SCHOOL OF SPORT AND EXERCISE SCIENCES

Medway
SPORT SCIENCES
AT KENT

Are you passionate about sport and fascinated by the science behind it? Are you interested in working with elite athletes or rehabilitating people after injury, or in the impact sport and the industry surrounding it have on society? On our degrees, you gain the academic expertise and practical experience to do all of these, opening up a range of professional careers.
WHY STUDY IN THE SCHOOL OF SPORT AND EXERCISE SCIENCES AT KENT?

**Inspirational teaching**
Great teachers inspire and challenge. Whether they are lecturing on sports injuries or sparking discussion on sports psychology, our staff are skilled at bringing their subject to life. They share their research and practice and welcome your opinions and ideas.

**World-leading research**
We have an excellent reputation for the quality of our research which has led to projects with organisations such as the Rugby Football Union, British Cycling, NHS foundation trusts, UEFA, WADA, the Ministry of Defence, the English Institute of Sport and UK Sport.

**Student community**
You benefit from access to the services and facilities run by both Kent Union and GK Unions on the Medway campus. Societies and social events are run by students for students, to help you make the most of university life.

**Flexible programmes**
Our degrees cover areas such as therapy and rehabilitation, management, and exercise for health or performance. This means whether your ambitions lie in clinical work, health promotion, elite sports clubs, sports marketing or further study, we have a degree for you.

**Academic support**
University is different from school. You need to be self-motivated and well organised to succeed. We help you by assigning you an academic adviser and offering help with academic skills, such as essay writing. The School also has a student welfare officer.

**Excellent resources**
Access more than 1 million books, ebooks, databases and journals at the University’s Drill Hall and Templeman Libraries. Our expert subject librarians are on hand to help you find your way around and get the most from our resources.

**Professional recognition**
Some of our degrees are recognised by professional organisations such as: The British Association of Sport and Exercise Sciences; The British Association of Sports Rehabilitators and Trainers; The American College of Sports Medicine. See p10-11 for details.

**Friendly campus**
Our Medway campus reinvents a former naval base as a 21st-century study space, with exceptional facilities and support. Close to the towns of Gillingham, Rochester and Chatham, with their fascinating histories, there is plenty to do both on and off campus.

**Career success**
Employability is a priority at the University of Kent. By studying, you sharpen skills that are useful in working life, such as time management and developing an argument. We help you to develop a great CV and present yourself effectively to potential employers.
Having access to high-quality equipment is crucial. We have led the way in ensuring you have access to industry-standard equipment – we were the first university to install an anti-gravity treadmill – and also have two rehabilitation gyms, several laboratories and three specialist clinics, where, supported by members of staff, you can work on real-life cases gaining valuable practical experience. We even have a heat and altitude environmental chamber, which can create an atmosphere found on Mount Everest or Brazil's Amazon Jungle. You can find more details on our clinics and facilities on p6.
STATE-OF-THE-ART SPORTING FACILITIES

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

For exercise testing, the School has everything you’d expect and more, including treadmills, cycle and rowing ergometers, isokinetic dynamometers, brain and muscle stimulators, blood testing and gas analysis equipment.

First-class equipment

Anti-gravity treadmill
Originally developed by NASA to combat bone and muscle loss in a zero gravity environment, this treadmill has since proved a valuable resource for professional athletes as they look to speed up their return to fitness.

Neuromuscular laboratory
This lab houses 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.

Velotron cycle ergometer
The 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.

Additional resources
You also have access to equipment that is used by top laboratories around the world including NASA, Premier League football teams and Premiership Rugby teams. This includes:
- an 11 camera Qualisys 3D motion capture system for biomechanical movement and gait analysis
- an environmental chamber which allows us to examine exercise responses to heat humidity and hypoxia
- Game Ready cryotherapy systems, which provide both cold and compression treatment for acute, chronic and post-operative injuries, aiding the reduction of swelling and pain while contributing to your body’s healing and recovery.

