

Sports and Exercise Science



School of Biosciences and Medicine



Department of Nutritional Sciences

Metabolic Medicine, Food and
Macronutrients
Molecular Nutrition and
Micronutrients
Public Health and Food Security
Sport and Exercise Science



Department of Clinical and Experimental Medicine

Clinical Medicine
and Ageing
Oncology
Sleep



Department of Biochemical Sciences

Cardiovascular
Sciences
Chronobiology
Immunology



Department of Microbial Sciences

Bacteriology
Systems Biology
Virology

Bioscience programmes



Undergraduate programmes



BSc (Hons)
Nutrition and
Dietetics

BSc (Hons)
Sport and
Exercise
Science

Meet the team



Why Surrey?



Accreditation

BSc (Hons) Sport and
Exercise Science

Accredited by the British
Association for Sports and
Exercise Sciences

Accredited by the Registry of
Exercise Professionals



BSc (Hons) Nutrition and
Dietetics

Approved by the Health and
Care Professions Council

Accredited by the British
Dietetic Association



BSc (Hons) Nutrition

MSc Human Nutrition

MSc Nutritional Medicine

Accredited by the Association
for Nutrition



BSc (Hons) Food Science and
Nutrition

Recognised
by the Institute of Food Science
and Technology



Teaching Excellence



THE QUEEN'S
ANNIVERSARY PRIZES
FOR HIGHER AND FURTHER EDUCATION
2017



Teaching
Excellence
Framework

86%

Overall satisfaction in
Biosciences and
Medicine
Discover Uni
2020



8th

Biosciences – *The
Guardian University
Guide 2020*



9th

Sport and exercise
science – *The Times
and The Sunday Times
Good University Guide
2020*



Research

We have a strong research culture at the University.

During the last Research Excellence Framework (REF) exercise, which rates the quality and impact of research carried out by universities in the UK, research within the Faculty rated as:

- » Top 10 in the UK
- » 95% world leading or internationally excellent.

Benefits of attending a university with an excellent research rating:

Students are taught by scientists working at the cutting-edge of their subject area.

REF2014
Research Excellence Framework



Maintaining excellence in the student experience

- SurreyLearn our VLE
- Laboratory simulations
- eText books
- Lecture capture
- Academic and skills development
- Disability and neuro diversity
- Final year project
- Range of different assessments.



Student experience



Employability



94% of our graduates
are in employment after
six months*

* Higher Education Statistics Agency (HESA 2018)



The British Association of
Sport and Exercise Sciences
Endorsed Course



Sport and Exercise Science

 [@SurreySportSci](https://twitter.com/SurreySportSci)

Modular bioscience programmes

Level 4:
120 CREDITS

Level 5:
120 CREDITS

PTY
Professional
Training
year

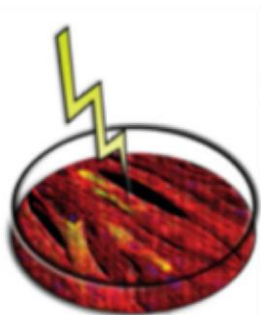
Level 6:
120 CREDITS

8 modules (120 credits)
per year

Semester system:

- » **Autumn: October-January**
- » **Spring: February-June**
- » Christmas and Easter breaks
- » January and June exams
- » Compulsory and optional modules
- » Some programme flexibility.

Aims of the course



Knowledge Translation



Developing Professional Skills

Course content – Year 1

Modules:

- » Biochemistry: The Many Molecules of Life
- » Cell Biology
- » Anatomy and Kinesiology
- » Skills Acquisition and Research Methods
- » Introduction to Biomechanics
- » Biochemistry: Building Blocks of Life
- » Principles of Exercise, Fitness and Health
- » Introduction to Physiology and Practical Skills.



