



UNIVERSITY OF
BIRMINGHAM

SCHOOL OF
SPORT, EXERCISE AND
REHABILITATION SCIENCES



UNDERGRADUATE PROGRAMMES IN SPORT, EXERCISE AND REHABILITATION SCIENCES

Sport, Exercise and Health Sciences
Sport, Physical Education and Coaching Science
Physiotherapy
Applied Golf Management Studies

Introduction

Our thriving international community of staff and students creates global impact through world-leading research, and our multidisciplinary degree programmes offer you unrivalled opportunities to learn about the science of exercise, sport participation to performance, rehabilitation and motor control.

We will support you to understand the physical activity and sporting needs of a variety of individuals and communities. These range from children and older people to elite athletes and sedentary adults, from healthy participants to those recovering from injury or living with chronic diseases.

You will study on one of the most attractive and heritage-rich campuses in the country only a few minutes away from the centre of Birmingham, with its wealth of culture, nightlife, shops and other attractions.



OUR PIONEERING APPROACH

We are proud of our pioneering approach to education in sport, exercise and rehabilitation sciences. In 1946, we became the first university in the UK to offer a degree in Sport and Exercise Sciences, and continue to lead the way with a specialist programme in Sport, Physical Education and Coaching Science. We have been at the forefront of physiotherapy education since the 1930s and recently we ranked first in *The Complete University Guide 2019*. Additionally, our world-leading golf management degree offers the opportunity to apply for membership of The PGA.

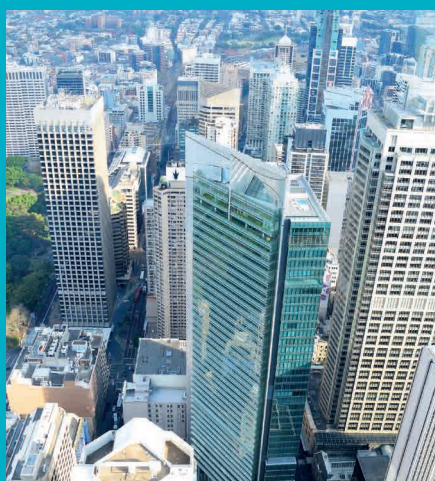
THE LEARNING ENVIRONMENT

Research informs all our teaching, ensuring an inspirational learning experience. You will be taught by internationally renowned academic staff and health professionals who are working at the cutting-edge of their disciplines. Our long history of research excellence underpins our teaching and enables us to build challenging teaching programmes that cover sports excellence, participation and global health problems, such as those associated with ageing and physical inactivity. In addition, we have been ranked 5th in the *QS World University* rankings for sport-related subjects in 2017 and 2018.

INVESTMENT IN FACILITIES

Thanks to a £16.4 million investment, we boast one of the largest custom-built Sport, Exercise and Rehabilitation facilities in the UK. This includes teaching and research laboratories for physiology, biochemistry, psychophysiology, musculoskeletal assessment, biomechanics, sport and exercise psychology, motor skills, nutrition, muscle mechanics and the neurophysiology of movement. Our new £55 million sports centre offers some of the UK's best sports facilities including Birmingham's first 50-metre swimming pool and an indoor sports arena.

**5TH IN THE WORLD FOR
SPORTS-RELATED SUBJECTS**
*QS WORLD UNIVERSITY
RANKINGS 2017 AND 2018*



OPENING A HOST OF DOORS

We offer a wealth of opportunities to help you prepare for a successful career including internships with sports clubs and health organisations, placements in NHS Trusts across the Midlands, and in staff laboratories or on research projects. The School has an excellent record of employment with 95 per cent of our graduates in jobs or postgraduate study within six months of graduation.

Our global engagement extends through our network of international partner universities to graduates working abroad, on placements or internships overseas. Students on some programmes have the opportunity to study or do elective placements abroad during their course, with recent destinations including leading universities in the USA, Australia, New Zealand, Canada and Hong Kong.

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For more information, please visit

www.birmingham.ac.uk/sportexr

Where will your degree take you?

Preparation for your future career should be one of the key things you think about when you start university. By choosing to study with us you will embark on an enriching journey, building a strong foundation for your professional future.

The School has an excellent record of employment, reflecting our strong reputation and the wide range of employability skills offered by our multidisciplinary degree programmes.

Work experience

We offer a number of competitive opportunities for work experience throughout our programmes. Internships are sometimes also available in staff laboratories including Biochemistry and Human Movement, and as part of ongoing research projects. These opportunities help to enhance your CV and prepare you for the world of work.

Some of the destinations of previous placements include:

- Birmingham City FC/Aston Villa FC
- Birmingham Council Sports Clubs/Healthy Living programmes
- The Football Association (St George's Park)
- Primary and secondary schools, and colleges
- The NHS and local hospitals
- Business
- National and international golf resorts

There is a broader range of careers that attracts our graduates, including the NHS, the Police Force, Army, Air Force and Navy. Our graduates are also well prepared for graduate recruitment and further study in areas such as law, accountancy, financial services, computing, marketing, management, the Civil Service, Scientific Civil Service and local government.

CAREERS

CAREERS NETWORK

From your first day at Birmingham to after you graduate, Careers Network is here to help you identify and achieve your individual career aspirations through its wide range of services, including:

- Sector-specific career planning workshops and employer/alumni sessions
- One-to-one advice appointments tailored to your specific needs
- Our multi-award-winning work experience team with dedicated internship officers
- Advice on CVs, interview skills and using social media more effectively
- Our Careers Hubs and dedicated virtual learning resource

Further study

Many graduates continue to further study in subjects including medicine, physiotherapy, dietetics and occupational health. The University offers a Postgraduate Diploma in Education (PGDipEd) for prospective teachers. Our exciting range of Masters and PhD opportunities attracts students from across the world and focus on developing your knowledge and skills to a higher level.