Professional clinics
The School also runs three clinics. Supported by the high-quality research undertaken in the School, advice and support given to clients reflects the latest developments in the field. It may be possible for students to gain practical experience by working with clients under supervision.

Performance clinic
We offer specialist support tailored to the needs and goals of athletes, whether they are experienced competitors or just starting out.
Sports Ready clinic
Our Sports Ready clinic is run by our undergraduate Sports Therapy and Rehabilitation students. We use state-of-the-art equipment and innovative techniques, to aid recovery time and offer advice on how to prevent future injuries.

Respiratory clinic
Run by world-leading experts, the clinic provides state-of-the-art testing and customised solutions for athletes with respiratory issues.

Clinical exercise groups
We run several community projects that offer exercise rehabilitation to promote health and function in clinical population groups. These offer students opportunities to work alongside experienced staff members gaining practical and research experience. The clinical groups we currently work with are: cardiac, stroke and Parkinson's.

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

Medway Park, a regional centre of sporting excellence, provides a multi-sport, state-of-the-art facility a short walk from the campus. 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. Some of our past and current students compete at the highest level of sport, in basketball, women's premiership football, hockey, 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.
Jack Boughton is in the final year of his Sport and Exercise Science degree.

Why did you choose Kent?
The University has a good reputation which attracted me and, although I’m from Portsmouth, I have family who live in the area so I know it well.

Why did you choose to study Sport and Exercise Science?
When I finished college I wasn’t too sure what I wanted to do, so I took a gap year and worked in a ski resort. I started to think about returning to education and although I’m not the greatest sportsman, I’ve always been interested in sport and enjoy it, so the idea of a career in the sports industry really appealed to me. I thought a degree in sports science would help me with that.

How is the course going?
I have no regrets at all. It’s quite a broad course which opens up lots of opportunities after graduation.

Have you had a favourite module?
I’ve enjoyed studying exercise physiology. This module links well with my dissertation, in which I measured the effect of two warm-up intensities, moderate and heavy, on subsequent intermittent performance – the foundations of team sport. We were interested in how warm-up exercise, and the consequent change in the oxygen uptake kinetics benefits performance. Oxygen uptake kinetics being the increase in oxygen uptake that occurs following exercise commencement. Being able to understand the science behind the processes and discovering how to apply that theory in practice is what interests me.

You mentioned that it’s a broad course, can you give us an example of that?
I took a module on exercise referral rehabilitation, where we work with special populations, such as people with diabetes, hypertension or cardiac conditions. I also worked with Parkinson’s patients helping them to maintain function through exercise in group exercise classes that are designed specifically for them. It’s a physiological and a psychological intervention. The hope is that by being in a class and meeting people, they will develop a sense of purpose which will encourage them to continue the exercises when they go home and so help them to maintain their independence.

It’s a rewarding thing to be a part of and it’s making me think about whether I want to work with elite athletes or with clinical populations. It’s not a choice I expected to have when I started my degree but I’ve been pleasantly surprised by the opportunities available to me.

What about your lecturers?
They’re very supportive, giving advice on where I should direct my learning. They’re always there when I need them.

And your fellow students?
At first, I remember being overwhelmed by the number of people that I didn’t know but there are lots of opportunities to work together in groups so you get to know everyone and feel confident working with them. In seminars, we are encouraged to put forward our ideas and to listen to other people’s views, I think that’s where you really get to know people. Lectures give you the content that forms the foundation for your learning and in seminars you develop that knowledge, gaining a deeper understanding of the subject.

What do you think of the facilities on campus?
The Deep End is a good place to meet people and they hold events and special nights which are fun.

What are your future plans?
As well as working with the Parkinson’s group, I’ve also been helping with exercise sessions for people who have had a stroke, which has made me think about a career in physiotherapy. I would need to take a Master’s but before I can do that I need to get some work experience in a hospital so I am working on that at the moment.

