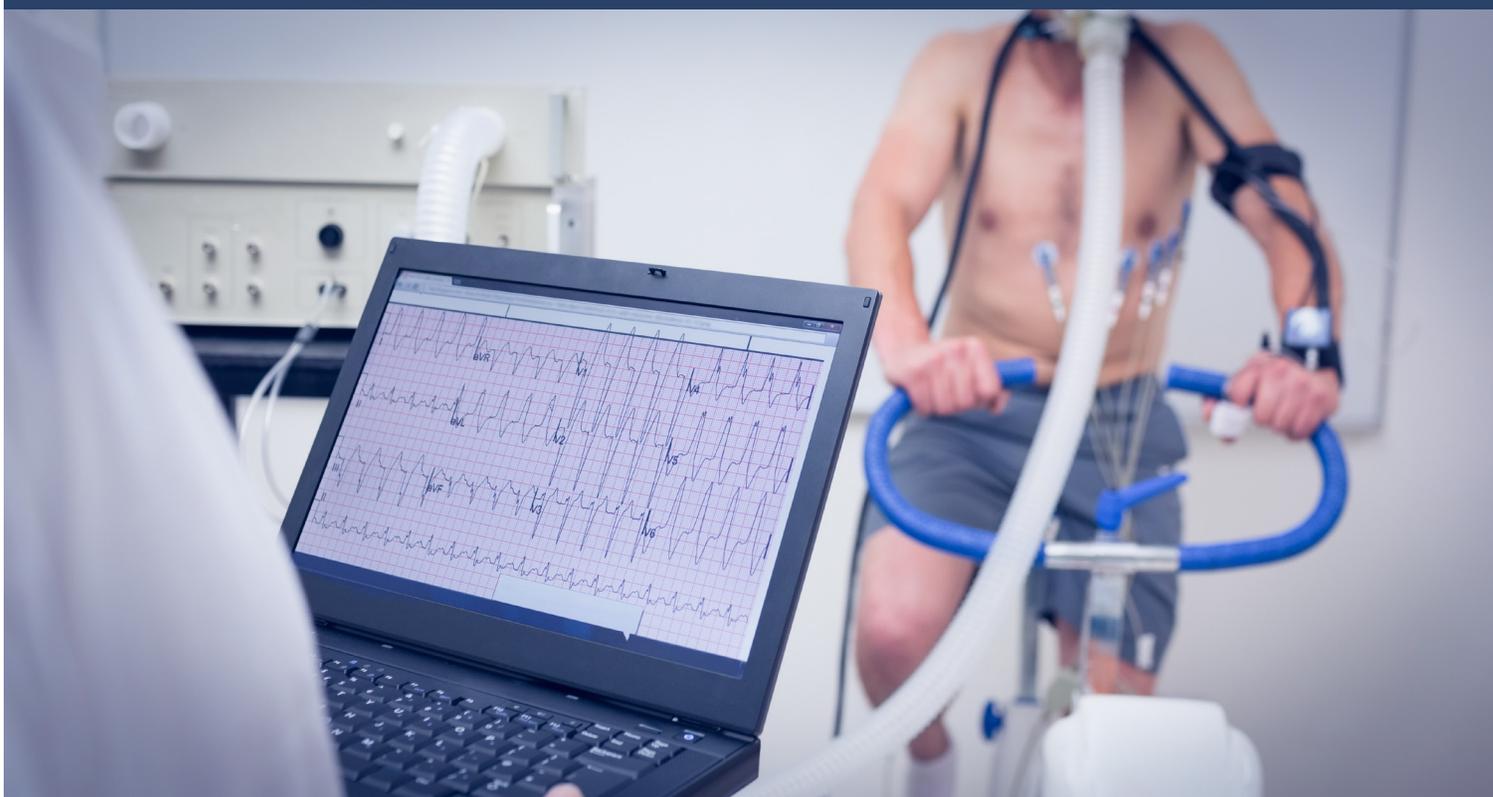


Bachelor of Science (Honours) in **Sport and Exercise Science**



On this programme, students will learn how to apply scientific principles in order to understand and enhance sport and exercise performance, health, nutrition and well-being. It will prepare students to work in the world of sport, helping athletes and teams achieve optimum performance. It will also prepare students to work in the health sector, helping individuals to manage or prevent lifestyle-related chronic diseases through training and physical activity.