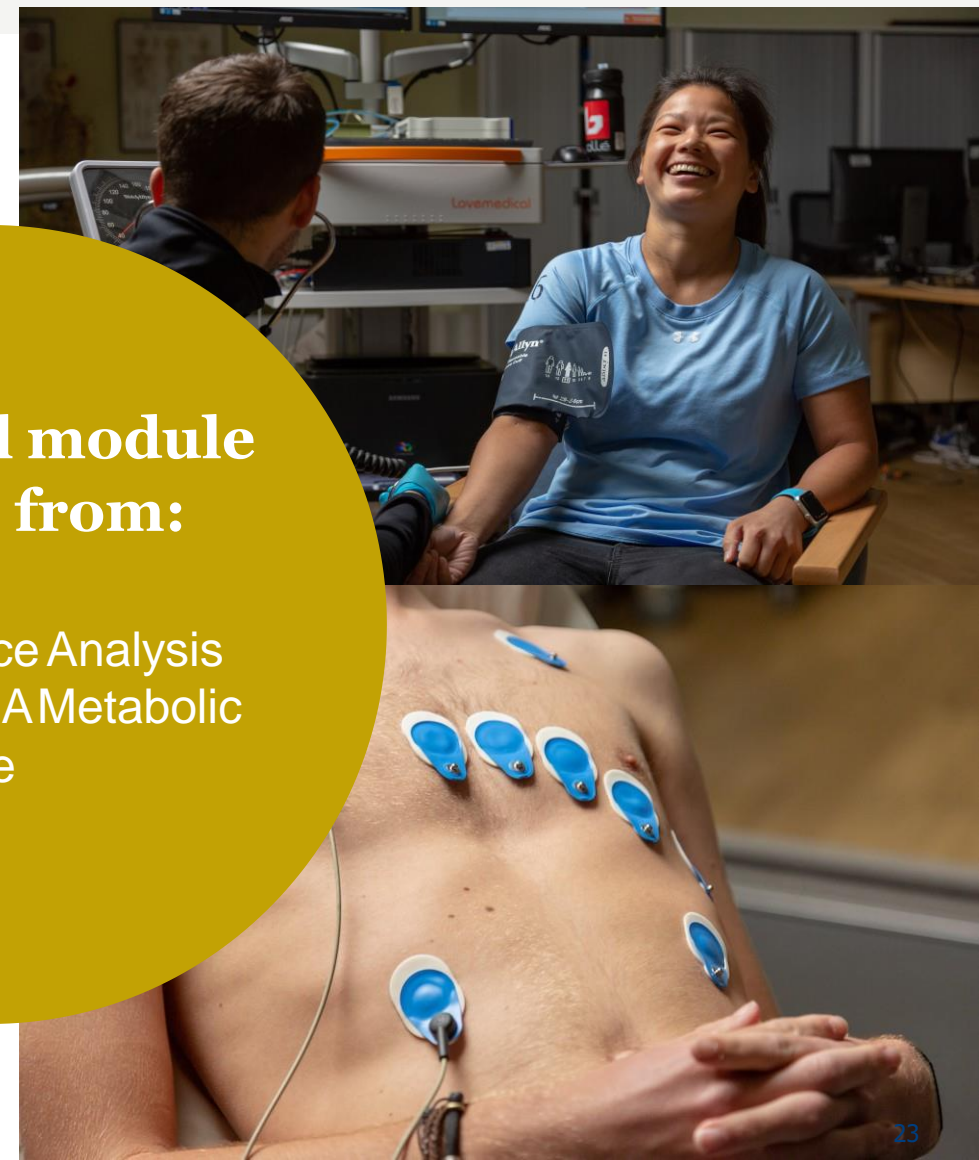
Course content – Year 2

Modules:

- » Exercise Physiology and Biochemistry
- » Human Nutrition for Sport and Exercise
- » Fundamentals of Sports Psychology
- » Sports and Exercise Biomechanics
- » Performance Training and Assessment
- » Management of Sports Organisations
- » Research Methods in Sport and Exercise Science
- » Optional module

**1 optional module
choose from:**

- Performance Analysis
- Pathology: A Metabolic Perspective



Professional Training placements

We find the placements

- » All students can opt for Professional Training placement
- » 40% of students choose to do a placement
- » Paid and unpaid placement options
- » Opportunities overseas as well as in the UK
- » Tuition fee significantly reduced
- » Tutor visits
- » Does not count towards degree classification.



