ACADEMIC EXCELLENCE AND INSPIRATIONAL TEACHING

Kent is one of the UK’s leading universities, ranked 16th in The Guardian University Guide 2016. In the Research Excellence Framework (REF) 2014, Kent is ranked 17th* for research intensity, outperforming 11 of the 24 Russell Group universities.

Inspirational 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 programmes 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, allow you to assess real-life situations and devise your own solutions.

World-leading research

Based on our results in the Research Excellence Framework (REF) 2014, research in the School was ranked in the top 20 for research intensity in the Times Higher Education. 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, 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, 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 41% of Kent’s academics coming from outside of the UK and students representing 149 nationalities. All of our students are encouraged to develop their studies in an international context and there are opportunities to study or work abroad.

State-of-the-art facilities

The School of Sport and Exercise Sciences is part of a vibrant, modern and metropolitan campus with excellent purpose-built facilities including sport and exercise science laboratories, teaching and student clinics, and a rehabilitation gymnasium. A recent investment of £850,000 was made as an addition

*DID YOU KNOW?*

The School of Sport and Exercise Sciences is ranked 14th in both the The Guardian University Guide 2016 and The Complete University Guide 2016.
to the £11 million project developing Medway Park, the region’s centre of sporting excellence. These include a 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 Park were specified to the highest standards in order to support athletes at pre-Olympic training camps and to enable world-leading research. 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 accreditation and have the option to take an examination 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.

A 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 programmes can launch you on a first-class career in the 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 visit www.kent.ac.uk/employability
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 The Historic Dockyard, Chatham, 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 within easy driving distance and there are also good bus and train links. 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 quick and easy to reach 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.

**Excellent study resources**
The general resources on campus are excellent. The £8 million Drill Hall Library is well stocked with printed books, journals and electronic information. You have access to a range of study support services such as IT support, library support and public PCs and printers.

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.

**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, convenience store and fast food outlets.

**DID YOU KNOW?**
In the National Student Survey (NSS) 2014, the University of Kent gained the 3rd highest score in the UK for student satisfaction.
STATE-OF-THE-ART 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 high performance sports clinic and 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.

First-class 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, Premier League football teams and Premiership Rugby teams.

Sports 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 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
It’s good to be doing a piece of academic research, which could have an immediate application. Do you need to do a Master’s for this career? You don’t, but I would like to continue my studies for a bit longer and hope to do a Master’s in cardiac rehabilitation. Unfortunately, Kent doesn’t offer one at the moment, so I will look elsewhere. It’s a big decision and I haven’t made my mind up yet.

What about Kent’s social life? I think it is good, the student bar on campus has events every night, Cargo is a good place to eat and there is a cinema just across the road. There are lots of societies, and you can start your own – my housemates and I started a society called Get Crafty. Also, if you sign up to Medway Activities, they take you to London or Maidstone for a night out and then bring you home, you pay a small fee for three years’ membership – it’s a good deal!

What advice would you give to somebody considering studying sport? If you love sport, go for it, whether or not you have studied sport before. Work hard, even in your first year; it’s a good foundation for the rest of the course. Also, if you live in shared accommodation, create a cleaning rota! Seriously, if you have any problems whatsoever just talk to someone, everyone is always happy to help.

Natalie Wren is in her final year studying Sport and Exercise for Health.

Why did you choose Kent? First, I was attracted to the course because it allowed me to study the science and the therapy sides of sport, which not many other degrees offered. Also, I loved the campus when I visited and it’s not too far from Essex where I am from.

How is the course going? I love it – I don’t want to leave. I had a clear idea of what I wanted to do and the course is definitely living up to my expectations. It’s quite a new course and I quite enjoy being part of its development, it is definitely growing. It is a broad course with a very good practical side; I think studying therapy and science could give me an edge, career wise.

The facilities are great too, we have labs and therapy rooms and the library is wonderful, it has a real sense of history as well as all the up-to-date technology.