Any advice for other students coming to Kent?
Make the most of your opportunities and get involved in university life. Put yourself out there, you’ll make lots of friends, then if you get stuck with an essay or project you’ll have people to talk to. Be confident.
CHOOSING YOUR DEGREE

The School of Sport and Exercise Sciences offers programmes in four different disciplines. Below, we describe the kind of areas you study during your time at Kent. For module listings, see p13-15.

**Sports Therapy and Rehabilitation BSc (Hons)**  
[www.kent.ac.uk/ug/2512](http://www.kent.ac.uk/ug/2512)  
This degree is designed to provide you with the academic, clinical and professional skills required of a professional sports therapist or rehabilitator. 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 psychology. To gain practical experience you undertake 400 placement hours, which can be at our Sports Ready Clinic located at Medway Park or in a local sports club. There is a culture of evidence-based practice at Kent so you become familiar with the latest innovations and gain hands-on experience of using advanced technology.

Graduates of this degree programme can be professionally accredited by the British Association of Sport Rehabilitators and Trainers (BASRaT)*, opening up opportunities within the NHS, the Army and professional sports clubs, or you could run your own sports therapy clinic.

**Sport and Exercise Science BSc (Hons)**

**Sport and Exercise Science with a Year in Industry BSc (Hons)**  
[www.kent.ac.uk/ug/171](http://www.kent.ac.uk/ug/171)  
[www.kent.ac.uk/ug/3122](http://www.kent.ac.uk/ug/3122)

On this programme, you study the application of science to sports performance, exercise and physical activity. You develop your knowledge of sport and exercise science across key areas including: exercise physiology, psychology, nutrition, biomechanics, training and research methods. In your final year, our selection of optional modules allows you to tailor your studies more specifically towards your own career aspirations.

As part of your studies, you develop key laboratory and practical skills related to the study of sport and exercise science by using the equipment and facilities available in our excellent laboratories.

Those taking the year in industry programme spend a year on placement between their second and final years of study. For more information, please see p12.

Both of these programmes are endorsed by the British Association of Sport and Exercise Sciences (BASES) undergraduate endorsement scheme (BUES). In addition, the programmes have been pre-authorised by
the American College of Sports Medicine (ACSM) to give automatic eligibility for our students to apply to sit the ACSM Exercise Physiology Certification Exam (ACSM EP-C).

**Sport and Exercise for Health BSc (Hons)**
**Sport and Exercise for Health with a Year in Industry BSc (Hons)**
[www.kent.ac.uk/ug/188](http://www.kent.ac.uk/ug/188)  
[www.kent.ac.uk/ug/3120](http://www.kent.ac.uk/ug/3120)

If you wish to combine your passion for sport and exercise with health-related study, then this programme is for you. You study a range of disciplines which help you to understand how to evaluate and prescribe physical activities for different population groups to improve and optimise health. In your first year, you study sport and exercise from different scientific perspectives, which allows you in your second and third year to 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.

The range of disciplines used include: psychology, physiology 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.

Those taking the year in industry programme spend a year on placement between their second and final years of study. For more information, see p12.

These programmes have been pre-authorised by the American College of Sports Medicine (ACSM) to give automatic eligibility for our students to apply to sit the ACSM Exercise Physiology Certification Exam (ACSM EP-C).

**Sport Management BA (Hons)**
**Sport Management with a Year in Industry BA (Hons)**
[www.kent.ac.uk/ug/1385](http://www.kent.ac.uk/ug/1385)  
[www.kent.ac.uk/ug/3121](http://www.kent.ac.uk/ug/3121)

This is a great programme for someone who wants to combine their love for sport and interest in business management. 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 contemporary business issues, enterprise and entrepreneurship, human resources management, corrective exercise, applied psychology or nutrition.

We offer a number of applied learning opportunities within a range of environments, including sports development, sports events, leisure centres and fitness centres.

Those taking the year in industry programme spend a year on placement between their second and final years of study. For more information, see p12.

**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.

Throughout your degree you are assessed by a combination of written examinations, coursework and practical assessment depending on the modules you take. Lists of the modules currently available on each programme are on p13-15. You can find details of assessment methods for each module in our online module catalogue at [www.kent.ac.uk/courses/modules](http://www.kent.ac.uk/courses/modules).

