UK TOP 15
SPORT AND EXERCISE SCIENCE DEPARTMENT
(Times Good University Guide 2020)

UK TOP 10
STUDENT SATISFACTION
(NSS 2019)

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(NSS 2019)

Innovative TEACHING

STATE-OF-THE-ART FACILITIES AND LABORATORIES
at the Swansea University Bay Campus

£450m BEACHSIDE BAY CAMPUS

RANKED 9TH IN THE UK FOR RESEARCH QUALITY
(Times Good University Guide 2020)

RANKED 7TH for Graduate Prospects IN THE UK
(The Guardian University League Table 2020)

Sport and Exercise Science degree endorsed by The British Association of Sport and Exercise Sciences (BASES)

© BASES

£450m BEACHSIDE BAY CAMPUS

RANKED 61ST IN THE WORLD
by CEOWorld Magazine (2019)

60% of our graduates are in a graduate level job (DLHE)
Why Sport and Exercise Science?

-indle the psychology of health and exercise
- Exercising and/or playing sport
- The elite performance environment
- How health is viewed in society
- How exercise can impact on health
- Making a difference to how people live

ARE YOU INTERESTED IN?

Yes?  

SPORT AND EXERCISE SCIENCE IS THE RIGHT COURSE FOR YOU

Science is the one human activity that is truly progressive. The body of positive knowledge is transmitted from generation to generation.

100% of graduates in work or study within 6 months of graduating (DLHE)

People employed 164,713 across the UK industry (IBIS World Sports Club – Market Research 2020)

£20,447 average graduate salary (SaveTheStudent.org)
CAREER SUPPORT

We are committed to ensuring that our students are provided with the best level of employability support from day one of their degree with us.

We have a dedicated Employability Team within the School, whose role it is to continuously provide opportunities for our students to improve their skills and find their perfect career post graduation.

Our support includes:

• Annual Careers Fair
• Weekly Graduate Employer Presentations
• CV Guidance
• Mock Interviews
• Summer Placement Support
• Alumni Networking Sessions

“Our vision for employability is to equip our Sport and Exercise Science graduates with the ability to address challenges of the future, leading to fulfilling and notable careers. Professional and capable, they will demonstrate the value of having a Swansea University Sport and Exercise Science degree as the backbone to a rewarding career.”

Dr Gavin Bunting, Director of Employability in the School of Sport and Exercise Sciences

“Keeping Britain cycling”

We are a leading UK cycling team and we are passionate about promoting cycling and sport science education at Swansea University. Our collaboration with Swansea University’s School of Sport and Exercise Sciences provides us with access to cutting-edge research and talented students.

British Cycling

British Bobsleigh

British Swimming
ENGLISH INSTITUTE OF SPORT

Play Wales

International Olympic Committee

Novo-Nordisk

NSPCC CHILD PROTECTION IN SPORT UNIT

WELSH ROWING

Rugby

Football

Union

SPORT WALES

ABMU

DIABETES UK

Hywel Dda Leadership Trust

QUINTIC CONSULTANCY LIMITED

UK Anti-Doping

Swansea City AFC

Welsh Rugby Union

UK Sport

UK ATHLETICS

UNESCO

UNODC

WORLD ANTI-DOPING AGENCY

Department of Health

National Institute for Health and Clinical Excellence

Swansea City AFC

Welsh Rugby Union

UK Sport

UK ATHLETICS

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Welsh Rugby Union

UK Sport

UK ATHLETICS

UNESCO

UNODC

WORLD ANTI-DOPING AGENCY
STUDENT SUPPORT, TEACHING & LEARNING

Providing the best student experience possible is of the utmost importance to us at the School of Sport and Exercise Sciences, and we have well-established systems and support staff in place in order to facilitate this.

ACADEMIC MENTOR PROGRAMME

Each student is assigned a Personal Academic Mentor (previously known as a Personal Tutor), with whom they meet throughout the year in a series of compulsory individual and group sessions. Personal Academic Mentors are an individual contact for every student, and they are there to provide support, encouragement, and help for the students to achieve their academic potential.