Do you have a favourite module? Exercise, Prescription, Referral and Rehabilitation. I hope to go into cardiac rehabilitation when I graduate and this module is about disease and how you prevent it or overcome it through exercise and lifestyle changes as well as with medication.

What about the lecturers? They are excellent, very easy to talk to and quick to respond to emails; there is an Open Door policy, so you can drop in for a chat when they are in their offices or, if you prefer, you can book a tutorial.

And your fellow students? There’s a good mix of nationalities, we all have shared interests, get on well and are quite laid back. I am working on creating a society for all sports students, hopefully lots of fun and also some mentoring between the students. It’s been quite hard work but it would be a nice legacy.

What attracted you to a career in cardiac rehabilitation? When I came to the Open Day I heard about it and thought it sounded interesting, I did some more research and my interest grew. I am very lucky because one of the lecturers here, Steve Meadows, has a lot of connections in the area and he was able to help me get work experience in cardiac rehabilitation. I have been working in the area at exercise classes all over Medway for a year now and really enjoy the work. My dissertation is also on this subject.

Tell me about your dissertation. In the classes I work in, when a patient arrives we ask them to do a walking test to see how fit they are and then, after the classes, we test the patient to see how much they have improved. My dissertation assesses how beneficial the walking test is, and asks whether different tests should be used. It will have a very practical application and it will help the people I am doing my work experience with – they are very interested in anything I find out.

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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.

Wide-ranging career paths
Sports studies graduates go into a range of careers. 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 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 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 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.
Ciaran O’Grady graduated from the BSc in Sport and Exercise Sciences in 2014. He is currently studying for a Master’s in Sport Science for Optimal Performance.

What attracted you to Sport and Exercise Science at Kent?
I was attracted to this programme because it allowed me to apply my sporting activities as a racing cyclist to an academic pathway, giving me the opportunity to investigate the science behind the sport that I love.

How were your studies?
Upon starting my studies, I was immediately drawn to the varying avenues of research into the physiology of endurance cycling. I became involved in several research studies, as both a participant and researcher, which gave me a wealth of insight into the research process.

How was the teaching at Kent?
The teaching is excellent, aided by the research activity of the staff, which allows for great insight into the rigours of scientific research. Lectures and seminars are well delivered and there are plenty of opportunities for reviews and feedback on the teaching process.

Did the course allow you to pursue your own passions?
The course structure allowed me to continue to pursue my cycling ambitions, with timetabled commitments consolidated into a few days, I had the freedom to plan my own studies around my training and racing.

How would you describe your fellow students?
They had varying sporting interests and our discussions often gave me new perspectives on situations. They were extremely supportive of my sporting commitments, which sometimes prevented me from attending social activities.

Has your course changed you?
I have become very independent in my learning and I have seen my organisational and administrative skills develop greatly. I have adopted a learning style that suits me and have learnt to constantly strive to improve by using as many sources as possible in my learning.

What about the facilities at Kent?
The facilities are outstanding, from the high-class research labs to the brilliant cafés and restaurants on campus; they are well equipped and supported the student body spectacularly.

And the social life at Kent?
As a training athlete, I did not engage in the social aspect of university life as much as others, but on the whole it was fun. My time at Kent was incredible, so much so that I have continued on into postgraduate study here.

What careers advice did you receive at Kent?
From very early on in my time at Kent I realised that my ambition, to follow a career in scientific research, was right for me. My lecturers and mentor fostered my interest, giving me insights and advice into how to follow my chosen career.

In what way has your degree helped you find work or further study?
My degree has given me the opportunity to secure both funding for postgraduate study and employment as a sports scientist at a cycling performance centre in London. My typical working day consists of completing physiological testing, coaching athletes and applying sports science in a commercial setting. My postgraduate study is furthering my interest in sports science, particularly endurance physiology and the training processes.

What are your future plans?
I plan to apply to study for a PhD, with the ambition of working either in academia or as a high-performance sports scientist for a cycling team.

What advice would you give to prospective students?
Stay on top of things: have at least one time each week where you update calendars, make lists for the following week and contact the people you need to. Meeting with lecturers and staff is a large part of the learning process, and my advice would be to ensure that you supplement your lectures with reading and tutorials in order to ensure that your learning is as effective as it can be.
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 p15-21.