*Visit [www.basrat.org](http://www.basrat.org) to find out more about the requirements for BASRaT accreditation.*
YEAR IN INDUSTRY

At Kent, we want to give you the skills you need to be successful when you graduate. That's why we give you the opportunity to broaden your experience by spending a year working in industry.

While employers value the academic and transferable skills you gain while at university, they are also attracted to graduates who can demonstrate experience in the workplace.

Taking a year in industry gives you the opportunity to find out what happens when the ideas and approaches you learn during your degree programme are applied in practice. How does the context affect the appropriate responses?

As well as providing valuable work experience, spending a year in professional practice allows you to evaluate career options and increase your contacts and networks so that you can hit the ground running when you graduate.

How it works
The year in industry usually takes place between Stages 2 and 3 of your degree course. You need to complete 900 hours of industry placement and complete a logbook of your experience. The year in industry accounts for 10% of your final degree classification and is graded on feedback from your employer and the report you complete.

If you decide to take a year in industry, you will need to find a suitable placement and be interviewed, but we provide advice and support to help you. Tuition fees for the placement year are greatly reduced and we encourage students to only take paid placement opportunities. Employers may offer expenses or a salary.

There are many benefits to taking a placement year: it gives you the chance to gain some knowledge of the work environment, acquire new skills and develop your confidence.

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

“The year in industry provides students with the opportunity to gain valuable work experience, making them more attractive to prospective employers and giving them an advantage in a competitive job market.”

Lucy Hale
Programme Director for Sport and Exercise Science with a Year in Industry
YOUR STUDY PROGRAMME

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 a year in industry programme, your placement occurs between your second and final years of study.

Module information
Please note: the module lists below are not fixed as new modules are always in development and choices are updated yearly. The details below are correct at the time of publication (June 2019). 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

Sports Therapy and Rehabilitation

Stage 1
• Functional Anatomy and Biomechanics (SS345)
• Introduction to Fitness Testing (SS348)
• Introduction to Human Physiology (SS346)
• Introduction to Professional Skills (SS349)
• Mechanisms of Sport Injuries (SS351)
• Peripheral Joint Assessment (SS352)
• Sport and Remedial Massage (SS353)

Stage 2
• Applied Rehabilitation (SS582)
• Fitness Training Methods (SS570)
• Principles of Rehabilitation (SS580)
• Psychology for Sport and Exercise Rehabilitation (SS583)
• Research Methods (SS575)
• Research Study Preparation (SS573)
• Therapeutic Modalities for Rehabilitators (SS581)

Stage 3
• Advances in Rehabilitation (SS584)
• Exercise Prescription, Referral and Rehabilitation (SS523)
• Injury Prevention and Return to Play (SS585)
• Research Study in Sport Sciences (SS566)
• Soft Tissue Techniques (SS558)
YOUR STUDY PROGRAMME (CONT)

Sport and Exercise Science

Stage 1
• 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)

Stage 2
• Applied Nutrition for Sports Performance (SS533)
• Applied Sport and Exercise Physiology (SS534)
• Biomechanical Analysis (SS577)
• Fitness Training Methods (SS570)
• Research Methods (SS575)
• Research Study Preparation (SS573)
• Sport and Exercise Psychology (SS569)

Stage 3
You take the following compulsory modules:
• 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)

Sport and Exercise for Health

Stage 1
• 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)

Stage 2
• 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)
• Applied Sport and Exercise Physiology (SS534)
• Exercise for Special Populations (SS527)
• Healthcare Computing (CO336)
• Mechanisms of Sport Injuries (SS351)

Sport Management

Stage 1
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:
• Economics for Business 1 (CB365)
• The International Business Environment (CB384)
Stage 1
You take the following compulsory modules:
- Introduction to Data Analysis and Statistics for Business (CB367)
- Introduction to Fitness Testing (SS348)
- Introduction to Human Physiology (SS346)
- Introduction to Sport and Exercise Nutrition (SS313)
- Marketing Principles (CB371).