PEER MENTOR PROGRAMME

New students in Y1 will have the opportunity to sign up as a mentee of a student from Y2-3, who they can meet several times in the year for informal support and guidance.

ACADEMIC OFFICE HOURS

All teaching staff have designated office hours during the week. Students are encouraged to drop in to discuss lecture content, request assignment feedback, or to raise any academic issues that they have.

STUDENT REPRESENTATIVES

A Student Representative is elected from each programme for each year of study to provide the feedback and views of the student body on a range of topics to academic and support staff.

ONLINE RESOURCES

The Student Intranet, MyUni and Blackboard online pages are regularly updated with relevant resources, including: lecture notes, assignment/exam results and feedback, careers event information and graduate job opportunities.

COLLEGE PEER MENTOR COORDINATOR

Your College Peer Mentor Coordinator is your gateway to accessing advice and guidance during your studies here at the School of Sport and Exercise Sciences. You can reach them via Reception in the Engineering Central building, between 10am-12pm and 2pm-4pm on Monday, Tuesday, Thursday, Friday, and 1pm-3pm on Wednesday.

SUPPORT CAFES

Open to all Sport and Exercise Science students. We run cafés in Maths, Software, Science, and Writing.

FIND OUT MORE

Check out our student guide at: www.swansea.ac.uk/engineering/courses/student-support
Swansea v Cardiff is the biggest student sports event – and grudge match – in Wales. Whether you fancy being in the stands, in the cheerleading squad or even part of the scrum, it’s an unmissable date.

WHATEVER YOUR LEVEL, WHATEVER YOUR AMBITIONS, SWANSEA UNIVERSITY PROVIDES SUPERB SPORTS FACILITIES, OPPORTUNITIES AND SUPPORT.

Our £20 million Sports Village is home to:

- Wales National Pool 50m and 25m ‘warm-up’ pools
- Fully-equipped UniGym
- Indoor Training Centre
- Climbing Wall
- Physiology Suite and Sports Massage Facilities
- Multi-purpose Sports Hall
- International Athletics Track
- Rugby/Football/Cricket/Lacrosse Pitches
- Tennis Courts
- All Weather Astro Pitches

Swansea v Cardiff
A-STEM is one of the few Sport and Exercise Science Research Centres that are housed within an Engineering College in the UK. We therefore have a well-resourced, research-driven environment, underpinning our distinctive, cutting-edge multidisciplinary research, focusing on Elite and Professional Sport, Ethics Integrity and Governance, as well as Exercise, Medicine and Health.

Our research is industry driven, addresses real life challenges in sport, health and exercise and impacts on practice and policy.

World leading research is conducted in a number of areas, including anti-doping and sports ethics, children’s physical activity, and exercise physiology, and in a wide range of contexts from elite and professional sports, to clinical, home, and educational environments.

Our research has a clear real world focus, with outcomes fed back into practice to improve the performance of elite athletes, or improve health and well-being in the general public and clinical populations.

65 Degrees North seeks to help in the rehabilitation of wounded or damaged ex-servicemen and women by offering the opportunity to participate in a challenging adventure.

A team of Swansea University research experts have been supporting 65 Degrees North on their most recent challenge, helping a group of military veterans with physical and mental injury to reach the 16,000 feet summit of Mount Vinson in Antarctica.

Known as “the top of the bottom of the World”, Mount Vinson is one of the coldest and most remote places on earth. As of 16:30 (GMT-3) on Sunday, 15th January 2017, a 5-strong team from 65 Degrees North successfully reached the summit! To reach the summit, the team battled strong katabatic winds, brutally low wind-chill temperatures, high altitude and the threat of loose slabs and avalanches whilst also pulling pulks containing food, clothing, and survival equipment.

Swansea University has collaborated closely with 65 Degrees North over the past few years on a number of challenges. Researchers from Sport Science and the College of Science also helped a team to prepare for the world’s first unsupported crossing by an amputee of the 600km Greenland ice cap, in aid of Help for Heroes.