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

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.

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

Modules: Stage 3
- Clinical Practice
- Research Study in Sport Sciences
- Soft Tissue Techniques

You also choose options from:
- Applied Nutrition for Sports Performance
- Applied Sport and Exercise Psychology
- Exercise for Special Populations
- Specialised Issues in Sport and Exercise

Sport and Exercise Science

We offer two programmes in Sport and Exercise Science, a BSc and an MSci. The BSc is completed over three years of full-time study, while the MSci takes four. The MSci offers you the opportunity to further enhance your knowledge and skills in sport and exercise science through an evidence-based and practice-oriented approach to learning. In order to progress on to the The MSci is currently subject to approval.

On both programmes, 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. At Stages 1 and 2, all students take the same modules. At Stage 3, the two programmes diverge, with MSci students taking a different selection of modules than those on the BSc.

In order to progress to the MSci, you need to achieve 60% overall by the end of Stage 3. At Stage 4, MSci students undertake a research
did you know?

In the Guardian University Guide 2016 the University of Kent is ranked 16th in the UK.
thesis, which allows them to produce an original piece of research looking at a topic in greater depth than is possible in a three-year programme.

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

**BSc and MSci students**
- Functional Anatomy
- Fundamentals of Human Anatomy and Physiology
- Introduction to Biomechanics
- Introduction to Fitness Testing
- Introduction to Professional Skills
- Introduction to Sport and Exercise Nutrition
- Introduction to Sport and Exercise Psychology

### Modules: Stage 2

**BSc and MSci students**
- Applied Nutrition for Sports Performance
- Applied Sport and Exercise Physiology
- Fitness Training Methods
- Research Methods
- Research Study Preparation
- Sport, Exercise and Health Promotion
- Sport and Exercise Psychology

### Modules: Stage 3

**BSc students**
You take the following compulsory modules:
- Research Study in Sport Sciences
- Exercise Prescription, Referral and Rehabilitation

You also choose from these options:
- Applied Sport and Exercise Psychology
- Contemporary Issues in Sport and Exercise Nutrition
- Exercise for Special Populations
- High Performance Physiology
- Specialised Issues in Sport and Exercise.

**MSci students**
You take the following compulsory modules:
- Contemporary Perspectives in Sport Research
- Injury Prevention
- Research Study in Sport Sciences
- Sport and Exercise Nutrition for the High-Performance Athlete

You also choose from these options:
- Applied Sport and Exercise Psychology
- High-Performance Physiology.

### Modules: Stage 4

**MSci students only**
- Research Thesis in Sport Sciences

You also choose from these options:
- Applied Athlete Support
- Assessment and Training for Optimal Performance
- Psychology for Injury and Rehabilitation
- Return to Sport.
CHOOSING YOUR DEGREE (CONT)

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 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.

Modules: Stage 1
• Introduction to Fitness Testing
• Introduction to Human Physiology
• Introduction to Professional Skills
• Introduction to Sport and Exercise Nutrition
• Sport and Exercise Psychology
• Management Principles
• How Sport People and Organisations Work
• Introduction to Sports Industries (proposed)

Modules: Stage 2
• Fitness Training Methods
• Human Resources Management in Sport
• Principles of Sports Marketing
• Research Design and Planning
• Sport and Exercise Leadership
• Sport and Exercise Promotion

Modules: Stage 3
• Individual Research Study

You also choose one of the following modules:
• Sports Event Management
• Sports Industry Placement.

You choose further options from:
• Applied Sport and Exercise Psychology
• Applied Nutrition for Sports Performance
• Exercise for Special Populations
• Exercise Prescription, Referral and Rehabilitation
• Sports Event Management
• Sports Industry Placement.

Sport and Exercise for Health
This programme is for students who wish to combine their passion for sport and exercise with health-related study. This versatile degree has optional modules in the second and third years, so you can customise your programme to your interests or mode of assessment. 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.