You also choose optional modules from:
- Enterprise and Entrepreneurship (CB729)
- Exercise for Special Populations (SS527)
- Fitness Training Methods (SS570)
- Fundamentals of Accounting (CB386)
- Managing People and Teams (CB697)
- Marketing Principles (CB371)
- Sport and Exercise Psychology (SS569).

Stage 2
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).

Stage 3
You take the following compulsory modules:
- Event Management (SS578)
- Industry Placement Experience (SS579).

You choose further options from:
- Applied Nutrition for Sports Performance (SS533)
- Applied Sport and Exercise Psychology (SS546)
- Creating Your Own Enterprise (CB742)
- Critical Thinking for Contemporary Business Issues (CB724)
- Enterprise and Entrepreneurship (CB729)
- Exercise Prescription, Referral and Rehabilitation (SS523)
- Human Resources and Organisational Behaviour (CB743)
- Individual Research Study (SS504).

“I would recommend this degree to anyone interested in sports who wants to look at it from a different perspective. The brilliant thing about it is it’s so open, you study lots of areas including psychology, marketing and event management, which gives you lots of options when you graduate.”

Harry Levy
Sport and Exercise Management (now Sport Management)
SUPERB STUDY SUPPORT

We’ll support you throughout your time at Kent, from helping you adjust to university study to discussing module choices and essay topics with you.

You are assigned an academic adviser in your first year, and they help you get the most from your degree programme. They meet with you regularly to discuss general academic issues or specific assignments. They will assist you in developing academic skills and refer you to other sources of help if you need it.

Study skills advice
Successful students take control of their own learning. Kent’s Student Learning Advisory Service (SLAS) can help you to increase your competence and confidence and fulfil your potential. You can request a one-to-one appointment or attend workshops on a diverse range of topics, from making the most of lectures to writing well and avoiding plagiarism.

Student support and wellbeing
You might need extra help to get the most from university. If you have a medical condition, specific learning difficulty, mental health condition or disability, the Student Support and Wellbeing team is there to help you. The team is committed to improving access to learning for all students at Kent and can assist with many things, including:
• talking to your lecturers about any help you need in lectures or seminars
• arranging note-takers, signers and other support workers for you
• discussing exam access arrangements
• helping you with emotional, psychological or mental health issues
• applying for relevant funding to support you.

Find out more at: www.kent.ac.uk/studentsupport

The School of Sport and Exercise Sciences also has a dedicated student welfare officer.

DID YOU KNOW?
Kent has won the Times Higher Education (THE) Outstanding Student Support Award two years running (2017 and 2018).
A SUCCESSFUL FUTURE

What do you hope to do once you have your degree? Whether you have a specific career in mind or haven’t thought much beyond university, we can help you to be successful in the future.

Build your CV
Your degree studies help you to develop skills such as analysing information, thinking critically, expressing yourself clearly, solving problems, and working independently and as part of a team. These transferable skills are widely valued by employers.

At Kent, you have lots of other great opportunities to enhance your skills. For instance, you could:
• join a society or sports club (even better – get involved in running it)
• volunteer to help with research or consultancy within the School
• volunteer in the community
• work in a part-time job or take up a summer internship
• represent your fellow students as a student rep, or become a student ambassador
• learn a new language or skill with Study Plus.

Getting involved like this means that you can earn Employability Points, which you can exchange for employability rewards. The more points you earn, the more valuable the rewards: we work with local, national and international employers to offer internships, work experience and a range of other activities that prepare you for the world of work.

Experience work
As part of your degree programme, you can choose to spend a year in industry, developing your skills and contacts (see p12). As part of your degree, you can also take the Kent Student Certificate for Volunteering Platinum Award where you develop transferable skills in leadership, mentoring, project management and working within teams and organisations.

Find a great job
School of Sport and Exercise Sciences’ graduates have a range of careers open to them. For instance, working with professional teams as fitness coaches; within the NHS in physical activity or health promotion; sports development; or as a self-employed personal trainer. Some of our graduates choose to go on to further study.