95%
EMPLOYABILITY

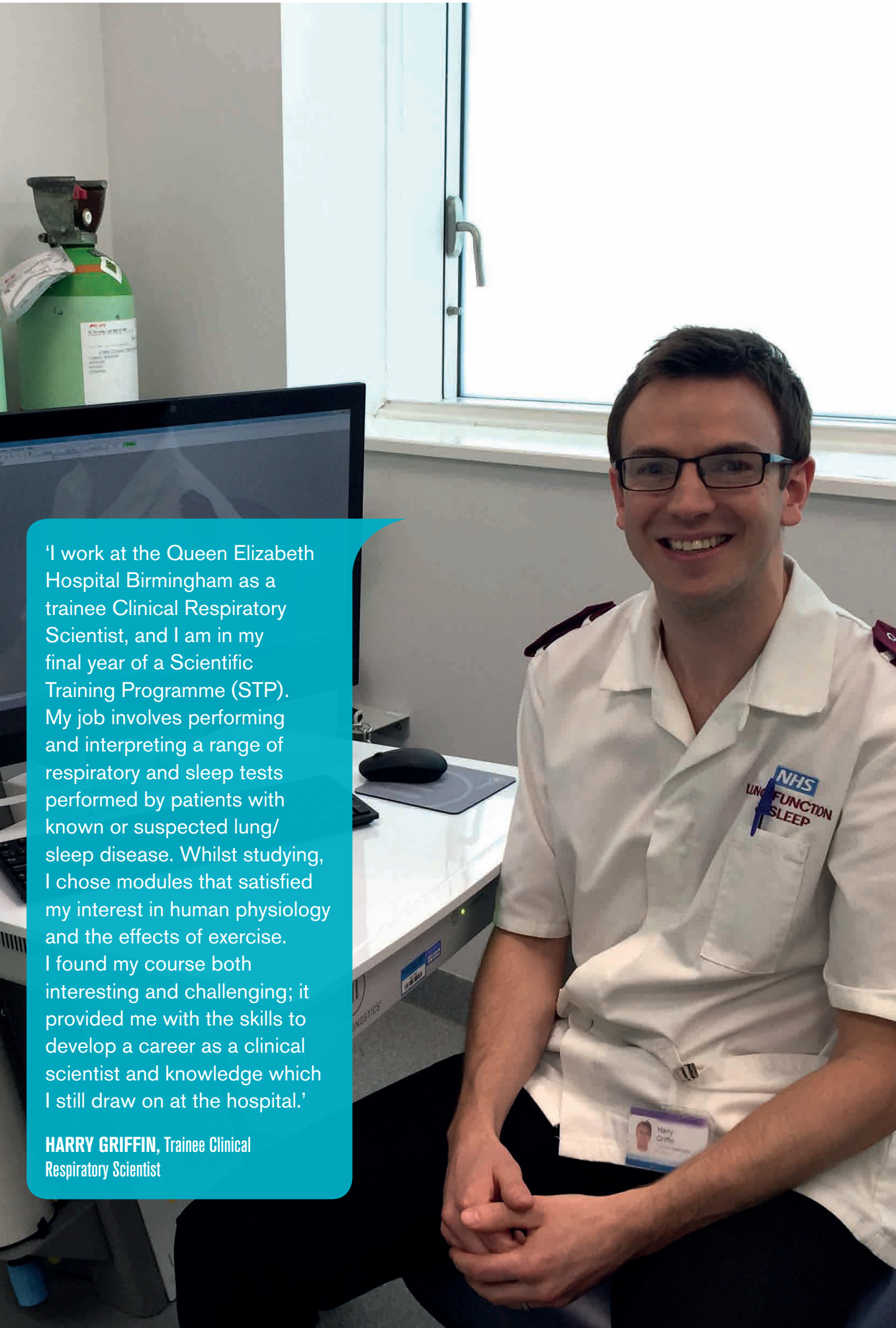
EXAMPLE

CAREER

ROUTES

PREMIER LEAGUE PROGRAMME COORDINATOR	CARDIOPULMONARY EXERCISE TESTING ASSISTANT
PERFORMANCE ANALYST	COMMUNITY ACTIVITY COORDINATOR
HEALTHCARE ASSISTANT	MANAGEMENT TRAINEE
PARTNERSHIP COACH	PROGRAMME DEVELOPMENT DIRECTOR
PERSONAL TRAINER	MARKETING AND COMMUNICATIONS ASSISTANT
SCIENCE COMMUNICATOR	SPORT PSYCHOLOGIST
PE TEACHER	BIOMEDICAL ASSISTANT
GOLF EVENT MANAGER	GOLF DEVELOPMENT COACH
PAEDIATRIC PHYSIOTHERAPIST	EXERCISE SPECIALIST
RESEARCH ASSISTANT	MULTI-SPORT DEVELOPMENT OFFICER
PGA GOLF PROFESSIONAL	PRIMARY SCHOOL TEACHER
PHYSIOTHERAPIST	TECHNICAL AND SALES REP
ASSISTANT DIRECTOR OF SAILING	ACADEMY PHYSIOTHERAPIST
TEFL TEACHER	GRADUATE RESOURCER
JUNIOR ROTATIONAL PHYSIOTHERAPIST	BUSINESS DEVELOPMENT CONSULTANT
SCIENTIFIC COPY EDITOR	COUNTY GOLF DEVELOPMENT OFFICER
DEVELOPMENT SQUAD PHYSIOTHERAPIST	ACADEMY HEALTH AND WELLBEING PHYSIOLOGIST
PROJECT ENGINEER	REHABILITATION ASSISTANT
PGA TEACHING PROFESSIONAL	SENIOR SOCIAL CARE WORKER
STATISTICIAN	
NUTRITIONIST	
SPORTS CENTRE MANAGER	





'I work at the Queen Elizabeth Hospital Birmingham as a trainee Clinical Respiratory Scientist, and I am in my final year of a Scientific Training Programme (STP). My job involves performing and interpreting a range of respiratory and sleep tests performed by patients with known or suspected lung/sleep disease. Whilst studying, I chose modules that satisfied my interest in human physiology and the effects of exercise. I found my course both interesting and challenging; it provided me with the skills to develop a career as a clinical scientist and knowledge which I still draw on at the hospital.'

HARRY GRIFFIN, Trainee Clinical Respiratory Scientist

Our areas of study

Our four main undergraduate programmes focus on different areas within the broad field of sport, exercise, health and rehabilitation – Sport, Exercise and Health Sciences; Sport, Physical Education and Coaching Science; Physiotherapy, and Applied Golf Management Studies.



Our undergraduate programmes support learning across the School's key research themes:

- Sport participation to performance
- Exercise and health
- Rehabilitation and motor control

Topics across our programmes range from functional anatomy, human physiology, exercise psychology, physical activity, musculoskeletal physiotherapy and therapeutic practice through to teaching and coaching, equipment technology, outdoor education, human resource management, sports development and sociology of sport.



Through these diverse perspectives, we can address questions about these themes to ensure our work is relevant to real-life settings.

With a broad spectrum of optional modules to choose from, you can tailor your degree to your own specific interests and career aspirations as your course progresses. We offer modules ranging from theory to practice, core science to applied studies, and from natural and social science perspectives.

In the third year, you will have the opportunity to plan and undertake an individual research



project. If appropriate, in parallel with the academic courses, we encourage you to take National Governing Body of Sport courses, which lead to coaching and other qualifications.

By the end of your studies, you will understand the importance of both multidisciplinary and interdisciplinary approaches to answering questions about sport, performance, and the role of exercise and rehabilitation in promoting recovery and maintaining health throughout the lifespan. The variety of course content on offer ensures that you are prepared for a wide range of potential careers.

The learning environment

How you learn is as important as what you learn. The learning experience at Birmingham combines a wide variety of study methods extending way beyond the lecture theatre.