Professional Training providers

UNIVERSITY OF
WOLLONGONG



International
School
Catalunya



CHRIST'S
HOSPITAL



Royal
Russell



UNIVERSITY OF
GOTHENBURG



SCARLETS



MINISTRY OF DEFENCE



NICE National Institute for
Health and Care Excellence



WYCOMBE DISTRICT
SWIMMING CLUB



Current student placements 2019-20



UNIVERSITY OF NEW ZEALAND



Course content – Year 3

Modules:

- » **Research Project (semester 1 and 2)**
- » Research Methodology for Nutrition and Exercise
- » Psychology of Exercise and Health
- » Sports and Exercise Nutrition
- » Strength and Conditioning
- » Optional module 1
- » Optional module 2

2 optional modules choose from:

- Human Movement and Rehabilitation
- Exercise Referral and Prescription
- Determinants of Sports Performance
- Applied Practice
- And more...

**The only prescription
with unlimited refills.**



Development of specialisations



Sport and Exercise Science

- » Sport and Exercise Science BSc (Hons)
- » Sport and Exercise Science – *Sport Performance* BSc (Hons)
- » Sport and Exercise Science – *Exercise & Health* BSc (Hons)

Guest lecturers



Dr Jonathan Leeder
Performance Lead EIS



Dr Ben Hollis
**Senior Performance
Pathway Scientist EIS**



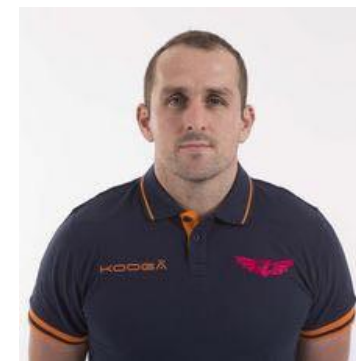
Miss Rebecca Symes
**Psychologist,
GB Archery**



Mr David Dunne
**Lead Performance Nutritionist
Harlequins Rugby FC**



Dr Sophie Killer
**Lead Performance Nutritionist
British Athletics**



Dr Rhys Jones
**Senior Strength & Conditioning
Scarlets Rugby FC**

Teaching and assessment

Contact time

Year 1	20 – 25 hours per week
Year 2	15 – 20 hours per week
Year 3	about 15 hours per week

Modes of delivery

Lectures

Seminars

Tutorials

Practicals ('wet and dry lab', gym, field)

