

Study Sport Science at University

Carmel College and Liverpool Hope University



Foundation Year in Sports Sciences

Carmel College and Liverpool Hope University are offering a foundation year in Sports Sciences. This full time course prepares students for the following degrees at Liverpool Hope:

- BSc (Hons) Sport and Exercise Science
- BSc (Hons) Sport and Physical Education*
- BSc (Hons) Sport Psychology

The foundation year also provides the first year of a four-year Sports Science combined degree that can be studied entirely at Carmel College.

Liverpool Hope University degrees

Students who progress to Liverpool Hope will study at Liverpool Hope's main campus, Hope Park, home to its multi-million pound health and sports science facility. Full details of these degree programmes are available on Liverpool Hope's website www.hope.ac.uk/undergraduatecourses



**LIVERPOOL
HOPE
UNIVERSITY**

**carmel
college**

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About the foundation year

The course is theoretical and practical and includes lectures, seminars and laboratory-based work. The three main strands focus on:

- **Physiology and biomechanics**
This examines how human systems respond to sport and how scientists can analyse the forces acting on a body during exercise.
- **Psychology and sociology**
This looks at how psychological functioning can influence participation and performance. It also examines the development of sport and its impact on society.
- **Coaching and skill development**
This strand allows students to develop their knowledge and understanding of the coaching process and engage in practical work. Skills development helps covers topics such as research methods and study skills.

Careers

A degree in sports science provides students with a range of transferable skills. It is also suitable for those interested in teaching, coaching or any applied sport science settings.

Find out more

To find out more email highereducation@carmel.ac.uk

**BSc (Hons) Sport and Physical Education can be studied as a single honours or combined honours, see Liverpool Hope's website for more details.*



The Carmel College logo consists of the words "carmel college" in a white, lowercase, sans-serif font, set against a dark blue rectangular background.