Our degree programmes are taught using a range of methods including formal lectures, small group seminars, computer-based learning, practical classes in both laboratories and the sports centre, and practical placements.

As well as developing your specific subject knowledge, you'll also develop your generic learning skills, including computing and statistical competence, report writing, oral presentations and group work. We believe that attention to these skills is one reason why our graduates are so attractive to potential employers.

You will be taught by subject-leading academics and health professionals who are passionate about sharing their knowledge and expertise with you. You will become part of the School's academic community, which includes professors, lecturers, visiting experts, postgraduate students and researchers.

Alongside their expertise in teaching and research, our world-leading academic staff act as consultants to schools, local education

authorities, national governing bodies of sport, charities, businesses and government departments in the UK and abroad. This enables academics to bring a real-world perspective to their taught sessions with you.

We collaborate with a number of external partners including: the Swim England (the Amateur Swimming Association), Birmingham City Council, Birmingham Royal Ballet, NHS trusts, British Gymnastics, British Heart Foundation, British Triathlon Federation, Alzheimer's Research UK, Age UK, The Football Association, The Jamaican Athletics

Administrative Association, The Professional Golfers' Association, The Chartered Society of Physiotherapy, Health and Care Professions Council and the Youth Sport Trust. Visiting speakers from these and many other organisations enrich the taught programmes for all our students.

Our School is a close-knit community and we adopt a very personal approach. You will be assigned a personal tutor on arrival who will work closely with you to support your development and track your academic progress throughout your studies.

WORLD-CLASS SPORT AND FITNESS FACILITIES

Located on campus, the £55 million Sport & Fitness club opened in 2017 and encompasses a huge variety of facilities including Birmingham's first 50-metre pool, an extensive gym, a multi-sport arena with 800+ spectator seats, five studios, six glass-back squash courts, a climbing wall, performance centre and much more. The state-of-the-art facility demonstrates the University of Birmingham's commitment to sport at all levels, offering everything from introductory sport courses and beginners' classes, to social sport and support for elite athletes. The University's outdoor facilities include two synthetic hockey pitches, 3G pitches, netball/tennis courts, athletics track, gymnastics centre and grass pitches.

Read more on page 17.

STRENGTH & CONDITIONING INTERN PROGRAMME

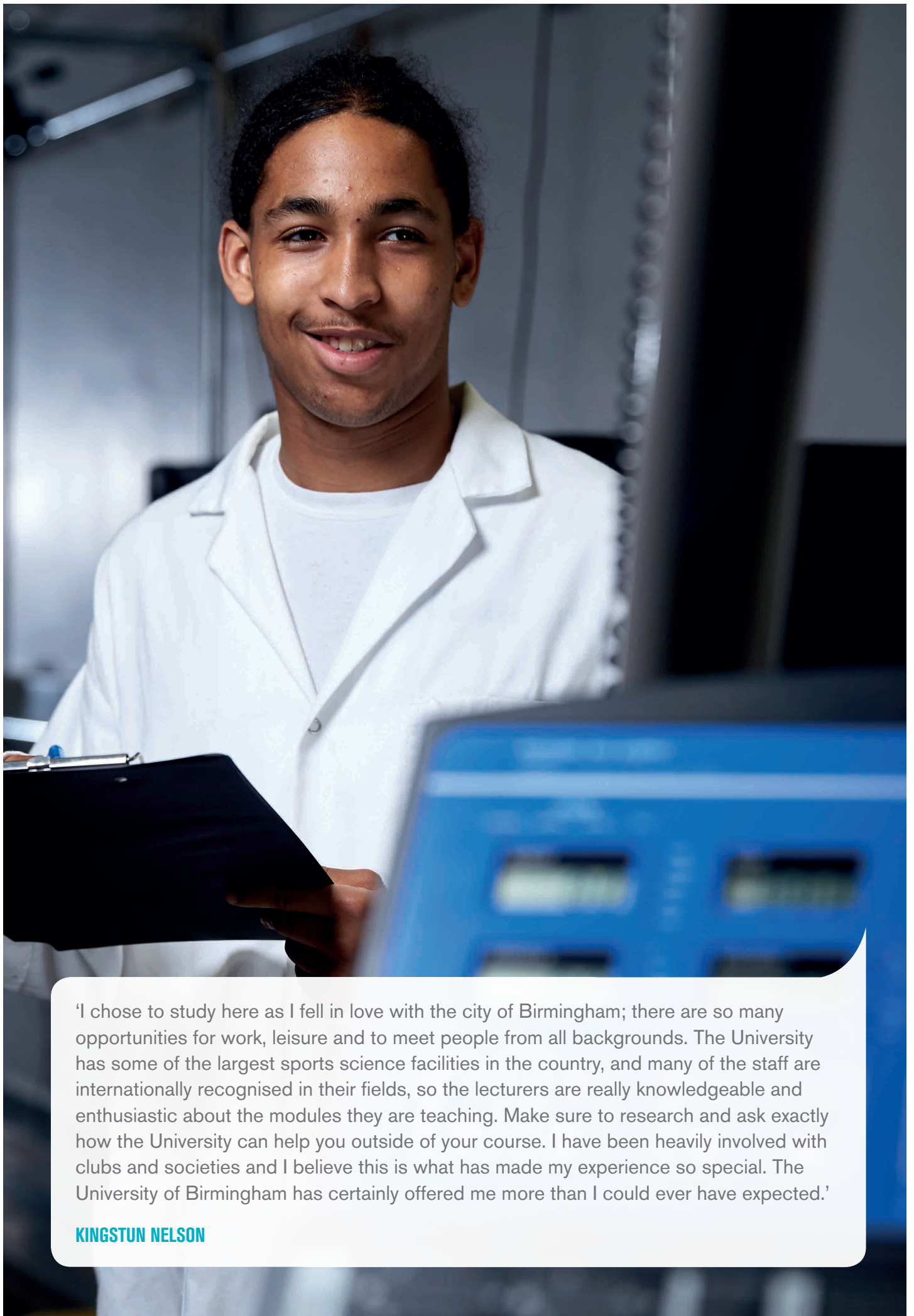
Each year up to ten students are selected (via an application process) to provide assistance for Strength & Conditioning (S&C) support to some of our Performance sports clubs including football, rugby, netball and hockey. This includes being assigned to a team(s) and their Lead S&C coach at the start of the season and assisting during gym and pitch sessions, as well as testing. Interns provide between 50–60 hours of support, gaining pivotal on-the-job experience in an applied sporting environment, which is a great CV asset. Initial training is provided by the Performance Centre's S&C team, as well as on-going fortnightly CPD and mentoring to ensure the best experience and S&C support is provided.

