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

Biochemistry

Biomedical Science

Dietetics

Food Sciences

Microbiology

Nutrition

Veterinary Sciences

Sport and Exercise
Undergraduate programmes

BSc (Hons) Nutrition and Dietetics

BSc (Hons) Sport and Exercise Science
Meet the team

Prof. Susan Lanham-New
HoD Nutritional Science

Dr. Julie Hunt
Programme Director
Lecturer in Sport and Exercise Sciences

Dr. Ralph Manders
Programme Director
Lecturer in Exercise Physiology

Dr. Sarah Allison
Lecturer in Sport and Exercise Science
Senior PTY tutor

Dr. Andrew Hulton
Teaching Fellow in Sport and Exercise Sciences

Mr. James Wild
Teaching Fellow in Sport and Exercise Sciences

Dr. Billy Senington
Teaching Fellow in Sport and Exercise Sciences

Dr. Catherine Payne
Teaching Fellow in Sport and Exercise Sciences

Dr. David King
Surrey HPI manager
Why Surrey?

- Teaching Excellence
- Excellent Facilities
- Employability
- Professional Training placements
- Student Experience
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

The British Association of Sport and Exercise Sciences Endorsed Course
HCPC
The British Dietetic Association
Accreditation No: AC263
Institute of Food Science and Technology
Teaching Excellence

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
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.
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

- On campus GP and health care
- 24 hr wardens and security team
- Hive Campus support and study centre
- Faculty Support
- Student life mentoring
- Chaplain
- Personal Pastoral Support
94% of our graduates are in employment after six months*

* Higher Education Statistics Agency (HESA 2018)
Sport and Exercise Science
Modular bioscience programmes

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.

Level 4: 120 CREDITS

Level 5: 120 CREDITS

PTY Professional Training year

Level 6: 120 CREDITS
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
- SEK International School Catalunya
- Christ's Hospital
- Royal Russell
- University of Gothenburg
- Scarlets
- Ministry of Defence
- NHS
- NICE National Institute for Health and Care Excellence
- Club La Santa
- Wycombe District Swimming Club
- AFC Bournemouth
- Southampton FC
- AFC Wimbledon
Current student placements 2019-20
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…
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

<table>
<thead>
<tr>
<th>Contact time</th>
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<tbody>
<tr>
<td>Year 1</td>
<td>20 – 25 hours per week</td>
</tr>
<tr>
<td>Year 2</td>
<td>15 – 20 hours per week</td>
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<tr>
<td>Year 3</td>
<td>about 15 hours per week</td>
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<table>
<thead>
<tr>
<th>Modes of delivery</th>
<th>Assessment methods</th>
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<tbody>
<tr>
<td>Lectures</td>
<td>Examinations</td>
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<tr>
<td>Seminars</td>
<td>Class tests</td>
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<tr>
<td>Tutorials</td>
<td>Coursework</td>
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<tr>
<td>Practicals (‘wet and dry lab’, gym, field)</td>
<td>Projects and portfolios</td>
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<tr>
<td>Small group work</td>
<td>Presentations</td>
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<td></td>
<td>Practical skills assessment</td>
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<td>Set exercises and problems</td>
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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

- **Level 2**
  - Gym
  - Exercise to Music
  - Aqua
  - Physical Activity for Children

- **Level 3**
  - Fitness Instructor/Personal Trainer
  - Advanced Exercise to Music
  - Exercise Referral
  - EMDP, Yoga, Pilates

- **Level 4**
  - **Specialist Instructors**
    - Cardiac Disease
    - Falls Prevention
    - Stroke
    - Mental Health
    - Back Pain
    - Obesity/Diabetes
    - Chronic respiratory disease
    - Cancer rehabilitation
    - Long term neurological conditions
    - Accelerated rehabilitation (Military only)
    - Strength and conditioning
  - **Additional Categories**
  - Non-Levelled Categories
    - Older Adults
    - Disability

- **Others**
  - Physical Activity Advisor
  - Fitness Manager
  - Fitness Tutor Assessor

- **Year 1**
- **Year 2**
- **Year 3/4**
Graduation at Guildford Cathedral

Faculty of Health & Medical Sciences
Career opportunities

Examples of graduate destinations:

<table>
<thead>
<tr>
<th>Sport science support (e.g. EIS, UK Sport, professional clubs)</th>
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<tbody>
<tr>
<td>• Exercise Physiologist</td>
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<td>• Sports Nutritionist</td>
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<tr>
<td>• Sports Psychologist</td>
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<tr>
<td>• Performance Analyst</td>
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Strength and conditioning

Personal training

Coaching and sports development

NHS exercise prescription

Research/academic
  • PhD, MSc, Higher Education Teaching/Training
Thank you