Welsh swimmer, Jazz Carlin, wearing the Blizzard Jacket

3D printed model of physical activity

Reconstruction of Welsh Archer on Mary Rose

65 DEGREES NORTH REACH THE SUMMIT OF ANTARCTICA’S HIGHEST MOUNTAIN

NEW STUDY REVEALS NUMBER OF OBESE CHILDREN AND ADOLESCENTS WORLDWIDE HAS RISEN TENFOLD IN THE PAST FOUR DECADES.

SWANSEA RESEARCH HELPS BRITISH SKELETON ATHLETES WIN 3 MEDALS IN THE WINTER OLYMPICS.
BEACHFRONT LOCATION

OTHER FACILITIES:
• Coffeeopolis coffee shop
• Faith space
• Gym and sports facilities
• Launderette
• Students’ Union

24HR BUS [term-time]
Approximately 20 minutes to Singleton Campus, 10 minutes to city centre

MY UNIHUB
Your one-stop-shop offering information and guidance on any aspect of student life; from finances, to course-load, to housing

BEACHFRONT LOCATION

VIRTUAL TOUR
swansea.ac.uk/virtual-tour
Wales is one of the four countries that make up the United Kingdom (UK). Wales has its own language – the oldest living language in Europe – and the University offers discounted Welsh lessons if you would like to learn!

Wales has an abundance of castles to explore, mountains to climb and delicious local dishes to try – the perfect antidote to a long week of studying. If you would like to find out more about things to do in Wales, we recommend that you visit: visitwales.co.uk

St David is the patron saint of Wales and is celebrated yearly on 1st March.

The world’s first wearable electronic hearing aid was developed in 1935 by Welsh inventor, Edwin Stevens.

Swansea is the land of mythical King Arthur.

It’s a beautiful location and a buzzing city; warm and friendly, it’s compact, yet offers it all.

Swansea is as rich an environment for living as it is for learning. From its breath-taking sweep of award-winning beaches and coves to its dazzling nightlife, eclectic dining and unique shopping experiences, it’s 378km² of everything you need to make your student experience amazing.

Swansea is the 5th happiest student city in the UK.

Swansea has an estimated population of 246,500.

Wherever you go in Swansea...

you’re by the sea.

1. Eat Joe’s Ice Cream
2. Paddle in Swansea Bay
3. Visit the National Waterfront Museum – one of many museums and galleries in the city
4. Surf down the Gower
5. Grab fish & chips at Mumbles Pier
6. Walk around our Marina
7. Socialise with friends on Wind Street
8. Eat Welsh cakes at Swansea Market
9. Watch football, or the nation’s favourite, rugby at the Liberty Stadium
10. Take in a show at the Grand Theatre

Swansea is as rich an environment for living as it is for learning. From its breath-taking sweep of award-winning beaches and coves to its dazzling nightlife, eclectic dining and unique shopping experiences, it’s 378km² of everything you need to make your student experience amazing.
OUR ACADEMICS

The School of Sport and Exercise Sciences has over 28 members of staff, including 24 academics, 2 technicians and 2 research staff.

Our focus is on how Sports Science can be applied practically. This, together with high-profile internships with major sporting teams and health organisations, has made Swansea’s Sport and Exercise Science students highly employable when they graduate.

Dr Laura Mason, Director of Teaching and Learning

Find out more information about our academic staff on our website: www.swansea.ac.uk/sports-science/staff

Innovative TEACHING

We’re proud to provide an outstanding learning experience and are championing ‘blended learning’, which includes the use of online/e-learning technologies to complement, support and enhance traditional face-to-face learning methods. Blended learning includes:

VIRTUAL REALITY
Visiting buildings before they’re built, or learning about intimate parts of equipment, helps give our students a new understanding of what they are studying.

LIGHTBOARD
Built by a team of our undergraduate students, our Lightboard Studio allows the creation of interactive videos, where the presenter faces towards the screen with overlaid writing and PowerPoint slides.

LECTURE CAPTURE
Many of our academics record their lectures, so that students can re-watch them in their own time.

ONLINE LEARNING MATERIALS
Created by our academics to enhance student understanding of difficult topics.
We run an annual expedition to Zambia that gives students and staff the opportunity to put their theoretical knowledge into practice by completing a humanitarian project.

