

C603: Sport, Exercise and Physical Activity



Undergraduate BA 2020

Essentials

UCAS code	C603
Degree	BA
Mode of study	Full Time
Duration	3 years
Location	Durham City (www.durham.ac.uk/study/location/durham.city)
A-Level	AAB
BTEC	DDD
International Baccalaureate	36
Alternative qualifications	<ul style="list-style-type: none"> • Other UK qualifications (www.dur.ac.uk/resources/undergraduate/UKequivalencies2017-18.pdf) • EU qualifications (www.dur.ac.uk/resources/undergraduate/apply/EUequivalencies2017-18.pdf) • International qualifications (www.dur.ac.uk/international/country.information/)
Contextual Offers	You may be eligible for an offer which is one or two grades lower than our standard entry requirements. Find out more (www.durham.ac.uk/study/ug/apply/contextualoffers/).
More information	Still have questions? (www.durham.ac.uk/study/askus/)
Department(s) Website	www.durham.ac.uk/sportandexercise

Course Summary

Description

Studying on the BA (Hons) Sport, Exercise and Physical Activity here at Durham will enable you to explore a broad range of topics across the spectrum from grassroots to elite sport, and also across the varied connections between sport and issues such as obesity, crime and inequality.

Across your three years of study, you will engage in a variety of core and optional modules in the social science disciplines of sport sociology, sport policy and sports development. The flexible design of the degree will also allow you to select and experience modules associated with other areas of the sport and exercise sciences, including physiology, psychology, and physical activity, nutrition and health.

Your research and academic study skills will be developed through bespoke modules, and during the final year dissertation project you will engage in deeper investigation of a sport, exercise or physical activity topic that particularly interests you. In addition, our employability-focused course provides further opportunities for you to take sport and exercise leadership and placement modules, as well as open modules from other departments across the University.

Learning, teaching and assessment approaches all emphasise the application of academic knowledge to real-life examples and practices in sport, exercise and physical activity. As such, we will enable you to develop your intellectual capacities and personal qualities, as well as to acquire a broad range of practical, professional and employability skills that can be applied to a range of future career paths and further postgraduate studies.

Year 1

You will establish a fundamental knowledge and understanding of key concepts and issues relating to selected disciplines within the study of sport, exercise and physical activity through the combination of five compulsory modules and the choice of an open module:

- Critical Skills for Sport and Exercise Sciences
- Sport, Culture and Society
- Introduction to Physical Activity, Diet and Health
- Introduction to Sport Psychology
- Introduction to Exercise Physiology
- Open Module*.

*As part of our flexible teaching, you have the opportunity across all three years to expand on your own academic interests through choosing to study 'open' modules offered in the Department of Sport and Exercise Sciences or in other subject areas, such as Business, Education, Languages, Criminology and Psychology.

Year 2

You will build on your knowledge and understanding of key concepts and issues in different sport, exercise and physical activity contexts. There is one compulsory module, which allows you to develop your skills and

understanding of various research methods that will be valuable across your degree, into your final year research dissertation project and future career. Choices of optional modules then allow you to either begin to specialise in particular sport, exercise and physical activity subject areas or, alternatively, maintain the breadth of study experienced in Year 1.

Compulsory modules:

- Contemporary Research Methods for Sport & Exercise Sciences (40 credits)

Then a minimum of two, or all three from (indicative list):

- Sport, Crime and Deviance
- Media, Sport and Society
- Sports Development

Then a minimum of one, maximum two optional modules (indicative list):

- Leadership in Sport & Health
- Sport and Exercise Physiology
- Psychology of Exercise and Public Health
- Open Module*.

*As part of our flexible teaching, you have the opportunity to expand on your own academic interests through the study of 'open' modules in other subjects such as, for example, Business, Education, Languages, Criminology and Psychology.

Year 3

You will critically analyse and evaluate more complex issues in relation to selected disciplines within the study of sport, exercise or physical activity. As is the case across the entire course, modules and option choices in Year 3 are refined on an ongoing basis to reflect developments in industry, employment opportunities and the latest academic research. You will also undertake an in-depth, critical analysis of a chosen topic in sport, exercise or physical activity, through your dissertation (an independent research project).

Compulsory modules:

- Dissertation in Sport (40 credits)
- Advanced Sociological Perspectives on Sport, Exercise and Physical Activity
- Sport Policy in Action

Then two optional modules (indicative list):

- Sport in the Community Placement
- Exercise Programmes for Health and Performance
- Applied Sport Psychology
- Nutrition for Sport, Physical Activity and Health
- Open Module*.

We review course structures and core content (in light of e.g. external and student feedback) every year, and

will publish finalised core requirements for 2020 entry from September 2019.

Placement Year

You may be able to take a work placement. Find out more (www.durham.ac.uk/placements/).