PITCH-SIDE SUPPORT PROGRAMME

Each year up to 24 Physiotherapy students are selected (via application process) to provide pitch-side first aid support to some of our Performance sport clubs including football, rugby, netball and hockey. This includes providing weekly support at one training session and one match throughout both terms 1 and 2. On this programme, you will provide between 50–60 hours of support gaining exceptional on the job experience in an applied sporting environment which is great for enhancing your physiotherapy CV. Specific training is provided to ensure you are confident and ready to provide the pitch-side support needed.

'The combination of theory and practical sessions attracted me to the course as it suited my active personality. Birmingham's beautiful campus fulfilled my vision of university and I have really enjoyed living in such a big city. There are always different events on, and new places to go. The lively student environment has really enhanced my university experience.'

HANNAH PARNIS, BSc Sport, Physical Education and Coaching Science



'I chose to study here as I fell in love with the city of Birmingham; there are so many opportunities for work, leisure and to meet people from all backgrounds. The University has some of the largest sports science facilities in the country, and many of the staff are internationally recognised in their fields, so the lecturers are really knowledgeable and enthusiastic about the modules they are teaching. Make sure to research and ask exactly how the University can help you outside of your course. I have been heavily involved with clubs and societies and I believe this is what has made my experience so special. The University of Birmingham has certainly offered me more than I could ever have expected.'

KINGSTUN NELSON

Sport, Exercise and Health Sciences

Understanding the science behind sport and exercise not only enhances the performance of elite athletes, but also helps address some of the world's greatest societal challenges, such as obesity, physical inactivity, and unhealthy ageing.

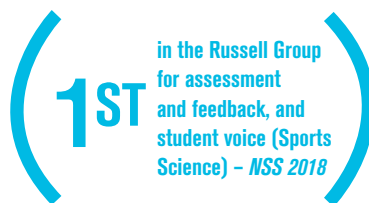
Our cutting-edge programme covers a wide spectrum from sport performance to physical and mental health, ensuring that our graduates have the knowledge, skills, and motivation to be leaders in a range of contexts. At Birmingham, we emphasise the importance of a strong theoretical understanding across a range of disciplines, such as human physiology, biochemistry, psychology, motor control, functional anatomy and nutrition.

As you progress through your degree, you will be able to tailor your studies to suit your personal interests and career aspirations. Your learning activities will range from laboratory science in our outstanding custom-built Sport,



LUKE BARTLEY
International Year student

'I took a year abroad in the USA at the University of Kansas. This was an unforgettable experience and I would encourage anyone to study abroad. You will get the chance to experience another culture, make friends and connections from all over the world, and be able to travel. I came back more mature, which made me more determined to do well in my degree.'



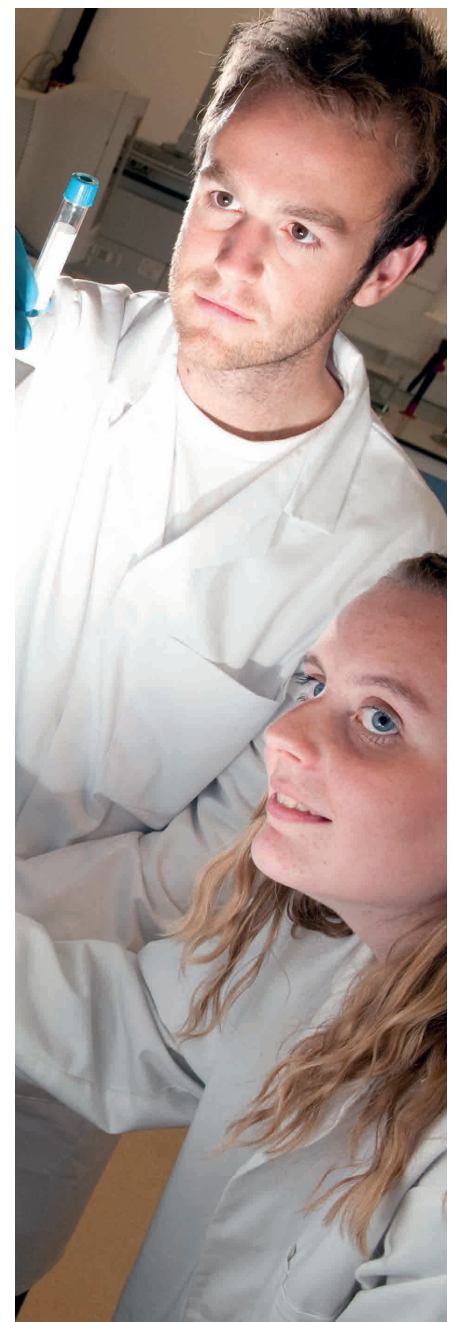
Exercise and Rehabilitation facility, to community engagement across our diverse home city and beyond. These experiences will help you to develop skills in both the fundamental sciences and their application in the real world.

In your final year, you have the opportunity to work closely with our world-leading academics to conduct a research project in an area of your choice. You could collaborate with an external partner, such as a charity or community group, to complete an applied project that addresses a specific organisational need. Alternatively, if you have an interest in physiotherapy, you will have the unique opportunity to complete your project with a member of our team specialising in physiotherapy and rehabilitation.

With opportunities for work placements and tailored advice, you will develop a range of employability skills which open the door to an exciting range of careers after you graduate including sport science support, scientific research, healthcare settings, teaching, coaching and management.

