

**Sport**  
Course Guide 2018



*Welcome*  
**TO OUR  
WORLD**  
[www.cumbria.ac.uk](http://www.cumbria.ac.uk)

**The courses in this guide are only a sample of our full offer, which includes undergraduate programmes in:**

- **The Arts**
  - **Education**
  - **Health and Wellbeing**
  - **Science, Conservation, Forestry and Outdoor Studies**
  - **Business, Law, Policing and Social Sciences**
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**All our degrees aim to make you career-ready, with practical experience and placements embedded in the courses. For full listings go to [www.cumbria.ac.uk](http://www.cumbria.ac.uk).**

You can also contact our enquiry centre on [enquirycentre@cumbria.ac.uk](mailto:enquirycentre@cumbria.ac.uk) for further information.

The course details in this guide were correct when published in February 2017.

**For the up-to-date details please visit our website at [www.cumbria.ac.uk/courses](http://www.cumbria.ac.uk/courses).**

We review our course portfolio to make sure that what we offer is in line with student and employer needs. It means that we regularly introduce new courses. Validation is the process by which we establish the academic standard and quality of our courses. New developments are normally validated from four to twelve months ahead of their start date. As this guide is produced well in advance of course starting dates, we use the term 'subject to validation' for courses we intend to run, but which have not completed the validation process.

This document may be viewed in electronic format on our website and can be made available in alternative formats (for example, Braille). Please contact our enquiry centre on **0845 606 1144**.

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# Our locations

## Lancaster *A UK Heritage City*

**Lancaster is a vibrant and historic city, home to two universities and around 15,000 students from all over the world. Ideally located just south of the Lake District and close to Morecambe Bay, it is just over an hour's train journey away from the metropolitan cities of Manchester and Liverpool.**

Lancaster has a wealth of heritage, but it's also a modern city with a cosmopolitan feel. As a student living here you can enjoy high street stores, a Charter Market and many quirky and original shops. There is a great selection of pubs, restaurants and clubs including the student nightclub The Sugarhouse. There are also several museums, a brewery, theatres, cinemas and a lively music scene. Lancaster is the archetypal university city, a dynamic and eclectic mix of students and locals. It's a friendly, safe place to study and great value for money for students.



*Above - Lancaster City Centre and the Gateway building*

## Lancaster *Campus*

**Our Lancaster campus is set in beautiful parkland just a short walk from the city centre, and is home to our education, health, sport and business courses.**

Established in 1964 in a former Army barracks, the campus retains some of its history in the Keep and College Main, the original Officers' Mess. Coupled with the striking modern architecture of the Gateway building, Alexandra building and new teaching block housing lecture theatre, classrooms and study/communal space, the campus offers green areas for relaxation, and is located next to Williamson Park, so you'll never be short of an area to relax or revise.

On-site facilities include a sports complex with floodlit artificial turf pitch, a chapel, well-stocked and newly refurbished library and students' union. Places to eat include Martineau's café, Snack Zone and The View restaurant, which offers panoramic views across Morecambe Bay to the Lake District hills on a clear day. Our on-site accommodation includes en-suite and shared facilities housed in the iconic William Thompson Hall, and Waddell Hall, our largest hall of residence. Close to the city centre and adjacent to the canal is Mill Hall, a beautifully restored mill offering self-catering accommodation.







## Carlisle *Historic Border City*

**With a bustling city centre, beautiful surroundings and a wealth of history, Carlisle is a fantastic place to live and study. Home to a castle and an impressive cathedral in the historical quarter of the city centre, Carlisle is rich in both culture and heritage.**

The city is only 10 miles from the border with Scotland and is within close proximity to the cosmopolitan cities of Manchester, Liverpool, Glasgow and Edinburgh due to its location on the West Coast Main Line and the M6 Motorway. Carlisle has all the usual high street big names, plus many independent shops and boutiques. In recent years the city has developed a thriving cultural scene with live music and theatre, and it has an abundance of places to eat and drink including the ever-popular Thin White Duke.

Our students love Carlisle for its culture, close community and friendly atmosphere, and it's a wonderfully safe place to study and great value for money for students. There are two University of Cumbria campuses located in Carlisle – each offering a different range of courses.



