

# Sports University of the Year 2023

We believe that **inspiring our people to do outstanding things** at Durham enables Durham people to do outstanding things in the world.

- Top 3 BUCS table University since 2012.
- One of Britain's largest student participation programmes in sport.
- £47 million invested in sporting facilities since 2012.

Sunday Times Good University Guide Sports University of the Year 2023.



# BA Sport, Exercise and Physical Activity

# BSc Sport and Exercise Sciences

## (and with Year Abroad)

Contact for Admissions Enquiries:

**Dr Emma Poulton**

Email: [sport.admissions@durham.ac.uk](mailto:sport.admissions@durham.ac.uk)

Web: [www.dur.ac.uk/sportandexercise](http://www.dur.ac.uk/sportandexercise)



# Today: Is Durham right for you?

- Studying Sport and Exercise
  - The wider context
  - Our degree courses
  - Your Durham Experience
- Entry Requirements 
- Careers and postgraduate opportunities
- Optional Lab visit



# Choosing a sport-related degree



Over 150 Institutions with over 500 different sport-related degrees in UK!



BSc Exercise and Health Science

BA Sport Development and Management

BSc Sport , Exercise and Nutrition

BSc Sport Psychology and Coaching

BA Sport Journalism



# Our Key & Distinctive Features:

- Contemporary, evolving and diverse courses
- Flexibility and choice according to student interests and aspirations
- Variety in teaching, learning & assessment
- High-quality support in a close-knit academic community
- Focus on employability & diverse career plans

# Our BA and BSc degrees

Multi-disciplinary: commonly designed around 6 subject areas:

- Physiology of Sport & Exercise
- Psychology of Sport & Exercise
- Physical Activity, Nutrition and Health
- Sports Development & Sports Policy
- Sociology of Sport
- Academic & Research Skills

**COURSE  
INFORMATION**





Durham University

Department of Sport and Exercise Sciences

# Key:

**Core for both degree programmes**

**BSc. core modules**

**BA core modules**

**Optional for both programmes**

***An 'Open Module'***



# Current Year 1 Modules

## CRITICAL SKILLS FOR SPORT & EXERCISE SCIENCES

**BSc. core modules + 3 more**

**BA core modules + 4 more**

**INTRO TO ANATOMY & EXERCISE PHYSIOLOGY**

**INTRODUCTION TO SPORT & EXERCISE PSYCHOLOGY**

**INTRODUCTION TO SOCIOLOGY OF SPORT**

**INTRO TO PHYSICAL ACTIVITY, DIET & HEALTH**

**INTRO TO SPORT & EXERCISE INDUSTRIES**

*An 'Open Module'*

# Current Year 2 Modules

## CONTEMPORARY RESEARCH IN SPORT & EXERCISE SCIENCES (40 Credits)

**BSc. core modules + 2 more**

**BA core modules + 2 more**

**ADVANCED SPORT & EXERCISE PHYSIOLOGY**

**ADVANCED SPORT AND EXERCISE PSYCHOLOGY**

**ADVANCED SOCIOLOGY OF SPORT**

**SPORTS DEVELOPMENT**

**NUTRITION FOR SPORT & HEALTH**

**SPORT, HEALTH & the ENVIRONMENT**

*An 'Open Module'*

# Current Year 3 Modules

**DISSERTATION (40 Credits)**

**BSc. core modules + 2 more**

**BA core modules + 2 more**

**APPLIED EXERCISE PHYSIOLOGY IN SPORT & HEALTH**

**APPLIED SPORT AND EXERCISE PSYCHOLOGY**

**APPLIED SOCIOLOGY OF SPORT**

**PHYSICAL ACTIVITY, SPORT & INEQUALITIES**

**ACTIVE COMMUNITIES: PLACEMENT**

**FUTURES IN SPORT, EXERCISE SCIENCES & HEALTH**

**Year 2 module not previously studied**

***An 'Open Module'***

# Perspectives of a Current Student

BSc Sport and Exercise Sciences  
BA Sport, Exercise and Physical Activity



# Teaching, Learning & Assessment

## Teaching:

- Lectures
- Small groups:
  - Labs; practical workshops;
  - Seminars; fieldtrips

## Assessment:

- Group & individual research projects
- Essays
- Examinations
- Lab reports
- Presentations
- Infographics
- Podcasts
- Applied projects