Course Title

Bachelor of Science in Sport and Exercise Science

Credits

240

NFQ Level

8

Campus

Dublin Road, Galway City

Duration

4 Years



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Did you Know?

The Bachelor of Science (Honours) in Sport and Exercise Science programme is a recognised education provider of REPs Ireland. This register provides students with an internationally recognised qualification and the approval to deliver in a number of areas of industry, including as a fitness instructor and personal trainer.

What to Expect

Students can expect a strong focus on practical learning, work placement and projects. Much of the learning will take place in specialised classrooms and our dedicated human performance laboratory. Students will develop a thorough understanding of the four main disciplines of sport and exercise science: physiology, psychology, nutrition and biomechanics.

Course Content

Year	Content
1	Academic and Professional Skills ▪ Fundamentals of Sport and Exercise Science ▪ Fundamentals of Biomechanics ▪ Mathematics/Statistics ▪ Chemistry ▪ Anatomy and Physiology ▪ Cell Biology/Genetics
2	Sport and Exercise Physiology ▪ Human Nutrition and Metabolism ▪ The Biomechanics of Human Movement ▪ Nutrition, Physical Activity and Health ▪ Introduction to Sports Psychology ▪ Research Methods for Sport and Exercise Science ▪ Exercise Instruction
3	Applied Sport and Exercise Psychology ▪ Sport and Exercise Pedagogies ▪ Sport and Exercise Biomechanics ▪ Advanced Laboratory Techniques for Sport and Exercise Science ▪ Sport and Exercise Prescription and Training ▪ Applied Sport and Exercise Nutrition
4	Sports Management ▪ Contemporary Issues in Sport and Exercise Science ▪ Applied Sport and Exercise Physiology ▪ Current Research in Sport, Exercise and Nutrition ▪ Research Project in Sport and Exercise Science ▪ Professional Skills Sport and Exercise Science (Placement)

Student Testimonials

"I would really recommend this course to anyone who has a keen interest in sports and wants to learn more about the science behind human movement and performance. Although it requires hard work in first year adjusting to new subjects and a jam-packed timetable, it's worth it. The lecturers are extremely friendly and are approachable if you have any queries or questions. The course has a mixture of formal lectures, tutorials and practical laboratory sessions. The class size is small which gives you the opportunity to really get to know your classmates. My favourite aspect of this course was the practical classes at the dedicated human performance laboratory, which is a state-of-the-art facility. One of my highlights was my placement, when I got to work as a Strength and Conditioning coach for the ATU Athletic Development Program. Here I was able to gain hands on experience working with athletes and was able to apply the knowledge that I had gained from my course and apply it to this real-life setting. The work placement was great for gaining valuable industry experience that will help me in my career in the sports industry."

Katie Hall, 2022 graduate

Career Opportunities

The demand for sport and exercise scientists is growing in line with the ever-increasing job opportunities within the health sector and a focus within the sporting world on achieving the best results possible. Graduates will be able to work in areas such as professional sports clubs and organisations, national sporting associations, governing bodies and other related sporting agencies. Additional employment opportunities exist in community sports clubs, recreational facilities, local authorities, education, clinical and health settings as well as fitness clubs.

How to Apply

The information on this page pertains to ATU campuses in Galway and Mayo.

Some ATU courses may also accept Direct Applications through the **application portal** for the campuses in Galway and Mayo (old GMIT) - details are on the relevant course pages.

I want to know more.
Who can I talk to?

Admissions Office: (091) 742140,
admissions.galwaymayo@atu.ie

Programme Chair: Dr Robert Mooney,
robert.mooney@atu.ie

**Head of Department of Sport, Exercise
and Nutrition:** Dr Lisa Ryan, lisa.ryan@atu.ie