*Above - Carlisle City Centre and UoC Sport students*

# Fusehill Street Campus

**Fusehill Street is our second largest campus, delivering courses in sciences, health, education and law. It is just a few minutes' walk from the historic and cultural city centre of Carlisle, set in its own grounds with great facilities for study, living and recreation.**

On-site you'll find a library containing a large collection of resources. In addition, our Learning Gateway building is a flexible and bright study area that allows you to study in a silent zone, book rooms for collaborative sessions with peers and lecturers or just have your lunch! On campus you'll also find a dining room and Calva Bar/Beer Garden, serving up hot food and snacks daily. In between studies you can make use of our sports hall and gym, or find some quiet time in the grounds on a sunny day. Our recently completed £3.5million STEM

laboratories enable us to enhance our current science curriculum offer, and allow us to expand our science portfolio by offering degree-level qualifications in chemistry and biomedical science as well as providing a high-quality space for teaching, research and consultancy. Our on-site hall of residence, Carrock Hall, offers modern en-suite facilities.

There are plenty of clubs and societies to get involved with on campus and, as you might expect with the Students' Union based here, lots of events and activities going on. There's a lovely sense of community and atmosphere here which is what we, as staff – as well as our students – love so much about the place.



Above - Fusehill Street Campus



Above - The Learning Gateway building and UoC Sport students





# SPORT

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## **We provide a wide range of coaching, sport and exercise degrees with plenty of opportunities for hands-on experience.**

Our high standards of teaching have recently been recognised in the Guardian League Tables with 94% of sports science students satisfied with our teaching, securing the subject a top ten placing nationally for student satisfaction (Source: Guardian League Table 2017).

We have strong working relationships with schools, local authorities and the NHS, allowing us to provide top-class placement opportunities to enrich your learning experience and enhance your professional profile, whilst gaining the real-world experience needed when applying for your dream job.

As a student on one of our sports programmes you'll have access to top industry-standard facilities and equipment, helping you to gain relevant skills and experience needed for a successful career in the world of sport.

Our on-site facilities include:

- Physiotherapy laboratory
- Sports laboratory
- Human performance laboratory
- Fitness suites

In addition, we also have excellent partnership deals with local leisure and fitness centres in Lancaster (Salt Ayre) and Carlisle (Better Fitness) giving you access to a wide range of facilities including fitness suites, swimming pools, racquet sports, all-weather pitches, athletic and cycle tracks and a variety of fitness classes.



## BSc (Hons) SPORT AND EXERCISE SCIENCE

### BSc (Hons) SPORT AND EXERCISE SCIENCE with integrated foundation year

#### YOUR COURSE

Learn about what makes an elite modern athlete, or why physical activity is so vital to community health, by choosing this multidisciplinary and vocational degree.

The key sport and exercise science disciplines of physiology, biomechanics and psychology are at the heart of this degree, addressing both the areas of sport performance and physical activity and allowing continued specialisation as the programme develops. You will be equipped with key transferable skills and learning opportunities that reflect workforce requirements and vocational applications in sport performance, exercise and health. Our facilities include a £2.5 million sports complex and a large, fully equipped physiology and biomechanics laboratory. You will also have the opportunity to go on a placement in a sport or physical activity setting for some real-world experience.

#### EXAMPLE CORE MODULES

- Introduction to Sport and Exercise Psychology
- Biomechanics of Human Movement
- Health, Exercise and Fitness Assessments
- Coaching for Strength, Conditioning and Performance
- Nutrition for Health, Physical Activity and Sport
- Psychology of Teaching and Coaching

#### YOUR FUTURE

This programme opens up a variety of career destinations, including sports science, support working with professional athletes, strength and conditioning coaching, health promotion and personal training. It can also serve as a pathway to postgraduate study, primary and secondary teaching, physiotherapy or dietetics.