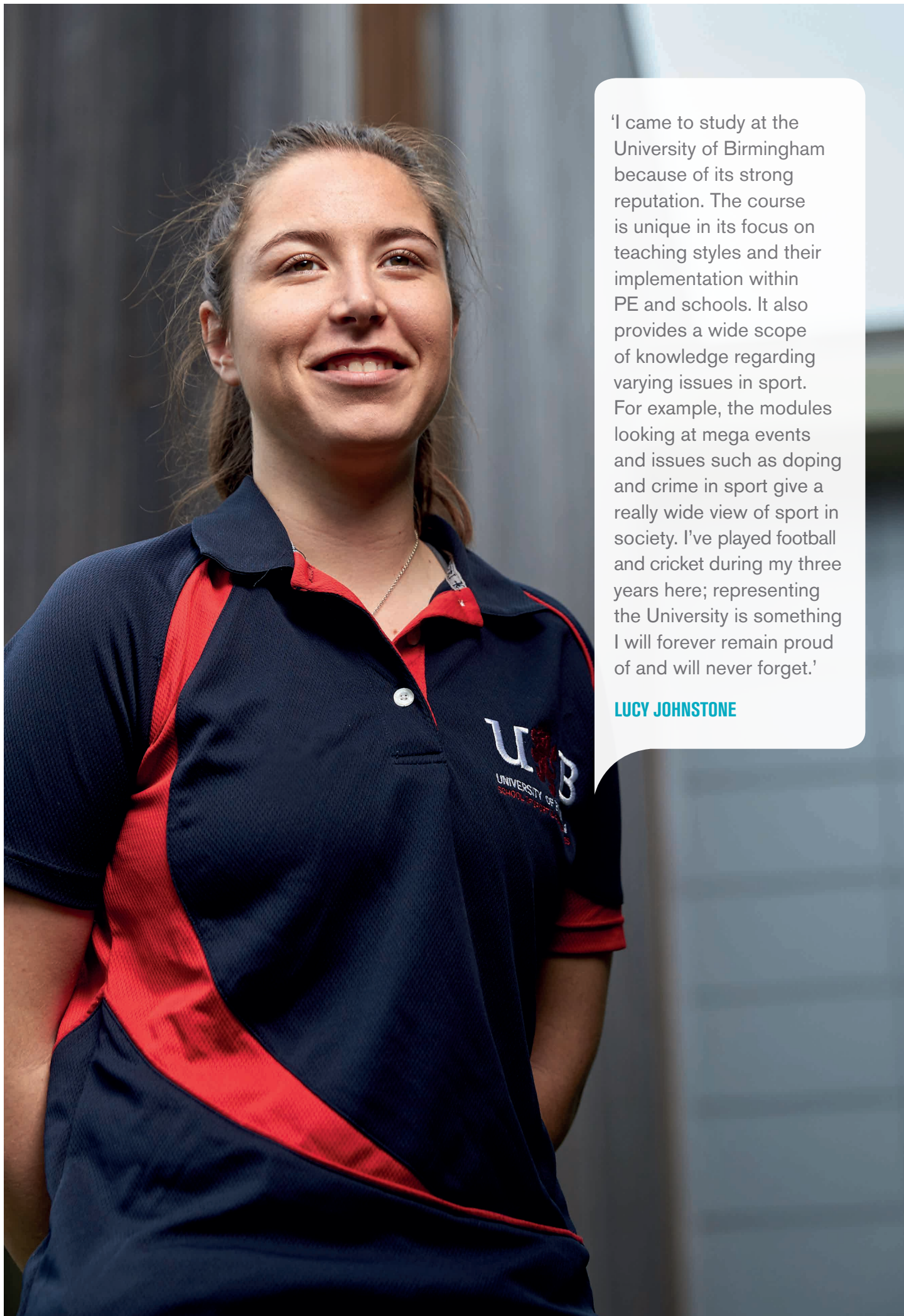
International year

BSc Sport, Exercise and Health Sciences with an International Year offers you the exciting opportunity to study abroad for a year at an overseas university. Recent destinations have included USA, Australia, New Zealand, Canada and Hong Kong. You complete the first two years of your degree at Birmingham, then spend a year abroad, before returning here to complete your final year.



For more information, please visit

www.birmingham.ac.uk/bc17



'I came to study at the University of Birmingham because of its strong reputation. The course is unique in its focus on teaching styles and their implementation within PE and schools. It also provides a wide scope of knowledge regarding varying issues in sport. For example, the modules looking at mega events and issues such as doping and crime in sport give a really wide view of sport in society. I've played football and cricket during my three years here; representing the University is something I will forever remain proud of and will never forget.'

LUCY JOHNSTONE

Sport, Physical Education and Coaching Science

Combining academic knowledge with real-life experience of working in sports clubs, schools and community groups is essential if you are an aspiring teacher, coach or exercise professional. This flexible degree course is designed to provide you with opportunities to develop your employability skills as you study.

98%
EMPLOYABILITY

The focus of this multidisciplinary science-based programme is the educators and practitioners who are committed to creating exciting and dynamic sport and exercise experiences. Our diverse range of practical and theoretical modules will support you in your development as a creative and innovative practitioner.

There are opportunities to complete work placements in a range of sport and physical activity settings, as well as other opportunities to enhance your employability through volunteering and work experience.



JONNY HAYES

'I chose this course as I could customise it by picking modules to further my career ambition of being a secondary school PE teacher. University is more than just a degree; it's about developing yourself for life. It has given me a sense of independence and freedom, and has allowed me to develop as a person.'

EMILY DEFROAND

'This was the perfect course for me – it mixed theoretical learning with practical elements and the variety of modules on offer were second-to-none. It developed my understanding of sport from numerous angles – sport politics, policy, psychology, nutrition, as well as practical teaching. In between my Masters studies at the University of Birmingham, I have managed to secure invaluable work experience at a sports communication and publishing company in London, as well as continuing my sporting commitments as a junior international hockey player and hockey coach. I aspire to become a senior international hockey player, whilst also embarking on a successful career in the sport marketing and events sector.'

You will have the flexibility to select modules that suit your personal interests and future career ambitions, choosing from a diverse range of options which really reflect the multidisciplinary nature of working in contemporary sport. Areas of study include sport pedagogy, psychology and physiology of performance, sport policy and management, applied teaching and coaching, physical activity and health, and outdoor learning and development. You can also broaden your studies by selecting modules from other programmes or schools at the University.

The core of the teaching approach to this course is linking theory with practice to help you become a forward-thinking and critical practitioner, who makes decisions on the basis of research evidence. Practical learning contexts include applied teaching and coaching of games, athletics, gymnastics, dance and swimming.

Throughout the course, you will have the opportunity to develop cutting-edge theoretical knowledge in physical education and coaching science and apply this in practical settings.

One of the highlights of this course is the residential course in Year 1, which is held

at the University's own Raymond Priestley Outdoor Centre in the Lake District. This is a unique learning experience and a chance to get to know other students on the course.

Our graduates are professional, focused and highly motivated, and equipped with the skills and experience to begin careers as future leaders in sports, physical education and coaching. Our programme is ranked first in the UK for graduate employability (DLHE 2016/17).

International year

Studying abroad can truly expand your horizons – beyond simply enhancing your CV. Students who spend a year studying and living in another country have a unique global perspective on their subject, experience of another culture and a sense of confidence and independence which is attractive to future employers. BSc Sport, Physical Education and Coaching Science with an International Year offers you the exciting opportunity to study abroad for a year at an overseas university. Recent destinations have included the USA, Australia, Canada and Europe. You complete the first two years of your degree at Birmingham, then spend a year abroad, before returning here to complete your final year.

For more information, please visit

www.birmingham.ac.uk/c6L4



'I fell in love with the campus on my first visit and was inspired by the enthusiasm of the Physiotherapy lecturers. This course stood out to me as there were plenty of extra-curricular activities such as sports massage to make your CV stand out.'

KATIE PORTBURY

Physiotherapy

Physiotherapists play a significant part in healthcare teams, being involved in the maintenance and/or restoration of movement and function in a range of client groups.

Our modular programme offers both classroom and clinical-based experience and covers theoretical disciplines including human anatomy and physiology; therapeutics; cardiorespiratory, neurological and musculoskeletal physiotherapy; psycho-social aspects of health care, as well as professional codes of conduct; cultural competence, ethics, research and study skills.

