Anatomy and Physiology (SS338)
• Introduction to Fitness Testing (SS348)
• Introduction to Professional Skills (SS349)
• Introduction to Sport and Exercise Nutrition (SS313)
• Introduction to Sport and Exercise Psychology (SS344)

**Sport Management**

You take the following compulsory modules:
• Introduction to Professional Skills (SS349)
• Introduction to Sport and Exercise Psychology (SS344)
• Introduction to Sports Industries (SS350)
• Management Principles (CB366).

You also choose options from:
• Data Management for Business (CB362)
• Economics for Business 1 (CB365)
• Fundamentals of Management Accounting (CB331)
• Introduction to Fitness Testing (SS348)
• Introduction to Human Physiology (SS346)

• Introduction to Sport and Exercise Nutrition (SS313)
• Marketing Principles (CB371).

**Stage 2**

**Sports Therapy and Rehabilitation**

• Applied Rehabilitation*
• Fitness Training Methods (SS570)
• Principles of Rehabilitation*
• Psychology for Sport and Exercise Rehabilitation*
• Research Methods (SS575)
• Research Study Preparation (SS573)
• Therapeutic Modalities for Sports Rehabilitators*

**Sport and Exercise Science**

• Applied Nutrition for Sports Performance (SS533)
• Applied Sport and Exercise Physiology (SS534)
• Fitness Training Methods (SS570)
• Research Methods (SS575)
• Research Study Preparation (SS573)
• Biomechanical Analysis (SS577)
• Sport and Exercise Psychology (SS569)

**Sport and Exercise Management**

You take the following compulsory modules:
• Fitness Training Methods (SS570)
• Human Resources Management in Sport (SS574)
• Principles of Sports Marketing (SS555)
• Sport and Exercise Leadership (SS530)
• Sport and Exercise Promotion (SS567)

You also choose options from:
• Consumer Insight (CB718)
• Data Management for Business (CB362)

CONTINUED OVERLEAF
STUDYING AT STAGES 2 AND 3 (CONT)

You also choose optional modules from:
• Consumer Insight (CB718)
• Data Management for Business (CB362)
• Enterprise and Entrepreneurship (CB729)
• Exercise for Special Populations (SS527)
• Fitness Training Methods (SS570)
• Fundamentals of Financial Accounting (CB330)
• Fundamentals of Management Accounting (CB331)
• The Global Business Environment (CB343)
• Managing People and Teams (CB697)
• Marketing Principles (CB371)
• Sport and Exercise Psychology (SS569).

Stage 3
Sports Therapy and Rehabilitation
• Advances in Sports Rehabilitation*
• Exercise Prescription, Referral and Rehabilitation (SS523)
• Injury Prevention and Return to Sport*
• Research Study in Sport Sciences (SS566)
• Soft Tissue Techniques (SS558)

Sport and Exercise Science
You take the following compulsory modules:
• Research Study in Sport Sciences (SS566)
• Exercise Prescription, Referral and Rehabilitation (SS523).

You also choose optional modules from:
• Applied Nutrition for Sports Performance (SS533)
• Applied Sport and Exercise Physiology (SS534)
• Exercise for Special Populations (SS527)
• Soft Tissue Techniques (SS558)
• Sport and Exercise Leadership (SS530)
• Sport and Exercise Psychology (SS569)
• Sport and Remedial Massage* (SS569).

Sport Management
You take the following compulsory modules:
• Human Resources Management in Sport (SS574)
• Principles of Sports Marketing (SS555)
• Sport and Exercise Leadership (SS530)
• Sport and Exercise Promotion (SS567).

Sport and Exercise for Health
• Fitness Training Methods (SS570)
• Research Methods (SS575)
• Research Study Preparation (SS573)
• Sport and Exercise Promotion (SS567).

You also choose options from:
• Applied Nutrition for Sports Performance (SS533)
• Enterprise and Entrepreneurship (CB729)
• Exercise for Special Populations (SS527)
• The Global Business Environment (CB343)
• Managing People and Teams (CB697)
• Marketing Principles (CB371)
• Sport and Exercise Psychology (SS569).
You also choose options from:
• Applied Sport and Exercise Psychology (SS546)
• Contemporary Issues in Sport and Exercise Nutrition (SS565)
• Exercise for Special Populations (SS527)
• High Performance Physiology (SS564)
• Specialised Issues in Sport and Exercise (SS576).

Sport and Exercise Management
• Individual Research Study (SS504)

Stage 4
Sport Management (MSport)
You take the following compulsory modules:
• Strategic Event Management (SS827)
• Work Placement Experience (SS82)
• Work Placement Report (SS826).

You choose further options from:
• Business Law (CB561)
• Creating Your Own Enterprise (CB742)
• European Business (CB605)
• Human Resources and Organisational Behaviour (CB743)
• Marketing and the Value Chain (CB727).

Sport and Exercise for Health
• Exercise Prescription, Referral and Rehabilitation (SS523)
• Research Study in Sport Sciences (SS566).

You also choose options from:
• Applied Sport and Exercise Psychology (SS546)
• Contemporary Issues in Sport and Exercise Nutrition (SS565)
• Soft Tissue Techniques (SS558)
• Sports Industry Placement (SS556)
• Specialised Issues in Sport and Exercise (SS576).

Sport Management
All students take the following compulsory modules:
• Event Management (SS578)
• Industry Placement (SS579).