## KEY FACTS

BSc (Hons)  
**SPORT AND  
EXERCISE SCIENCE**

 **LOCATION**  
Lancaster

 **ENTRY REQUIREMENTS**  
104–120 UCAS points

 **DURATION**  
Three years

 **UCAS CODE**  
C600

BSc (Hons)  
**SPORT AND  
EXERCISE SCIENCE**  
with integrated  
foundation year

 **LOCATION**  
Lancaster

 **ENTRY REQUIREMENTS**  
56–72 UCAS points

 **DURATION**  
Four years

 **UCAS CODE**  
C601

*Ashlea Atkinson*

BSc (Hons)  
**SPORT AND EXERCISE SCIENCE**

“The support I have received from the staff has been excellent throughout my three years at the University of Cumbria and it has given me the confidence to complete my studies and want to continue in education.”

## KEY FACTS

### BA (Hons) SPORT COACHING AND PHYSICAL EDUCATION

 **LOCATION**  
Lancaster

 **ENTRY REQUIREMENTS**  
96–112 UCAS points


 **DURATION**  
Three years

 **UCAS CODE**  
C604

### BA (Hons) SPORT COACHING AND PHYSICAL EDUCATION with integrated foundation year

 **LOCATION**  
Lancaster

 **ENTRY REQUIREMENTS**  
56–72 UCAS points

 **DURATION**  
Four years

 **UCAS CODE**  
C605

## BA (Hons) SPORT COACHING AND PHYSICAL EDUCATION

### BA (Hons) SPORT COACHING AND PHYSICAL EDUCATION with integrated foundation year

#### YOUR COURSE

This programme is aimed at students who are interested in helping people develop in and through sport and physical education. There is a robust blend of vocational and practical skills underpinned by multidisciplinary knowledge and you will examine coaching, physical education and sport development from a sociological, scientific, philosophical and political perspective. The programme will also allow you to access numerous opportunities to gain extra qualifications and accreditations in addition to your degree.

#### EXAMPLE MODULES

- Teaching and Coaching Process and Practice
- Participant Development in Sport and Physical Activity
- Teaching and Coaching Behaviours and Relationships
- Outdoor Education and Aquatics
- Managing Community Events
- Innovation and Entrepreneurship

#### YOUR FUTURE

This programme provides you with a diverse range of career opportunities in physical education, sport coaching and/or sport development, including teaching, community, performance and elite-level coaching within the UK and internationally, and sport development within NGBs, local authorities, private and voluntary sectors. Students can also utilise skills developed to work in performance analysis, strength and conditioning to set up their own business.





## KEY FACTS

### BSc (Hons) PHYSIOTHERAPY



#### LOCATION

Carlisle, Fusehill Street



#### ENTRY REQUIREMENTS

120–128 UCAS points



#### DURATION

Three years



#### UCAS CODE

B160

## BSc (Hons) PHYSIOTHERAPY

### YOUR COURSE

If you want a career in an internationally recognised profession, enjoy learning about the human body and health-related subjects and enjoy working with people, this course is a fantastic option.

Physiotherapists work with a broad range of people, helping them to maximise their potential through movement and exercise, manual therapy, education and advice. They also require in-depth knowledge and understanding of the core areas of practice, and are informed by current research evidence. The ability to examine, diagnose, problem-solve, prescribe and undertake physiotherapy treatments is central to the role.

Our programme integrates academic study and supervised clinical practice, providing over 1,000 hours of clinical practice in a variety of core practice settings, ensuring that you graduate with a strong clinical profile.

### EXAMPLE MODULES

- Neuro-musculoskeletal Anatomy and Kinesiology
- Applied Pathophysiology
- Physiotherapy: Examination and Therapy
- Technology for Physiotherapy Practice
- Fundamentals of Professional Practice
- Professional Practice in Context

### YOUR FUTURE

After graduating as a physiotherapist, you are eligible to apply to the Health and Care Professions Council for registration, which is essential for working in the UK. There is opportunity to work as a physiotherapist in a variety of NHS, education, private, voluntary and independent sector settings.





## BSc (Hons) SPORTS REHABILITATION

### BSc (Hons) SPORTS REHABILITATION with integrated foundation year

#### YOUR COURSE

As a Sports Rehabilitator, you can play an integral part in helping everyone from the occasional jogger to the professional athlete get back on their feet after an injury, or assist in enhancing their performance levels safely. The degree is built around a blend of theoretical understanding and the development of practical competencies and applications, and is accredited by the British Association of Sport Rehabilitators and Trainers (BASRaT). Opportunities are available for you to gain supplementary vocational qualifications throughout the course, including sports taping techniques (such as Kinesiology Tape and Rock Tape), gym instruction and pitch-side first aid.