Rachael George
BSc Sport and Exercise Science (with a Year Abroad)

Travelling the world and living outside the UK has always been something I wanted to do, and when a Year Abroad became a possibility, it seemed like the perfect opportunity to take.

I’m glad I got Brisbane, Australia, as I’ve visited the city before.

I’m mostly looking forward to being in a warmer climate, meeting new people and trying out new modules which I wouldn’t have otherwise been able to do.
WE ARE A TRULY GLOBAL SCHOOL...

KAROLINE KJUSS, NORWAY
“I wanted a university with top study facilities and lecturers, and of course a university with a good location. I got more than I expected.”

MEREDITH DAVIES, USA
“Living in Swansea was exciting because I don’t go to school in a large city. Swansea is big enough to have a lot going on, but small enough so it isn’t overwhelming.”

FELIX MMEKA, NIGERIA
“I needed to find an amazing city (amazing people and scenes, balanced lifestyle of both education and extra-curricular activities, low cost of living, etc.) that I could call home while studying and after five amazing years, I can say I haven’t been disappointed with that choice.”

BLYTON PEREIRA, INDIA
“I decided to come to Swansea due to its great reputation in the UK and the world.”

ANQI LI, CHINA
“I really enjoyed Swansea and found the lecturers very supportive.”

AHMED MAHMOUD, EGYPT
“Staff members are incredibly supportive. I sensed that during my stay and even before arriving here. My course supervisor kept (and is still) checking up on me regularly during my course duration. To sum up, the institution embraced me from day one, and I couldn’t have been more thankful.”

NASSER AL-KAABI, QATAR
“I decided to study at Swansea University because Swansea is a safe place and the University has a good population.”

STUDENTS FROM 115 COUNTRIES
BSc SPORT AND EXERCISE SCIENCE

As a student on the BSc Sport and Exercise Science course, you will be provided with an academically rigorous and BASES-accredited programme of study covering the factors that influence participation and personal performance in sports.

Here is a sample of the topics you will study during your degree:

**YEAR 1**
- Human Anatomy
- Biomechanics & Technology A
- Research Methods & Ethics
- Foundations in Exercise Science
- Human Physiology
- Biomechanics & Technology B
- Strength & Conditioning
- Psychological Dimensions of Sport 1: Understanding Children’s Participation

Optional modules
- Exercise Physiology
- Biomechanics & Technology C
- Strength & Conditioning II
- Exercise Science: Interventions and Applications
- Psychological Dimensions of Sport 2: Excellence in Adolescent Athletes

**YEAR 2**

Compulsory modules
- Developing Research Methods for Sports Science
- Employability, Innovation & Engagement

Optional modules
- Exercise Physiology
- Sports Biomechanics
- Sport, Diet and Disease
- Exercise, Growth and Development
- Sport Integrity, Ethics and Policy
- The Ethics of Doping: Health, Sport and Society
- Kinaanthropometry
- Biomechanics & Technology D
- Human Nutrition
- Critical Issues in Sport Sociology
- Contemporary Issues in Sport Pedagogy

**YEAR 3**

Compulsory module
- Sport and Exercise Science Research Dissertation

Optional modules
- Sports Biomechanics
- Sport, Diet and Disease
- Exercise, Growth and Development
- Sport Integrity, Ethics and Policy
- Health Related Exercise
- Sports Psychology 3
- Sport and Exercise Physiology
- Kinanthropometry
- Biomechanics & Technology D
- Human Nutrition
- Critical Issues in Sport Sociology
- Contemporary Issues in Sport Pedagogy

GET IN TOUCH
Email: study@swansea.ac.uk
Tel: +44 (0)1792 295514
swansea.ac.uk/sports-science

CAREERS
Our Sport and Exercise Science graduates have excellent career prospects and enjoy a very high employment rate. Opportunities for our graduates continue to grow in both the public and private sectors. The major areas of employment include:

- Sport and Exercise Science support (e.g. Welsh Institute of Sport, UK Sport, and Professional Sports Teams)
- Sports Development
- Sports Promotion
- Sports Commerce (clothing, equipment, tourism)
- Sports Management
- Sports Coaching
- Teaching and Lecturing
- Health and Fitness Consultancy and Management
- Health Promotion and Leisure Management
- Specific Careers within the NHS

While studying at Swansea, I enjoyed the many lab-based sessions we did across most of the modules. It’s always important to be able to apply the theoretical principles into practice, and I think this really sets you up for when you progress into a dissertation or an applied setting after university.

