

DIVISION OF NATURAL SCIENCES

SCHOOL OF SPORT AND EXERCISE SCIENCES

School Website: www.kent.ac.uk/sportsciences/

Stage 1 and 0 (*Foundation where applicable*)

NOTE: The Sports courses have been taught at our Canterbury Campus since September 2021.

All courses, unless specified in the subject requirements for that course, require that you take modules amounting to 120 credits in total, 60 credits in Autumn and 60 credits in Spring.

Please refer to the online Module Catalogue for full details of all modules: www.kent.ac.uk/courses/modules

Note: It is ultimately your responsibility to ensure that you are registered for the correct modules for your course.

SCHOOL OF SPORT AND EXERCISE SCIENCES

- [Foundation Year subject requirements](#)
- [Sport and Exercise for Health with a Foundation Year](#)
- [Sport and Exercise for Health](#)
- [Sport and Exercise for Health with a Year in Industry](#)
- [Sport And Exercise for Health with Sport Management with a Foundation Year](#)
- [Sport And Exercise for Health with Sport Management](#)
- [Sport And Exercise for Health with Sport Management with a Year in Industry](#)
- [Sport and Exercise Science with a Foundation Year](#)
- [Sport and Exercise Science](#)
- [Sport and Exercise Science with a Year in Industry](#)
- [Sport And Exercise Science with Sport Management with a Foundation Year](#)
- [Sport and Exercise Science with Sport Management](#)
- [Sport and Exercise Science with Sport Management with a Year in Industry](#)
- [Sports Therapy and Rehabilitation with a Foundation Year](#)
- [Sports Therapy and Rehabilitation](#)

The information contained herein is correct at the time of publication. Please note, however, that if a module recruits fewer than 8 students it is possible that it will not run. In this event, you will be contacted and asked to select an alternative module.

SPORT AND EXERCISE FOR HEALTH WITH A FOUNDATION YEAR USEH0001F1BS-F
 SPORT AND EXERCISE FOR HEALTH WITH SPORT MANAGEMENT WITH A FOUNDATION YEAR USEMS0001F1BS-F
 SPORT AND EXERCISE SCIENCE WITH A FOUNDATION YEAR USES0001F1BS-F
 SPORT AND EXERCISE SCIENCE WITH SPORT MANAGEMENT WITH A FOUNDATION YEAR USEZ0001F1BS-F
 SPORTS THERAPY AND REHABILITATION WITH A FOUNDATION YEAR USTH0001F1BS-F

Single Honours

FOUNDATION YEAR – STAGE 0 – 120 credits

You must take the following compulsory modules (80 credits):

Compulsory modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
NATS0001*	Foundation Biology	20	Autumn	3
NATS0002*	Foundation Chemistry	20	Autumn	3
NATS0003*	Scientific Methods and Data Handling	20	Autumn	3
NATS0004*	Scientific Methods and Academic Skills Development	20	Spring	3

*Module cannot be compensated

PLUS 40 credits from the following optional modules:

Optional modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
NATS0005*	Fundamental Human Biology and Genetics	20	Spring	3
NATS0006* ‡	Fundamentals of Sport and Exercise Science	20	Spring	3
NATS0007*	Chemical Reactivity and Analysis	20	Spring	3

*Modules cannot be compensated or condoned

‡ Recommended module for the Sports courses

SPORT AND EXERCISE FOR HEALTH WITH A FOUNDATION YEAR USEH0001F1BS-F
 SPORT AND EXERCISE FOR HEALTH USEH0001Z1BS-F
 SPORT AND EXERCISE FOR HEALTH WITH A YEAR IN INDUSTRY USEH0001P2BS-F
 Single Honours

STAGE 1 – 121 credits – 60 credits per term

You must take the following compulsory modules (120 credits):

Compulsory modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR3130*	Introduction to Sport & Exercise Nutrition	15	Spring	4
SPOR3380	Introduction to Sport and Exercise Physiology	30	Autumn & Spring	4
SPOR3440	Introduction to Sport & Exercise Psychology	15	Autumn	4
SPOR3450*	Functional Anatomy and Biomechanics	30	Autumn & Spring	4
SPOR3550	Research in Sport and Exercise Sciences	30	Autumn & Spring	4

*Module cannot be compensated

PLUS the following extra-curricular compulsory module:

Compulsory module:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR4001	Sports Academic Advising and Skills Development I	1 Non-contributory	Autumn & Spring	4