Particular degrees also open up a range of specific roles:
• Sports Therapy and Rehabilitation graduates acquire the skills to work as a sports therapist and sport and exercise rehabilitator either in their own or a commercial sports injury clinic, or with a sports club or professional team
• Sport and Exercise Science as a sports scientist you can use your skills to work as a coach/practitioner in elite sport and in the wider health and fitness sector, go into teaching, education and research, or become a clinical exercise practitioner
• Sport and Exercise for Health graduates have secured employment in the NHS, health promotion agencies, education (primary and secondary), public health, physiotherapy, the health and fitness industry, personal training
• Sport Management graduates can move into events, marketing or PR within private or public sports and leisure clubs, or general management.

Visit our careers fair to talk to potential employers and use our award-winning Careers and Employability Service for advice on preparing your CV. Our track record speaks for itself: over 95% of Kent graduates who responded to the most recent national survey of graduate destinations were in work or further study within six months (DLHE, 2017).
Victoria Hunt graduated from her Sport and Exercise for Health degree in 2017; she is now studying to be a physiotherapist.

Why Kent and this programme?
Kent’s Sport and Exercise for Health degree was, for me, the perfect balance of sports science and sports therapy. It offered a lot of flexibility in module choice, allowing me to almost create my own degree and it fitted perfectly with my goal of working in physiotherapy.

How were your studies?
I loved every module because each gave me an insight into how the skills and knowledge learnt could be applied in practice. The module that I found most inspiring covered exercise prescription, referral and rehabilitation. I also took a module that allowed me to conduct my own research. Researching an area you are fascinated by is fantastic, not everyone can say they have the opportunity to do that.

What about the teaching at Kent?
Outstanding. There were always opportunities to meet with staff after lectures and seminars if you needed guidance or support.

How would you describe your fellow students?
Welcoming and supportive. I lived at home while studying, but still built relationships with fellow students that are maintained today.

Did your course change you?
The course helped me to grow in confidence and to explore areas I never thought I’d be interested in. It opened up so many opportunities, and allowed me to develop both personally and professionally.

Did you enjoy your time at Kent?
I found the first year quite daunting because I didn’t know anyone and I was in a completely new environment but as I settled in I realised that this was where I was meant to be.

What about the social life?
The social life at Kent is great, there are many bars and social hotspots for students to chill out in and meet others; especially the new student union bar ‘The Deep End’.

Did you take part in any volunteering activities?
I wanted to study the effects of exercise rehabilitation on stroke survivors so volunteered to work in exercise classes run by the University. I was then asked to volunteer at the new Parkinson’s exercise classes that were being set up. This experience was the highlight of my time at Kent, being involved in research, gaining lifelong friends, as well as helping to make people’s lives a bit better.

How did your degree help you to move on to further study?
My degree allowed me to progress on to a physiotherapy degree. The skills I learnt have proved to be very transferable, which has made my studies in physiotherapy so much easier and more interesting.

What do you enjoy about your postgraduate studies?
I absolutely love studying to be a physiotherapist and knowing that I am making a difference to people’s lives and providing them with both physical and psychological support.

What are your future plans?
Once I qualify as a physiotherapist, I plan to specialise in neurology physiotherapy and work in a hospital full-time, and (hopefully) continue to volunteer at the University’s exercise classes for stroke survivors and individuals with Parkinson’s.

Any advice for future students?
Don’t stress. There’s lots of support and help available and while student life does have stresses, there are lots of enjoyable things along the way too! Get involved in as many social activities and events as you can, volunteer when you can and just absorb everything.

Any other memories of Kent you would like to share?
My favourite memory has to be graduation. The graduation ceremony is something you can never imagine unless you experience it yourself, it just makes all of the stresses and self-doubts worth it. When you realise that you can do all of the things that you thought you couldn’t, that’s the best feeling in the world.
Choosing a university is a big step, so it’s important to find out as much as you can before you make your decision. Come and visit us to see what we can offer you.