BASES (The British Association of Sport and Exercise Sciences) Endorsed Course

AT WORK WITH...
Will Sparkes
BSc SPORTS SCIENCE GRADUATE AND EMPLOYED AS A SPORTS SCIENTIST AT LA GALAXY
Successful Students
WORKING IN INDUSTRY

“Modules such as Human Physiology and Nutrition allowed me to explore and learn about the pathophysiology behind certain lifestyle diseases and prevention of cardiovascular disease or type 2 diabetes. It also exposed me to practical skills that are directly applicable to what I do now as a Physiologist.”

Rebecca Steingass
Health & Wellbeing Physiologist

“Completion of my third year dissertation provided experience in conducting research and it was through lecturers at Swansea that I was made aware of the teaching and research expertise they had available at the University of Glasgow. Subsequently, I completed my PhD at Glasgow University and am now lecturing in Exercise Physiology and Exercise for Health at the University of Plymouth.”

Dr Francesca Burton
Lecturer in Human Physiology

“Without undertaking the MSc at Swansea, there is no way I would have got to where I am now. During the MSc, I was offered the opportunity to work on a diabetes research project. I believe that the experiences I gained from participating in such a project provided me with the vital skills needed to undertake a PhD study. Also the help from the staff was overwhelming, their support gave me the push I needed to go out and get what I wanted.”

Tegan Carpenter
PhD student

“My degree in Sports Science, combined with lots of work experience placements throughout university, most definitely led to my opportunity at West Ham. All along the way, I felt I was adding value to my CV and making sure I stood out from other candidates – anything I could do to help me get a foot in the door and get a chance to impress.”

Eamon Swift
1st Team Rehabilitation Fitness Coach at West Ham United

“I’m positive that without the help of the lecturers at Swansea University, I would not be working with a Premiership team.”

Tom Taylor
Sport Scientist

“The knowledge I learned whilst at Swansea University is invaluable in helping me to get to where I am today. For instance, the testing I run at stadiums is almost identical to the work I completed during my undergraduate degree, and the Biomechanics module, in particular, gave me the relevant transferable skills that I regularly apply in my role.”

Joe Taylor
Performance Analyst at the English Institute of Sport

“Over the three years of my BSc, I had accumulated some great skills to offer the team, including physiological testing and technical analysis. The company now has over 100 athletes working with 10 coaches on a one-to-one basis and we work with some of the largest race organisers in the country to develop and deliver bespoke training packages.”

Thom Phillips
Sports Medicine Doctor

“Without my academic background in sports science and the applied work that I undertook alongside my degrees, I would not be in my current position. Due to the nature of my role, I draw upon aspects of sports science that I studied in Swansea on a daily basis.”

Joe Taylor
Performance Analyst at the English Institute of Sport
SCHOLARSHIPS
SPORTING ENTRANCE SCHOLARSHIPS AND BURSARIES

WHAT IS AVAILABLE?

Our Sporting Entrance Scholarship schemes aim to cover the enormous spectrum of talent which students hold in individual and team sports. We look for students who not only satisfy the normal academic requirements for admission, but who have also demonstrated outstanding ability in whatever sporting sphere they have made their speciality. There are four different levels of scholarship available:

- **Professional Athlete Scholarship**
- **Elite Athlete Scholarship**
- **BUCS Scholarship**
- **Sporting Excellence Scholarship**

Criteria:

**Professional Athlete Scholarship**

- Already achieved a paid professional sporting contract

**Elite Athlete Scholarship**

- Coaching or competing to a very high standard in a BUCS sport or recognised in a national pathway as a future international

**BUCS Scholarship**

- Coaching or competing to International or Junior International in a BUCS sport or recognised in a non BUCS sport

**Sporting Excellence Scholarship**

- Stand out performer or coach in their sport in a non BUCS sport

Financial award:

- **Professional Athlete Scholarship**
  - Full-time up to £1,000 P.A.
  - Part-time up to £500 P.A.