Practical skills for professional practice are taught and assessed throughout the course. You will take your first placement in Year 1 and undertake an additional five placements throughout the programme, completing a minimum of 1,000 hours. Additionally, you will engage in learning opportunities involving other health professionals within the University and Hospital Trusts when on placement, which will enhance your multidisciplinary team-working skills.

CIARA HORNE BSc Physiotherapy graduate, now part of the GB Cycling team pursuit squad

The Physiotherapy department has a justifiably excellent reputation and the University was always extremely supportive and made sure to accommodate me when I had a competition. I've definitely got a soft spot for Birmingham.'

**1ST FOR PHYSIOTHERAPY
THE COMPLETE UNIVERSITY
GUIDE 2019**

**94%
GRADUATE
EMPLOYABILITY**



'I really liked that the course included a placement in Year 1, whereas other universities did not offer placements until Year 2.'

AMY GRIFFITH

You will undertake an elective clinical placement between Years 2 and 3, giving you the opportunity to work in a developing healthcare area and experience a diversity of practice within a health or social care setting that specifically interests you.

You will also have the unique opportunity to be selected and trained to provide bronze-level pitch-side first aid for the University's elite sporting teams, which contain many international-level athletes. See page 7 for details of our Pitch-Side Support Programme.

Successful completion of this popular three-year programme awards you an honours degree that is recognised by the professional

body of physiotherapists – the Chartered Society of Physiotherapy, and the regulatory body – the Health and Care Professions Council. This entitles you to apply for registration with these organisations.

Our impressive 94% graduate employability rate speaks for itself. Our graduates have entered careers both in the NHS and private sector, working in hospitals, sports clubs, the military and in the general community.

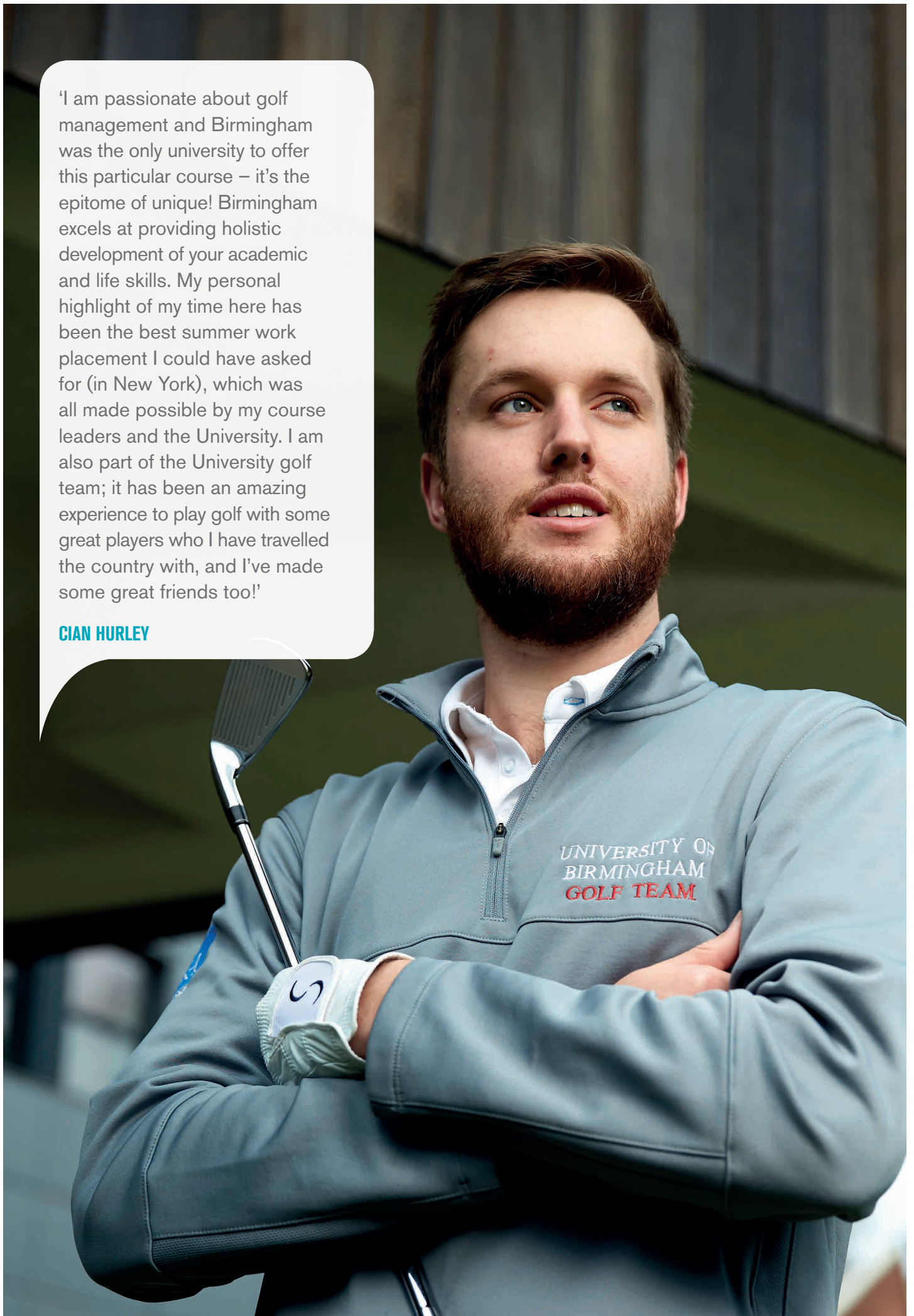
An increasing number of Physiotherapy graduates are working on a freelance basis alongside their work in the NHS. Some choose to pursue further studies in education, research or undertake further training.

For more information, please visit

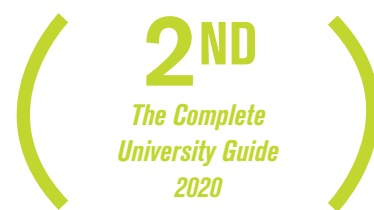
www.birmingham.ac.uk/b160

'I am passionate about golf management and Birmingham was the only university to offer this particular course – it's the epitome of unique! Birmingham excels at providing holistic development of your academic and life skills. My personal highlight of my time here has been the best summer work placement I could have asked for (in New York), which was all made possible by my course leaders and the University. I am also part of the University golf team; it has been an amazing experience to play golf with some great players who I have travelled the country with, and I've made some great friends too!'

CIAN HURLEY



Applied Golf Management Studies



Applied Golf Management Studies is the world-leading golf degree that offers the chance to apply for membership of The Professional Golfers' Association (The PGA). Our graduates lead the development of golf throughout the world. We are ranked 2nd* in *The Complete University Guide 2020* league table, which reflects the quality of the Applied Golf Management Studies degree course.