Admissions Process

Subject requirements, level and grade

A level offer – AAB. You do not need to have studied a PE or Sports Studies A level to apply.

BTEC Level 3 National Extended Diploma/OCR Cambridge Technical Extended Diploma – DDD.

IB Diploma score – 36 with 665 in higher level subjects.

In addition to satisfying the University's general entry requirements, please note:

- We welcome students with other post-16 qualifications equivalent to our standard entry requirements.
- We welcome applications from mature students and from candidates with non-standard qualifications. Every application will be considered on its own merits. Lack of formal qualifications need not be an obstacle to entry.
- For those with non-traditional qualifications who may need further preparation to enter an undergraduate degree Durham University offers a Foundation Programme, which provides a route onto our BA (Hons) Sport, Exercise and Physical Activity degree.
- If you are an international student who does not meet the requirements for direct entry to this degree, you may be eligible to take an International Foundation Year pathway programme at the Durham University International Study Centre

(www.durhamisc.com/?ch=uniweb&cc=signposting&cid=uniweb&utm_source=signposting&utm_medium=signposting&utm_campaign=uni)

English Language requirements

Please check requirements for your subject and level of study (www.durham.ac.uk/learningandteaching.handbook/1/3/3/)

How to apply

www.durham.ac.uk/undergraduate/apply

Information relevant to your country

www.durham.ac.uk/international/country.information/

Fees and Funding

The tuition fees for 2020/21 academic year have not yet been finalised, they will be displayed here once approved.

The tuition fees shown for **home and EU** students are for one complete academic year of full time study and are set according to the academic year of entry. Fees for subsequent years of your course may rise in line with an inflationary uplift as determined by the government.

The tuition fees shown for **overseas** students are for one complete academic year of full time study, are set according to the academic year of entry, and remain the same throughout the duration of the programme for that cohort (**unless otherwise stated**).

Please also check costs for colleges and accommodation (www.durham.ac.uk/undergraduate/accommodation/costs/).

Scholarships and funding

www.durham.ac.uk/undergraduate/finance

Career Opportunities

Sport

Further details on career opportunities can be found here: <https://www.durham.ac.uk/study/ug/employability>

Open days and visits

Pre-application open day

Pre-application open days are the best way to discover all you need to know about Durham University. With representatives from all relevant academic and support service departments, and opportunities to explore college options, the open days provide our prospective undergraduates with the full experience of Durham University.

Please see the following page for further details and information on how to book a place:
www.durham.ac.uk/opendays

Discover Durham Tours

Discover Durham tours offer a brief introduction to the University. The tour begins at one of our undergraduate colleges, where you will receive an introductory talk from a member of college staff, followed by a tour of the college by current students.

www.durham.ac.uk/undergraduate/live/visit/discoverdurham

Overseas Visit Schedule

www.durham.ac.uk/international/office/meetus

Department Information

Sport

Overview

At Durham, you can combine studying on outstanding sport and exercise degrees with unbeatable opportunities for participation and excellence in sport.

Studying in the sport and exercise sciences will allow you to study a broad range of topics across the spectrum from grassroots to elite sport, and also across the varied connections between sport and issues such as obesity, crime and inequality.

Rankings

- 5th in *The Complete University Guide 2019*.
- 7th in *The Guardian University Guide 2019*.

Staff

For a current list of staff, please see the School of Applied Social Sciences web pages (www.dur.ac.uk/sass/).

Facilities

We have excellent teaching facilities at Durham, including a dedicated Human Performance Laboratory.

Our superb sporting facilities include:

- 60 acres of beautiful and well-maintained playing fields which cater for rugby (union and league), soccer, lacrosse, football and cricket
- A purpose-built sports centre with a 50-station fitness suite, high performance weight room, sports hall, squash courts, tennis courts, netball courts and athletics track
- Indoor rowing tank
- Purpose-built dedicated fencing salle
- Dedicated rowing ergo gallery
- Performance analysis suite
- Purpose-built sports medicine/physiotherapy treatment rooms
- Artificial turf pitch with floodlights: sand-dressed
- Artificial turf pitch with floodlights: water-based
- Two artificial turf pitches with floodlights: rubber crumb
- Two county-standard cricket squares
- International standard cross country course
- Excellent river rowing facilities including new purpose-built boat houses on Wear, Tees and Tyne
- Access to swimming and artificial skiing nearby
- Biomedical science and sports fitness facilities.

The widest possible range of sporting opportunities for high performance, recreational participation, coaching

and officiating, as well as involvement in community outreach programmes, are offered by a well-managed Athletic Union, 'Team Durham'.

Team Durham also offers an Elite Athlete Support Programme and also scholarships. For further information visit: www.teamdurham.com/universitysport/scholarships

Website

www.durham.ac.uk/sportandexercise

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