

Sport and Exercise Nutrition

This is a joint award delivered by the Division of Sport and Leisure and the Division of Health and Food Sciences and represents a new and exciting opportunity for students wanting to combine a study of Sport and Exercise with the study of Nutrition. This new degree integrates human nutrition and food science with exercise and sports science and offers students the opportunity to study the biological, sociological and behavioural bases of sport exercise and nutrition science.

It is designed to equip students with the necessary skills, understanding and attitudes to pursue professional careers in the health, fitness and sport science fields.

The broad educational aims are:

- to provide students with a sound foundation of theoretical and applied skills in the health and sports sciences and allied fields; and
- to develop in students the necessary competencies to become professional leaders in the selected health exercise and sport science fields.

What you will study

Stages 1 and 2

Introduction to Sport and Exercise Science: These modules will cover Anatomy, Exercise Physiology, Nutrition, Sports Biomechanics and Sport and Exercise Psychology. You will examine the scientific underpinnings of both health related exercise and preparation for elite performance. Through both Anatomy and Biomechanics you will develop an understanding of how the body moves and how technique can be monitored and improved. Your study of Exercise Physiology will enable you to understand how the various systems of the body are integrated and how they are challenged by exercise. This will lead to an understanding of how adaptations beneficial to both health and performance can be gained. This will be related to an understanding of Nutritional requirements for health and performance. Studying Sport and Exercise Psychology will enable you to understand not only the issues associated with exercise adherence and behaviour change in relation to a healthy lifestyle but also how psychological preparation aids sporting performance.

Contextual Activities: These modules allow you to put theory into practice. They include practical sporting activities and work placement. You will consider leadership, pedagogy and how they relate to the various employment contexts. You will be able to develop coaching and teaching skills alongside other qualities, including customer and client relations, skills highly valued by employers.

Nutrition Component of degree: You will be given the opportunity to study a range of nutrition modules which will allow you to develop an understanding of the basics of nutrition, food choice and eating patterns in relation to a healthy active lifestyle. You will learn about the principles of a balanced healthy diet. These modules aim to develop your knowledge of nutrition and metabolism and how these relate to sports performance. Through this course you will develop your nutrition knowledge with regards to the underlying biology of nutrition, and the role of the diet in sports and exercise performance. You will investigate specific dietary recommendations for key sports and look at the diet's role in competition and post competition recovery.

Research Methods: The Research strand will allow you not only to develop the skills necessary for successful study in Higher Education but also to develop generic research skills essential for future career development. You will learn about finding and retrieving information, analyzing and understanding existing sources, collecting and analyzing your own data, presenting your ideas in both written and oral forms, writing in a variety of styles and the ethical and moral dilemmas associated with work in sport and exercise.

Course
BSc (Hons) Sport and Exercise Nutrition

UCAS Code
CB64

Duration
Four years FT

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Stages 3 and 4

During stage 3 you will have the opportunity to further your studies with an emphasis on Sport and Exercise Nutrition by studying the following modules: Public Health Nutrition, Physiology of Disease, Exercise Testing and Prescription and Nutrition for Sport and Exercise. Importantly you will also undertake an extended work placement. Allowing you to not only apply knowledge in a real life situation but also gain invaluable experience.

The centrepiece of Stage 4 is a project in Sport and Exercise Nutrition which will allow you to conduct an in depth piece of research on a particular topic. You will also undertake a further work based learning module, as well as studying specialist topics in both sport and exercise and nutrition. There are also optional modules which allow you to follow particular interests.

Transferable Skills and Employability

All of the sports related courses at Abertay have been designed with future employment in mind. Prospective employers are not only interested in your academic ability but increasingly are looking to appoint graduates with a wide range of generic skills. These include: self-motivation, teamwork, leadership, time management, problem solving, interpersonal skills, presentation skills, research skills, sound judgment, etc. These skills will be embedded in your learning throughout your time at Abertay.

Career Opportunities

This course will open up a number of career opportunities. Careers in Sport and Exercise Nutrition are the most obvious and may include roles within exercise referral, physical activity interventions, etc. There will also, of course be opportunities to pursue generic graduate careers in business, management, etc.

Further Information

Details of the entrance requirements can be found on our website. If you would like more information on this course, please contact the Student Recruitment Office (details at the bottom of page).

The information in this leaflet is correct at the time of going to print. As the University has a policy of regularly reviewing its courses, the course or content may be subject to change without prior notice. You are advised to check the University Website for the most up to date information.
2/07

N.B In addition to the entrance requirements of the University, all applicants must satisfy an Enhanced Disclosure Scotland check

Contact

For further information contact:
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t: 01382 308080 f: 01382 308081
w: www.abertay.ac.uk/questions

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