'The degree is incredibly varied with modules from finance and psychology to biomechanics. This provides you with a great insight into the potential different fields and industries within golf and allows you to keep your options and doors open whilst you explore them further. I certainly wouldn't have had the career experience I have gained or be in the position I am now without this degree.'

VICTORIA HASSETT, BSc Applied Golf Management Studies graduate, Account Manager at IMG, managing the retail merchandise programme for The Open



GEORGE WALE

'Following graduation in 2012, I took up a position with The Professional Golfers' Association. I was responsible for running tournaments domestically and international up until 2017 when I moved to The R&A. In my new role as Qualifying Manager I am responsible for the delivery of qualifying tournaments for The Open, AIG Women's British Open and Senior Open.'

'The Applied Golf Management Studies course included a variety of subject matters which enabled me to be decisive with my career choice prior to graduation. The course benefits from summer placements which further enabled me to gain valuable work experience within the industry I wanted to work in post-graduation. My final placement at The PGA resulted in full time employment.'

The course is taught in collaboration with The PGA, and takes a multidisciplinary approach to golf, from sports science and business management, to materials science and coaching education.

You will be taught by expert academics and researchers as well as specialist staff from The PGA National Training Academy. Lectures and seminars with industry experts and our own graduates ensure your knowledge of the industry and career prospects is kept right up to date.

The majority of our teaching takes place on our stunning Edgbaston campus, with approximately one day per week spent using the specialist facilities at The PGA National Training Academy at The Belfry, which is located approximately 15 miles from the campus.

One of the most exciting parts of the degree is the summer placements, where each summer you will organise and undertake a placement in a golf facility. Many students choose to work abroad each year, which gives them the opportunity to experience living and working in a different country.

The degree itself takes an applied theoretical approach to golf, and there are plenty of

opportunities to develop your game or play other sports in your own time. In fact, the University's golf team is one of the strongest in the UK.

Because of the nature of the degree and the expectations of the golf industry, we expect a high level of commitment from our students. The close-knit nature of the course will mean that we can get to know you personally, and we believe this is pivotal to your success on the programme.

Our graduates are qualified to take advantage of a wide range of opportunities within the world of golf. If you choose to become a PGA Professional, you may wish to start your career as a club pro or to specialise as a teaching pro. Many graduates move into high-profile management roles early on in their career. A number of our graduates have gained employment with The PGA in the UK, but also across the world, making the degree truly global in reach. Others have forged career paths with the game's governing bodies or within the wider business and management of the sport. The industry itself is changing and many PGA golf professionals choose to work in events, golf media and golf development, or for equipment manufacturers or suppliers.

* 2nd for Hospitality, Leisure, Recreation and Tourism

Life at Birmingham

Both the city and our beautiful campus are brimming with life and culture, making it a fantastic place to live and study.

Whether you are a spectator or a competitor, you're sure to find an activity, club or venue to suit you during your time here. Birmingham is home to a number of world-class sports venues including Arena Birmingham, Aston Villa FC, Edgbaston Cricket Ground and The Belfry. The city plays host to a number of exciting sporting events throughout the year including international athletics, test cricket, football and much more.

Our beautiful campus is ideally located only a few minutes from Birmingham city centre, which provides our students with access to a diverse range of internships, volunteering and placement opportunities on their doorstep, as well as close proximity to a broad range of communities within which to work.



SPEED BSC



Our innovative induction programme 'Speed BSc' is designed to help you make a smooth transition from school/college to university life in the School of Sport, Exercise and Rehabilitation Sciences. Working on fun tasks as part of a team, you will complete a mini degree culminating in an induction graduation ceremony. This is a great way to learn more about the School and to get to know other new students.



For more information, please visit

www.birmingham.ac.uk/undergraduate/birmingham

Sport at Birmingham

Home to the iconic £55 million Sport & Fitness club, the University of Birmingham is the perfect place to excel, grow and be the best you can be. We offer one of the most comprehensive sport and fitness programmes in higher education.

More than 4,000 student-athletes across 55 sports clubs represent the University and the UK in regional, national and international competitions. The University of Birmingham is one of the UK's leading sporting universities, regularly finishing in the top ten of the British Universities and Colleges Sport league. This ranking reflects the quality and dedication of our athletes, clubs, coaches and the professional staff who support them.

If joining a competitive club isn't for you then enjoy keeping fit and active at the new Sport & Fitness club, join a social league team, volunteer on sport projects around campus and in the community, or take an introductory course in a brand new sport. Whatever your ability, interest or passion, we invite everyone to get involved, make new friends and create memories.

Award-winning Sport & Fitness club

The University of Birmingham's pioneering Sport & Fitness club, which was opened in 2017, provides world-class opportunities for everyone from beginner to elite athlete. It boasts an unrivalled range of facilities and services which will see a new generation of students achieve their sporting potential.

- Birmingham's first 50-metre swimming pool
- A 200+ station gym, including inclusive equipment
- Over 180 fitness classes per week across five activity studios
- Dojo

- 10-metre climbing wall
- Arena style sports hall with 800+ spectator seats
- Six glass-back squash courts
- A performance gym
- Sauna and steam rooms

Outdoor facilities

We also have a large number of outdoor facilities on campus where club training takes place as well as recreational bookings.

- Two floodlit water-based synthetic pitches
- Over 50 acres of grass pitches
- Two 3G synthetic pitches
- Sports pavilion and clubhouse
- Athletics track
- Outdoor netball and tennis courts
- Outdoor pursuits centre in the Lake District

Visit www.sportandfitness.bham.ac.uk for more information.

The University of Birmingham will host hockey and squash at the **2022 Commonwealth Games** in Birmingham, as well as being an important training venue for athletics and swimming. The facilities will be transformed to accommodate 5,000 spectator seats around the hockey pitches and an all-glass squash show court with 1,000 spectator seats in our Munrow Arena. The University will be the first ever University host of a Commonwealth Games, and expects over 5,000 athletes from 71 nations in 2022.



Sport & Fitness club



LILY OWSLEY MBE 2016 OLYMPIC GOLD MEDALLIST

'I chose Birmingham for the standard of hockey coaching and the team. Whilst studying, my sport scholarship allowed me to continue training at a high level and improve my future potential through strength and conditioning, physiology, nutrition, lifestyle and physiotherapy support.'



SPORT SCHOLARSHIPS



The sport scholarship programme supports around 125 athletes every year who are competing nationally or internationally across a range of sports. The programme is designed to take a holistic approach which nurtures talent into performance.

The benefits of a sport scholarship include competition and training expenses, one-to-one coaching, lifestyle support, elite athlete workshops, strength and conditioning, physiological support, sport psychology, nutrition consultation, sports massage, physiotherapy and access to a sports doctor.

Visit www.sportandfitness.bham.ac.uk/sport-scholarships for more information.

