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Exercise and Sport Sciences MRes

This combined research and taught masters programme provides students with a research orientated training in the practical, theoretical and applied elements of Exercise and Sport Sciences. Optional modules make up the taught component of the course, and offer teaching, learning and experience in core disciplines of exercise and health as well as in sport. Research experience is offered in academic or industrial settings within exercise, health or sports sciences.

Study here and find out why the University of Birmingham has been awarded The Times and The Sunday Times University of the Year 2013-14 (http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx)

Course fact file

Type of Course: Combined research and taught

Study Options: Full time

Duration: 1 year Full time

Start date: September

Contact

Student Recruitment Team
School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Edgbaston, Birmingham. B15 2TT
Telephone +44 (0)121 414 5922
Email: **sportexpgtadmissions@lists.bham.ac.uk (mailto:sportexpgtadmissions@lists.bham.ac.uk)**

School of Sport, Exercise and Rehabilitation Sciences (/schools/sport-exercise/index.aspx)

Details

MRes in Exercise and Sport Sciences brochure (PDF 210Kb) (/Documents/college-les/sportex/6997-MRes-Exercise-and-Sport-2pp-A4-AW.pdf)

The **MRes in Exercise and Sport Sciences** is a one-year full-time masters course programme that provides students with a research-orientated training in a lively, highly interactive teaching and research environment.

This programme takes students who have a research focus, from a variety of backgrounds at entry and gives them new skills to enable them to move into further research and/or employment in a number of disciplines.

It is offered by the **School of (/schools/sport-exercise/index.aspx)** Sport, Exercise and Rehabilitation Sciences, in collaboration with the **School of Clinical and Experimental Medicine (/schools/cem/index.aspx)** , and Department of Nursing and Physiotherapy in the University of Birmingham Medical School.

The purpose of the MRes Exercise and Sport Sciences is to provide a strong foundation for research in exercise and sport sciences in health and disease

Course Information

The taught elements of the course will be delivered in the form of optional modules in core disciplines within exercise and sports sciences, allowing students to shape the course to their particular interest. Optional modules include: Neuromuscular performance through the human lifetime; Integrated body systems; Cardiovascular and respiratory physiology; Nutrition and metabolism in health and obesity; Psychology of physical activity promotion.

Extended research experience is offered in the shape of a six-month research project in the students chosen discipline.
Specific areas of active research include:

- Exercise metabolism: The health effects of exercise in obesity and ageing
- Cardiovascular and respiratory physiology,
- Behavioural medicine: Psychological processes, immunology and cardiovascular function.
- Biomechanics, neurophysiology and psychology of motor control and exercise performance
- Motivations for, and effects of, physical activity participation

Related links

School of Sport and Exercise Sciences (/schools/sport-exercise/index.aspx)

Modules

Optional taught modules offered include:

- Neuromuscular adaptation to training
- Cardiovascular and respiratory physiology
- Nutrition and metabolism
- Psychology of physical activity promotion
- Integrated body systems

Fees and funding

Fees for 2014-15

	Home/EU	International
	Full time only	Full time only
(MRes) Exercise and Sport Sciences	£3,996	£13,855

Learn more about **fees and funding (/postgraduate/pgt-fees/index.aspx)**

Entry requirements

At least a 2:1 or equivalent in a relevant science subject (E.g. Sport and Exercise Sciences, BMedSci, Biochemistry, Health Sciences, Natural Sciences, Biology, Biological Sciences).

Find our more about **postgraduate entry requirements (/postgraduate/requirements-pgt/index.aspx)**

International students

Academic requirements

We accept a range of qualifications, our **country pages (http://www.birmingham.ac.uk/international/students/country/index.aspx)** show you what qualifications we accept from your country.

English language requirements

You can satisfy our English language requirements in two ways:

- by holding an **English language qualification (http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/index.aspx)** to the right level
- by taking and successfully completing one of our **English courses for international students (http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/english-courses.aspx)**

How to apply

To make an informal enquiry about this course or register your interest, contact:
Student Recruitment Team
School of Sport and Exercise Sciences, University of Birmingham, Edgbaston, Birmingham. B15 2TT
Telephone +44 (0)121 414 5922
Email: **sportexpgtadmissions@lists.bham.ac.uk (mailto:sportexpgtadmissions@lists.bham.ac.uk)**

When submitting your application, please ensure that you have indicated your top three preferred supervisors in rank order.

When clicking on the Apply Now button you will be directed to an application specifically designed for the programme you wish to apply for where you will create an account with the University application system and submit your application and supporting documents online. Further information regarding how to apply online can be found on the **How to apply pages (http://www.birmingham.ac.uk/students/courses/postgraduate/apply-pg/index.aspx)**

Apply now (https://pga.bham.ac.uk/lpages/LES049.htm)

Related links

MRes in Exercise and Sport Sciences brochure (PDF 210Kb) (/Documents/college-les/sportex/6997-MRes-Exercise-and-Sport-2pp-A4-AW.pdf)

Learning and teaching

The courses have a taught component, and an extended period of research to produce a dissertation.

Assessment methods

A variety of assessments will be used through the course, including presentation, problem based assessments, portfolio and extended writing.

Employability

The career opportunities available to sport and exercise scientists are expanding all the time. The 2012 London Olympics and increased National Lottery funding for sport has increased the number of jobs in elite level sport and public health. Many hospitals are starting to appoint specialists with exercise backgrounds to work in areas such as cardiac rehabilitation and health promotion. Clubs in a variety of different sports employ sports scientists as performance analysts, biomechanists and coaches. Other career routes include roles in the fitness and leisure industry, governing bodies, teaching, exercise prescription and testing, and sport promotion.

You will also have the support of a dedicated careers and employability team, to offer individual advice and guidance services and deliver an employability programme tailored to your needs.

Find out more at **www.as.bham.ac.uk/careers (http://www.as.bham.ac.uk/careers)**

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