Open Days
Open Days are a great way to find out what life as a student at Kent is like. For instance, you can:
- learn more about the courses you are interested in at subject presentations
- ask questions – talk to the academic teams at the information stands
- experience our teaching at a taster lecture*
- find out about student finance, other study opportunities and extra-curricular activities such as Kent Sport.

Explore the campus at your own pace on the self-guided walking tour. You will be able to visit our student accommodation at Liberty Quays, chat to current students and discover the fascinating history of our Medway campus.

Open Days are held in the summer and autumn. Book your place at www.kent.ac.uk/opendays

Applicant Days
If you apply to Kent and we offer you a place (or ask you to come for an interview), you will usually be invited to an Applicant Day. Applicant Days run in the autumn and spring terms and are an opportunity to find out about the course in more detail. You spend time with your academic school meeting staff and current students, and take part in activities that give you a flavour of your prospective course and university life.

Informal visits
If you can’t make it to an Open Day or Applicant Day, you can still visit us. We run tours of the campus throughout the year. If you live outside Europe, we appreciate that you might find it difficult to attend our scheduled events, so we can arrange a personal campus tour for you and your family.

Let us know you’re coming
Scheduled tours and personal campus tours (for international students) need to be booked in advance – you can do this via www.kent.ac.uk/informal

Meet us in your country
Our staff regularly travel overseas to meet with students who are interested in coming to Kent. We also have strong links with agents in your home country who can offer guidance and information on studying at Kent. Find out more at www.kent.ac.uk/courses/international

Self-guided tours
If you prefer to explore on your own, you can download a self-guided walking tour at www.kent.ac.uk/informal or pick up a copy from us.

Explore online
You can take a virtual tour of the School of Sport and Exercise Sciences’ facilities by clicking on ‘academic facilities’ at www.kent.ac.uk/sportsciences/facilities/#link2 and click on academic facilities

For the latest information on studying sport at Kent, please see: www.kent.ac.uk/sportsciences www.facebook.com/unikentsportsci www.twitter.com/unikentsportsci www.youtube.com/unikentsportsci INSTAGRAM@unikentsportsci

Contact us
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

*Programme of events varies according to subject.
ENTRY REQUIREMENTS

**Location**
Medway

**Awards**
BSc (Hons): C600:K, C602:K, C612:K, C604:K, C605:K
BA (Hons): C607:K

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

**Degree programmes**
- Sport and Exercise for Health BSc (Hons) (C604:K)
- Sport and Exercise for Health with a Year in Industry BSc (Hons) (C605:K)
- Sport and Exercise Science BSc (C602:K)
- Sport and Exercise Science with a Year in Industry BSc (C612:K)
- Sport Management BA (C607:K)
- Sports Therapy and Rehabilitation BSc (C600:K)

**Typical offer levels**
- Sport and Exercise Science/Sport and Exercise Science with a Year in Industry
  BCC at A level 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 16 points at HL inc Mathematics, Biology, Chemistry, Physics, Sport, Exercise and Health Science 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, Merit, Merit in a sport or science subject. Plus GCSE Mathematics grade C/4.
- Sport Management/Sport Management with a Year in Industry
  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, Merit, Merit. Plus GCSE Mathematics grade C/4.
- Sports Therapy and Rehabilitation
  BCC at A level including grade B in an appropriate subject such as Biology, Chemistry, Physics, Mathematics, Applied Science, Statistics or PE and Sports Studies. Plus GCSE Mathematics grade C/4.

**Professional recognition**
- Sport and Exercise Science/Sport and Exercise Science with a Year in Industry
  Both of these programmes have been pre-authorised by the ACSM to give automatic eligibility for our students to apply to sit the ACSM Exercise Physiology Certification exam (ACSM EP-C).
- 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**
This brochure was produced in June 2019. 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 we make to you is subject to your consent to process such information and is a requirement in order for you to be registered as a student. All students must agree to abide by the University rules and regulations at: www.kent.ac.uk/regulations.
COME AND VISIT US

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