SPORT AND EXERCISE FOR HEALTH WITH SPORT MANAGEMENT WITH A FOUNDATION YEAR **USEMS0001F1BS-F**
SPORT AND EXERCISE FOR HEALTH WITH SPORT MANAGEMENT **USEM0001X1BS-F**
SPORT AND EXERCISE FOR HEALTH WITH SPORT MANAGEMENT WITH A YEAR IN INDUSTRY **USEM0001P1BS-F**

Single Honours

STAGE 1 – 121 credits

You must take the following compulsory modules (120 credits):

Compulsory modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR3380	Introduction to Sport and Exercise Physiology	30	Autumn & Spring	4
SPOR3440	Introduction to Sport & Exercise Psychology	15	Autumn	4
SPOR3450*	Functional Anatomy and Biomechanics	30	Autumn & Spring	4
SPOR3500	Introduction to Sport Industries	15	Autumn	4
SPOR3550	Research in Sport and Exercise Sciences	30	Autumn & Spring	4

*Module cannot be compensated

PLUS the following extra-curricular compulsory module:

Compulsory module:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR4001	Sports Academic Advising and Skills Development I	1 Non-contributory	Autumn & Spring	4

SPORT AND EXERCISE SCIENCE WITH A FOUNDATION YEAR

USES0001F1BS-F

SPORT AND EXERCISE SCIENCE

USES0001Z1BS-F

SPORT AND EXERCISE SCIENCE WITH A YEAR IN INDUSTRY

USES0001P2BS-F

Single Honours

STAGE 1 – 121 credits – 60 credits per term

You must take the following compulsory modules (120 credits):

Compulsory modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR3130*	Introduction to Sport & Exercise Nutrition	15	Spring	4
SPOR3380	Introduction to Sport and Exercise Physiology	30	Autumn & Spring	4
SPOR3440	Introduction to Sport & Exercise Psychology	15	Autumn	4
SPOR3540	Anatomy and Biomechanics of Movement	30	Autumn & Spring	4
SPOR3550	Research in Sport and Exercise Sciences	30	Autumn & Spring	4

*Module cannot be compensated

PLUS the following extra-curricular compulsory module:

Compulsory module:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR4001	Sports Academic Advising and Skills Development I	1 Non-contributory	Autumn & Spring	4

**SPORT AND EXERCISE SCIENCE WITH SPORT MANAGEMENT WITH A FOUNDATION
YEAR**

USEZ0001F1BS-F

SPORT AND EXERCISE SCIENCE WITH SPORT MANAGEMENT

USEZ0001X1BS-F

**SPORT AND EXERCISE SCIENCE WITH SPORT MANAGEMENT WITH A YEAR IN
INDUSTRY**

USEZ0001P1BS-F

Single Honours

STAGE 1 – 121 credits

You must take the following compulsory modules (120 credits):

Compulsory modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR3380	Introduction to Sport and Exercise Physiology	30	Autumn & Spring	4
SPOR3440	Introduction to Sport and Exercise Psychology	15	Autumn	4
SPOR3500	Introduction to Sport Industries	15	Autumn	4
SPOR3540	Anatomy and Biomechanics of Movement	30	Autumn & Spring	4
SPOR3550	Research in Sport and Exercise Sciences	30	Autumn & Spring	4

PLUS the following extra-curricular compulsory module:

Compulsory module:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR4001	Sports Academic Advising and Skills Development I	1 Non-contributory	Autumn & Spring	4

SPORTS THERAPY AND REHABILITATION WITH A FOUNDATION YEAR USTH0001F1BS-F
SPORTS THERAPY AND REHABILITATION USTR0001Z1BS-F

Single Honours

STAGE 1 – 121 credits

You must take the following compulsory modules (120 credits):

Compulsory modules:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR3450*	Functional Anatomy and Biomechanics	30	Autumn & Spring	4
SPOR3460	Introduction to Human Physiology	15	Autumn	4
SPOR3510*	Mechanisms of Sports Injuries	15	Autumn	4
SPOR3520*	Peripheral Joint Assessment	15	Spring	4
SPOR3530*	Sports and Remedial Massage	15	Spring	4
SPOR3550	Research in Sport and Exercise Sciences	30	Autumn & Spring	4

*Module cannot be compensated

PLUS the following extra-curricular compulsory module:

Compulsory module:	MODULE TITLE	CREDIT AMOUNT	TERM TAUGHT	CREDIT LEVEL
SPOR4001	Sports Academic Advising and Skills Development I	1 Non-contributory	Autumn & Spring	4