How to apply

We attract high-quality candidates from a wide variety of backgrounds. We look for enthusiasm, an appetite for learning, and a willingness to explore new ideas and new ways of thinking.

How do I apply?

You should apply through the Universities and Colleges Admissions Service (UCAS). The School Admissions Team is happy to provide help and advice should you wish to discuss your qualifications or find out more about the programmes before completing your UCAS form. Please find their contact details below.

When should I apply?

Demand for places is high and we advise all applicants to apply early. The deadline for applications through UCAS is in January for entry in September.

BTEC and Access qualifications

Please refer our website for specific details of BTEC and Access entry requirements.

International Baccalaureate Diploma

Our standard offer is Higher Level with no less than 32 points overall. For specific HL scores and subjects, visit the course pages at www.birmingham.ac.uk/sportex

International students

Applications are welcomed from overseas students with qualifications equivalent to our standard entry requirements. For further information, visit: www.birmingham.ac.uk/international/students/entry-requirements.aspx

Applicants returning to education

We welcome applications from people who have been out of education for some time and who may not meet the standard programme entry requirements. We encourage such applicants to contact us to discuss the suitability of your qualifications and experience.

Optional modules

The optional modules listed on the website for our programmes may occasionally be subject to change. As you will appreciate, key members of staff may leave the University and this necessitates a review of the modules that are offered. Where the module is no longer available we will let you know as soon as we can and help you make other choices.

Fees and funding

For comprehensive information on fees and funding, please visit: www.birmingham.ac.uk/undergraduate/fees/index.aspx

Offer-Holder Visit Days and interviews

If you are made an offer for Sport, Exercise and Health Sciences; Sport, Physical Education and Coaching Science, or Applied Golf Management Studies you will be invited to join us at an Offer-Holder Visit Day (OVD). You will be able to visit the School and its facilities, talk to current students and staff, experience

student life (faster lectures and practical sessions), tour student accommodation and the rest of our stunning campus. The OVD is an ideal opportunity to ask questions about all aspects of the programmes and should give you a clear idea of what Birmingham has to offer.

For BSc Physiotherapy, we will interview applicants who meet the entry requirements, including the work experience requirement.

See our website for more details:

www.birmingham.ac.uk/b160



LEARN MORE

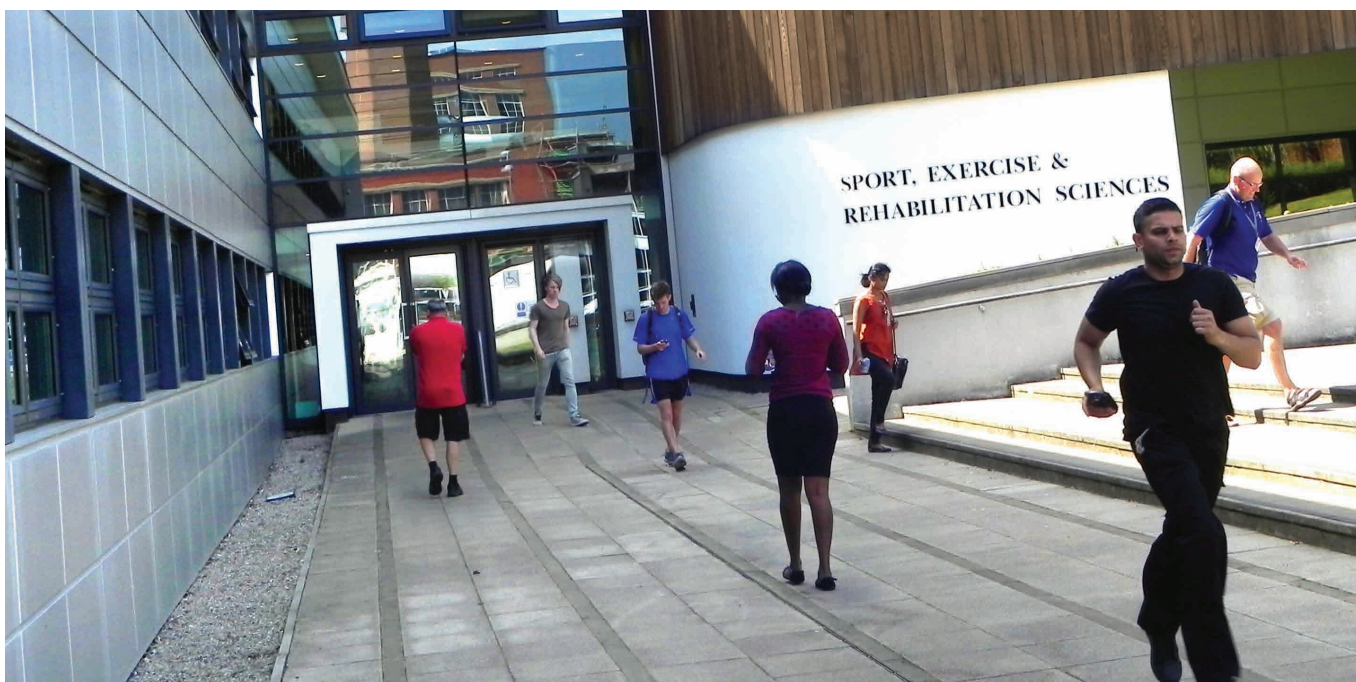
**Sport, Exercise and Health Sciences
Sport, Physical Education and
Coaching Science,
Applied Golf Management Studies**

Email: admissions-sportex@bham.ac.uk
www.birmingham.ac.uk/sp-degrees

Physiotherapy

Email: physio-admissions@contacts.bham.ac.uk
www.birmingham.ac.uk/b160

Programme	UCAS code	Duration	Typical offer	Other requirements
BSc Sport, Exercise and Health Sciences	BC17	3 years	AAA–ABB	GCSE Mathematics, English and a science at a minimum of grade 4/C. A level requirements dependent on the number of science subjects offered – please see website for details.
BSc Sport, Physical Education and Coaching Science	C6L4	3 years	AAB–ABB	
BSc Physiotherapy	B160	3 years	AAB	A level Biology/Human Biology or PE at grade A. Minimum of seven GCSEs grade 6/B or above including Mathematics, English and Science. You will also have to satisfy a number of non-academic conditions, including work experience, completion of a successful DBS check, immunisation check, and a satisfactory health declaration.
BSc Applied Golf Management Studies	N290	3 years	ABB	GCSE Mathematics, English and a Science at a minimum grade 4/C. Golf handicap also required, contact Programme Lead for details.





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This leaflet was written several months in advance of the start of the academic year. It is intended to provide prospective students with a general picture of the programmes and courses offered by the School. Please note that not all programmes or all courses are offered every year. Also, because our research is constantly exploring new areas and directions of study some courses may be discontinued and new ones offered in their place.

Please note the information in this brochure is correct at time of publication but may be subject to change (June 2019).