## Engaging Industry Partners:



COMMONWEALTH  
SECRETARIAT



SPORT+  
RECREATION  
ALLIANCE



# Typical Year 1 Week

DAY	09.00 - 10.00	10.00 - 11.00	11.00 - 12.00	12.00 - 13.00	13.00 - 14.00	14.00 - 15.00	15.00 - 16.00	16.00 - 17.00	17.00 - 18.00
MON		Intro to PA, Diet & Health		Intro to Sport & Exercise Industries		Critical Skills			
TUES			Intro to Exercise Physiology		Intro to Sport Psychology		Intro to Sociology of Sport		Critical Skills
WED	NO TIMETABLED TEACHING TO ALLOW FOR SPORTS PARTICIPATION / COMPETITION								
THURS			Intro to Exercise Physiology		(Potential) Block for Personal Tutorials, Independent Study, <u>Groupwork</u> and Preparation Tasks				
FRI	Intro to Sport & Exercise Industries		Intro to PA, Diet & Health		Intro to Sociology of Sport			Intro to Sport Psychology	

# Placement Year (in Industry)

- Potential for **additional year** between Years 2 and 3
- Students **apply** for scheme **in Year 2**

## Placement Year

- At least **40 weeks** with UK or international organisation
- Support through Faculty Placement Officer



- Assessment required for successful completion
- For more information: search [www.dur.ac.uk](http://www.dur.ac.uk) for 'placement year'

# Study Year Abroad

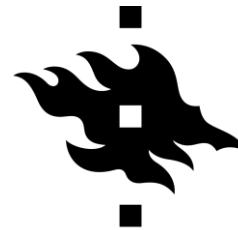
- Potential for **additional year** between Years 2 and 3
- Students **apply** for the scheme **in Year 2**

## Year Abroad

- At an **international exchange** or **Erasmus+** partner university
- Previous examples:



UNIVERSITÀ  
DEGLI STUDI  
DI PADOVA



HELSINGIN YLIOPISTO  
HELSINGFORS UNIVERSITET  
UNIVERSITY OF HELSINKI



Universiteit Utrecht



UNIVERSITY  
of  
OTAGO  
Te Whare Wānanga o Ōtāgo  
NEW ZEALAND



UNIVERSITY OF  
CALGARY

- Assessment required for successful completion
- For more information: search [www.dur.ac.uk](http://www.dur.ac.uk) for 'year abroad outgoing'



# Entry requirements

## Typical offers for both BA and BSc programmes:

- A-Level offer: **AAB**
- BTEC Extended Diploma: **DDD**
- BTEC Subsidiary Diploma (D) + AB at A-Levels
- BTEC Diploma (DD) + B at A-Level
- Scottish Qualifications:  
AAABB Higher Level, AAB at Advanced Higher
- International Baccalaureate: **36 Points**

We use contextual admissions to enable students with potential to attend Durham, including varying entry grade requirements by one or two grades to take account of disadvantage in the context of achievement

# Admissions

## What our selectors consider:

- Prior and predicted grades
- Personal Statement
- Teachers/Academic Reference
- Contextual evidence of merit & potential
- Motivation for the degree programme
- Study & other skills

**Find out more** by attending 'Applying to Durham' session, or visit the Admissions Desk in Teaching & Learning Centre



# Getting involved in Sport at Durham

*Allowing exceptional people to do exceptional things ...*

- 1. (High) Performance**
- 2. Participation (University & College)**
- 3. Community Partnership / Sport Development**



# Durham Graduates & Employability

- Strong **emphasis** on **employability** across both our Sport and Exercise courses
- **Various** and **varied career pathways** for our graduates



# Graduate data

- 90% of our 2019-20 leavers secured paid employment or further study 15 months after graduation.

Source:



A few examples ...

# Career opportunities:

- High performance sport
- Sports marketing
- Events management
- Media
- Sports development
- Management and administration
- Exercise and Health
- Education
- Post-graduate study



Is our course  
and Durham  
right for you?



duzthedurhamdog



# Your Durham University Experience

- *Student-centred* learning experience on top-rated courses
- Excellent international reputation
- An Experience for Life:  
Degree; College; sport and other extra-curricular activities
- Historic city with a World Heritage Site in a beautiful area







# Any questions?



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