- **Elite Athlete Scholarship**
  - Full-time up to £3,000 P.A.
  - Part-time up to £1,500 P.A.

- **BUCS Scholarship**
  - Full-time up to £2,000 P.A.
  - Part-time up to £1,000 P.A.

- **Sporting Excellence Scholarship**
  - Full-time up to £2,000 P.A.
  - Part-time up to £1,000 P.A.

TALENTED ATHLETE SCHOLARSHIP SCHEME (TASS)

Swansea is committed to supporting student athletes to excel in both academia and sport while studying at Swansea. Our scholarship scheme aims to cover a wide spectrum of talent revealed in individual and team sports.

Please go to https://www.swansea.ac.uk/sport/high-performance-sports-and-scholarships/tass-and-scholarships to find out more and how to apply.

There is also a Sporting Bursary which can be applied for if you have not been awarded a scholarship.

**SPORTING EXCELLENCE BURSARY**

- **Criteria**
  - Students who have been selected or who have already performed to a high level that required additional funds to allow competition who have not got a Sporting Scholarship

- **Expected to represent SU**
  - Yes, where possible

- **Financial award**
  - Full-time up to £500 P.A.
  - Part-time up to £500 P.A.

**SPORTING SCHOLARSHIP & BURSARY SUPPORT**

Potential package may also include:

- Academic Mentor
- Flexible study option
- Profile on University website
- Publicity assistance
- Swansea University branded kit
- Sketty Lane Sports Facilities parking permit
- Summer accommodation
- Complimentary Sport Swansea Membership
- Free gym membership
- Free Wales National Pool membership if sport requires
- Access to S&C, nutrition, physio and sports massage support

**EXCELLENCE SCHOLARSHIPS**

£3,000 will be awarded to all students who achieve AAA at A Level (or equivalent: Scholarship Equivalence Table UK and EU). Achievement of an equivalent grade in the Welsh Baccalaureate Advanced qualification is recognised for the purposes of the award.

Each Scholarship will be worth £3,000 over three years (paid in three equal instalments - with £1,000 paid in the first year, £1,000 paid in the second year and £1,000 paid in the third year).

**MERIT SCHOLARSHIPS**

£2,000 will be awarded to all students who achieve AAB at A Level (or equivalent: Scholarship Equivalence Table UK and EU). Achievement of an equivalent grade in the Welsh Baccalaureate Advanced qualification is recognised for the purposes of the award.

Each Scholarship will be worth £2,000 over three years (paid in three equal instalments - with £670 paid in the first year, £670 paid in the second year and £670 paid in the third year).

For further information about European country requirements, please visit the International Section of our website.
FREQUENTLY ASKED QUESTIONS

Q CAN I VISIT SWANSEA UNIVERSITY?
A Yes. We offer a number of Open Days throughout the year. In addition, we are happy to arrange independent visits. Just get in touch! We really encourage students and their parents/friends to visit us to get a feel for Swansea and the university. www.swansea.ac.uk/opendays

Q CAN I CHOOSE TO STUDY A YEAR ABROAD?
A Our BSc offers the opportunity for a year abroad, which can be undertaken anywhere in the world. This will add a further year to the length of the programme.

Q DOES THE SCHOOL ACCEPT STUDENTS WITH BTEC QUALIFICATIONS?
A We accept a range of qualifications including BTEC extended diplomas in relevant subjects. Applications are considered and offers made are on a case by case basis.

Q WANT TO FIND OUT MORE?
A If you’re a teacher, careers or education advisor, visit our website for more information on the resources available. We are happy to visit schools or colleges and give talks, or deliver workshops, on a range of topics.

Check out the UniBuddy chats here: https://bit.ly/SU-Ambassador-Chat

www.swansea.ac.uk/sports-science