Modules: Stage 1
• Functional Anatomy and Biomechanics
• Fundamentals of Human Anatomy and Physiology

You also choose options from:
• 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 Methods
• Research Study Preparation
• Sport and Exercise Promotion

You also choose options from:
• Applied Nutrition for Sports Performance
• Sport and Exercise Psychology
• Sport and Exercise Leadership
• Sports Injuries
• 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
• Specialised Issues in Sport and Exercise.
STUDYING AT STAGE 1

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**
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 Human 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.

**Functional Anatomy and Biomechanics**
You cover the biomechanics of movement, looking specifically at movement patterns of the lower limbs, upper limbs and trunk including joints, muscles, nerves and soft tissue structures.

**Introduction to Biomechanics**
You are introduced to the study of biomechanics. You develop a secure understanding of mechanical principles relevant to the study of sport and exercise.

**How Sport People and Organisations Work**
In this module, you identify the principle actors in sport across the public, private and volunteer sectors in the UK and develop an understanding of their role in sport delivery. You also learn how sports bodies are established and governed and assess the impact they have on sport policy.

**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
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.

Management Principles
In this module, you gain an understanding of the challenges of managing people within complex work organisations. The experience of work and employment are being affected by rapid change as a result of factors including new technology, the growth of global competition and the changing demographic profiles and values of the workforce. In this module, you consider these developments within a historical context and assess their impact on management practices and organisational forms.

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.
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 Sports Performance
You investigate nutritional strategies for sports performance across a range of performance types (such as 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 Resources 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 Sports 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), cardio-pulmonary 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
STUDYING AT STAGES 2 AND 3 (CONT)

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 do at Stage 3. Sufficient detail and rigour in this module allows you to begin your project at the start of Stage 3.

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 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.

Sport and Exercise Leadership
You develop your understanding of the role of the coach, consider various coaching philosophies and teaching styles and assess their impact on performance. You apply the theory of leadership to different coaching situations and devise an appropriate coaching or teaching programme drawing on what you have learnt.

Sport and Exercise Promotion
In this module, you study the concepts and theories behind health promotion and discuss the strategies and methods used to promote sport and exercise participation across various population groups. Having assessed the needs of a particular section of the population, you design a health, sport or exercise promotion activity for one such group. You also look at the role of sport development agencies in implementing engagement policies and evaluate the evidence and rationale supporting sport/exercise guidelines and interventions.

Sport and Exercise Psychology
See p16 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.

Sports Massage
See p16 for module description.
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.

Modules: Stage 3

Applied Nutrition for Sports Performance
See p17 for module description.

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 for Special Populations
See p17 for module description.

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/Research Study in Sport Sciences
This module gives you the chance to do a piece of independent research in an area of sports management. 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.

Specialised Issues in Sport and Exercise
This module takes an in-depth look at ‘athletic populations’ and factors that impact on performance. You critically analyse and discuss which types of exercise are optimal for different athletes and consider the risks and benefits associated with sport and exercise activities.

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.
MSci only

Contemporary Perspectives in Sport Research

This module critically examines key contemporary issues within sport and exercise science. It addresses current topics and research evidence from a range of different sub-disciplines of sport and exercise science. You are expected to draw on the knowledge you have developed in your studies so far to debate contemporary issues in sport and exercise science. You are also expected to demonstrate an awareness of the changing face of ‘knowledge’ in the exercise sciences, and are introduced to the more controversial and less mainstream theories that challenge the existing dogma. The module content therefore consists of key contemporary issues (at the time the module is delivered), from the main sport and exercise sub-disciplines.

Injury Prevention

In this module, you cover the patterns of injury in different sports and exercise activities, the identification of risk factors for injury in specific populations, and current models and theories of injury prevention. You evaluate the implementation of screening and prevention programmes and also plan and design your own evidence-based programme.

Sport and Exercise Nutrition for the High-Performance Athlete

This module develops your understanding of the practical application of sport and exercise nutrition guidelines and theories to practice. You are encouraged to develop your scientific enquiry skills as well as a critical understanding of the concepts and controversies in contemporary sports and exercise nutrition. You look at all areas of nutrition for high-performance athletes including: exercise metabolism, nutritional requirements pre, during and after competition, and hydration.