Small group work

Assessment methods

Examinations

Class tests

Coursework

Projects and portfolios

Presentations

Practical skills assessment

Set exercises and problems

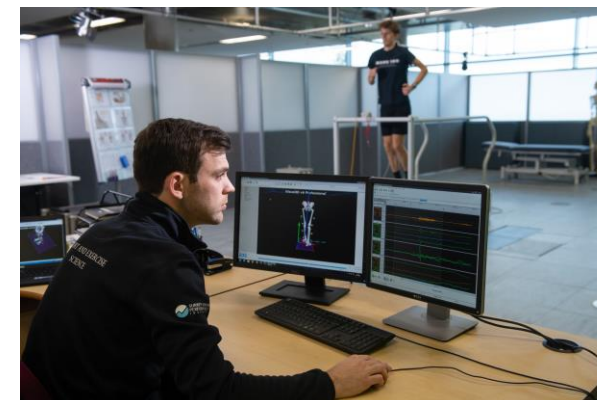
Lab facilities



Exercise Physiology Lab, Clinical Investigation Unit



Biomechanics Lab,
Innovation for Health



Biochemical Labs,
Innovation for Health



Strength and
Conditioning Suite,
Surrey Sports Park

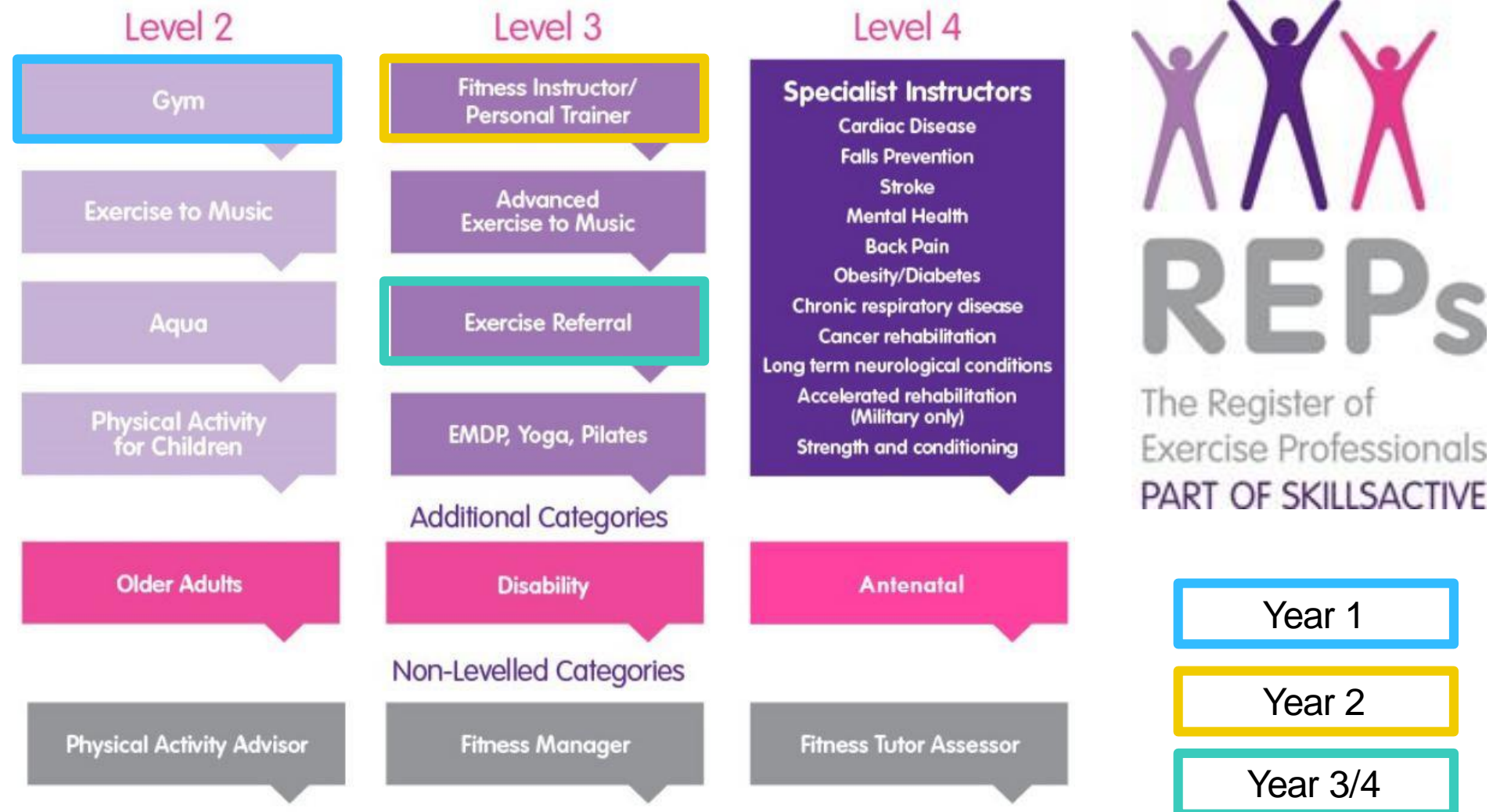


Performance Physiology Lab,
Surrey Sports Park

New Human Movement Laboratory



REPS qualifications



Graduation at Guildford Cathedral



Career opportunities



Examples of graduate destinations:

Sport science support (e.g. EIS, UK Sport, professional clubs)

- Exercise Physiologist
- Sports Nutritionist
- Sports Psychologist
- Performance Analyst

Strength and conditioning

Personal training

Coaching and sports development

NHS exercise prescription

Research/academic

- PhD, MSc, Higher Education Teaching/Training



Thank you