MSport students also take:
• Strategic Marketing (SS827).

You choose further options from:
• Applied Nutrition for Sports Performance (SS533)
• Applied Sport and Exercise Psychology (SS546)
• Business Law (CB561)
• Creating Your Own Enterprise (CB742)
• Enterprise and Entrepreneurship (CB729)
• European Business (CB605)
• Exercise Prescription, Referral and Rehabilitation (SS523)
• Human Resources and Organisational Behaviour (CB743)
• Individual Research Study (SS504)
• Marketing and the Value Chain (CB727).

“The students are a good mix of ages and nationalities and we all have our own ideas about where we want to be in the future – some want to go on to further study, some into teaching and one student I know wants to go into cardiac rehabilitation. It’s good to chat to people whose plans are different to yours and that is one of the good things about this degree, it widens out your options rather than narrowing them down.”

Megan Judge
Sport and Exercise Science
VISIT THE UNIVERSITY

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

Open Days
Kent runs Open Days during the summer and autumn. These provide an excellent opportunity for you to discover what it is like to live and study at the University. You can meet academic staff and current students, find out about our courses and attend subject talks, workshops and informal lectures. We also offer tours around the campus to view our sports facilities, the library and University accommodation.

For further information and details of how to book your place, see www.kent.ac.uk/opendays

Applicant Days
If you apply to study at Kent and we offer you a place (or invite you to attend an interview), you will usually be sent an invitation to one of our Applicant Days. You can book to attend through your online Kent Applicant Portal. The Applicant Day includes presentations in your subject area, guided tours of the campus, including University accommodation, and the opportunity to speak with both academic staff and current students about your chosen subject. For further information, see www.kent.ac.uk/visit

Informal visits
You are also welcome to make an informal visit to our campuses at any time. The University runs tours of the Canterbury and Medway campuses throughout the year for anyone who is unable to attend an Open Day or Applicant Day. It may also be possible to arrange meetings with academic staff, although we cannot guarantee this. For more details and to book your place, see www.kent.ac.uk/informal

Self-guided tour
Alternatively, we can provide you with a self-guided tour leaflet, which includes the main points of interest. For more details and to download a self-guided tour, go to www.kent.ac.uk/informal

More information
If you would like more information on Kent’s courses, facilities or services, please contact us on: T: +44 (0)1227 768896 www.kent.ac.uk/ug

To download another subject leaflet, go to www.kent.ac.uk/courses/undergraduate/leaflets

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

This brochure was produced in June 2017. The University of Kent makes every effort to ensure that the information contained in its publicity materials is fair and accurate and to provide educational services as described. However, the courses, services and other matters may be subject to change. For the most up-to-date information, see www.kent.ac.uk/ug and for full details of our terms and conditions, see www.kent.ac.uk/termsandconditions

For the University to operate efficiently, it needs to process information about you for administrative, academic and health and safety reasons. Any offer this institution makes to you is subject to your consent to process such information and is therefore a requirement before we can register you as a student.
Location
Medway

Awards
BSc (Hons): C600:K, C602:K, C604:K
BA (Hons): C601:K, C607:K
MSport: C608:K

Programme type
Full-time or part-time.

Degree programmes
Sport and Exercise for Health BSc (Hons) (C604:K)
Sport and Exercise Management BA (C601:K)
Sport and Exercise Science BSc (C602:K)
Sport Management BA (C607:K)
Sport Management MSport (C608:K)
Sports Therapy and Rehabilitation BSc (C600:K)

Typical offer levels
Sport and Exercise for Health
BBB at A level including in a relevant subject such as Biology, PE, Physics, Chemistry, Applied Science or Mathematics. Plus GCSE Mathematics grade C/4.
IB 34 points overall or 15 points at HL inc Mathematics 4 at SL or HL.
BTEC Level 3 Extended Diploma 18 units at Distinction, Distinction, Merit, plus GCSE Mathematics grade C/4.

Sport and Exercise Science
ABB at A level in a relevant subject, as for Sport and Exercise for Health, and GCSE Mathematics grade C/4.
IB 34 points overall or 16 points at HL inc Mathematics, Biology, Chemistry, Physics 5 at HL or 6 at SL and Mathematics 4 at HL or SL.
BTEC Level 3 Extended Diploma 18 units at Distinction, Distinction, Merit in a sport or science subject, plus GCSE Mathematics grade C/4.
Applicants with applied or theoretical knowledge of anatomy and physiology are considered individually.

Sport Management
BBB at A level, plus GCSE Mathematics grade C/4.
IB 34 points overall or 15 points at HL inc Mathematics 4 at SL or HL.
BTEC Level 3 Extended Diploma 18 units at Distinction, Distinction, Merit, plus GCSE Mathematics grade C/4.

Sports Therapy and Rehabilitation
ABB at A level including grade B in an appropriate subject such as Biology/Chemistry/Physics/
IB 34 points overall or 16 at HL inc at least one of Mathematics, Biology, Chemistry, Physics 5 at HL or 6 at SL and Mathematics 4 at HL or SL.
BTEC Level 3 Extended Diploma in a sport or science subject 18 units at Distinction, Distinction, Merit, plus GCSE Mathematics grade C/4.
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 and Rehabilitation
Graduates of the programme may be eligible to apply for accreditation and membership of the British Association of Sport Rehabilitators and Trainers (BASRaT).

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

To find out more about visiting the University, see our website:
www.kent.ac.uk/visit