“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
STUDYING AT STAGE 4 (MSci)

Stage 4 is the final stage of your MSci. In your fourth year of full-time study, you focus on the theoretical and practical skills required to provide scientific support to an athlete. You also undertake a significant research project in your chosen specialism.

Modules: Stage 4

Applied Athlete Support
This module equips you with the necessary knowledge and supervision required to provide scientific athlete support to a client. The majority of the module is taken up with one-to-one consultancy time with a client. You analyse and provide feedback on your testing data, and are expected to generate a case study of the consultancy package you have provided.

Assessment and Training for Optimal Performance
This module increases your knowledge and understanding of the physiology governing optimal sports performance and contemporary training methods. You develop skills to analyse and critically assess optimal performance. Areas covered include: the measurement and interpretation of body composition, resting blood and lung function, aerobic power/capacity and blood lactate, and anaerobic power/capacity. Practical sessions reinforce theoretical knowledge.

Psychology for Injury and Rehabilitation
You acquire knowledge and understanding of the application of psychological concepts (for example, self-determination theory, stress-injury model) for injury and rehabilitation within a sport and exercise environment. Lectures provide forums for discussion of the complex interactions between affect, cognitions and behaviour. You gain an understanding of the application of theory to ‘applied’ situations within an injury and rehabilitation scenario.

Return to Sport
This module ensures you know when your athlete is ready to return to sport following injury, illness or surgery. Topics covered include return to sport criteria for different components of fitness and rehabilitation, including strength, proprioception, agility, range of movement (ROM), flexibility and cardiovascular. A range of both clinical/laboratory- and field-based tests are also covered.

Research Thesis in Sport Sciences
In this module, you work with a research supervisor to complete a significant research study that will be an extension and development of your third-year dissertation.
VISIT THE UNIVERSITY

Come along for an Open Day or an Applicant Day and see 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 displays, 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

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

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

Scholarships and bursaries
For details of scholarships and bursaries at Kent, please see www.kent.ac.uk/ugfunding

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 with current students about your chosen subject. For further information, see www.kent.ac.uk/visit

On the web
For the latest school information on studying in the School of Sport and Exercise Sciences at Kent, please see www.kent.ac.uk/sportsciences

More information
If you have any further queries on how to choose your degree, our admissions procedures, how to prepare for your studies or would like information about the University of Kent’s facilities and services, please contact us.

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

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

This brochure was produced in June 2015. The information contained within this brochure was correct at the time of going to press. For the most up-to-date information, please see www.kent.ac.uk/ug

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 a programme is discontinued, the University will make every effort to provide a suitable alternative, but cannot guarantee it will be able to do so. For full terms and conditions, please see www.kent.ac.uk/termsandconditions

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 and consent to process: 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.

**Degree programmes**
BSc (Hons): C600:K, C602:K, C604:K
BA (Hons): C601:K
MSci: C605:K (subject to approval)

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

**UCAS codes**
Sport and Exercise for Health BSc (C604:K)
Sport and Exercise Management BA (C601:K)
Sport and Exercise Science BSc (C602:K)
Sport and Exercise Science MSci (C605:K) (subject to approval)
Sports Therapy BSc (C600:K)

**Typical offer levels**

**Sport and Exercise for Health**
BBB at A level in a relevant subject including Human Biology, PE, Physical Science, Applied Science or Mathematics. Plus GCSE Mathematics grade C.

IB 34 points inc Mathematics, Biology, Chemistry, Physics 5 at HL or 6 at SL, and Mathematics 4 at SL, or IB Diploma with 15 points inc Mathematics, Biology, Chemistry, Physics 5 at HL or Mathematics 4 at SL.

BTEC Extended Diploma in a sport or science-related subject at Distinction, Distinction, Merit and GCSE Mathematics at grade C.

**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 15 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 and Mathematics 4 at HL or 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 in 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.

**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