#### EXAMPLE MODULES

- Sports Massage
- Human Anatomy
- Musculoskeletal Injuries and Assessment
- Functional Sports Rehabilitation
- Injury and Rehabilitation
- Therapeutic Practice
- Neurodynamics in Sport

#### YOUR FUTURE


There is a high demand for Sports Rehabilitators in the exercise and fitness industry, giving you plenty of chance for employment. Your degree will give eligibility for membership of BASRaT as a Graduate Sport Rehabilitator (GSR). The professional body is further accredited by the Professional Standards Authority (PSA), enabling employment prospects within the NHS. You can also put your degree to work in GP referral programmes, therapeutic work with sports clubs, teams and individual performers, private sports injury clinics, the Ministry of Defence (MOD) or in consultancy.

## KEY FACTS

### BSc (Hons) SPORTS REHABILITATION

 **LOCATION**  
Lancaster

 **ENTRY REQUIREMENTS**  
96–112 UCAS points

 **DURATION**  
Three years full-time,  
five years part-time

 **UCAS CODE**  
CB69

### BSc (Hons) SPORTS REHABILITATION with integrated foundation year

 **LOCATION**  
Lancaster

 **ENTRY REQUIREMENTS**  
56–72 UCAS points

 **DURATION**  
Four years full-time

 **UCAS CODE**  
C630

*Millie Lepic*

### BSc (Hons) SPORTS REHABILITATION

“ On leaving the RAF I undertook personal training and exercise referral for my resettlement course and a degree in sports rehab seemed to be the next logical step for onward career development.”

# THE Small Print

This edition of the University of Cumbria's undergraduate course guide describes the courses and facilities which the university intends to offer during the academic year commencing Autumn 2018. This course guide and web pages are prepared in advance of the academic year to which they relate and every effort has been made to ensure that the information contained in this prospectus is helpful, fair and accurate at the time of printing. However, this information is subject to change over time.

The university will take reasonable steps to provide the courses and services as described, however, the university cannot guarantee the provision of any course or facility. Some circumstances, such as staff changes, resource limitations and other factors over which the university has no control, such as industrial action or a change in the law or the level of demand for a particular programme or module (please note that this list is non-exhaustive), may result in the university having to withdraw or change aspects of the programmes, modules and/or student services detailed in the course guide.

This could include, but not necessarily be limited to, programme/module content, staffing, the location where the programme/module is taught or the manner of teaching delivery, and the facilities provided to deliver or support the programme. Where circumstances demand an unavoidable change or where it is necessary for the university to discontinue a programme of study, the university will take all reasonable steps to minimise the effect and all proposed changes will be notified to potential applicants who

have registered an interest in the relevant programme at the earliest possible opportunity as well as being reflected on the university's website [www.cumbria.ac.uk](http://www.cumbria.ac.uk).

In addition, any changes between the course guide and the proposed course and services will be notified to applicants at the time of making an offer. Should you become a student at the university you will receive further documents describing teaching assessment and other educational services. Enrolment at the university will be subject to your complying with the university's registration procedure and your acceptance of the terms and conditions of enrolment and regulations of the university (copies of which can be found at [www.cumbria.ac.uk/AcademicProcedures](http://www.cumbria.ac.uk/AcademicProcedures)). Should you enrol at the university you are personally liable for prompt payment of your tuition and other fees in line with the university payment timetable, details of which will be provided to you on enrolment. If you have outstanding, university-related debts, you will not be permitted to re-enrol at the university in future years. If you are in your final year of study, and have academic-related debt, your award may be withheld and you will not be permitted to attend graduation.

Any prices quoted in the undergraduate prospectus that accompanies this individual subject course guide are subject to confirmation at the point of offer. Current prices will be available at [www.cumbria.ac.uk](http://www.cumbria.ac.uk) when they have been set. You will be notified of any changes in price when any offer of a place is made to you by the university.



# Key facts

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94%



satisfied with Sports  
Science teaching\*



in UK for student  
satisfaction with  
sport science  
teaching\*

\*Guardian University Guide 2017

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