



University of Brighton

Faculty of Education and Sport, Chelsea School
Eastbourne

MSc Programmes

MSc Sport and Exercise Science

MSc Applied Exercise Physiology

MSc Exercise and Health Science



All routes can be studied 1 year full-time or 2 years part-time (with a maximum of 6 years in both instances).

Programme Aims

The programme aims are generic although the detailed learning outcomes of the routes are not identical. A central theme of the programme is to enable students to apply knowledge and methodologies.

- An in depth understanding of selected techniques and methodologies used in the field of Sport and Exercise Science
- Evaluation and application of theoretical and research based knowledge to practical and vocational situations.
- A framework for the professional and academic development of the cognitive and intellectual skills of synthesis, analysis and application of knowledge from the field of Sport and Exercise Science.
- The opportunity for students to develop their skills and confidence in engaging in academic and professional communication with others.
- An awareness of the ethical issues within the field of Sport and Exercise Science and the ability to work pro-actively with others in reaching solutions.
- A framework for critical reflection of professional, technical and academic development of self and action to adapt to new situations.

In order to achieve the award of MSc Sport and Exercise Science, MSc Applied Exercise Physiology or MSc Exercise and Health Science you must accumulate 180 points by successfully completing one of the routes shown overleaf or its part time equivalent. All students enrol onto the generic Sport and Exercise science route, and some modules are common to all three routes so whilst it is useful to enrol with a clear exit route in mind, there is flexibility to change routes up to the beginning of semester 2.

MSc Applied Exercise Physiology: *Full-Time*

Semester 1	Semester 2	Summer	
SRM02 Research Methods 20 credits	Progression exam board	Dissertation (on an applied physiology topic)	Award exam board
Health and Performance Profiling 20 credits			
SEM02 Professional Enquiry 40 credits			
Physiological Profiling for the athlete /client/ patient 20 credits			

MSc Exercise and Health Science: *Full-Time*

Semester 1	Semester 2	Summer	
SRM02 Research Methods 20 credits	Progression exam board	Dissertation (on an exercise and health science topic)	Award exam board
Health and Performance Profiling 20 credits			
SEM02 Professional Enquiry 40 credits			
Physical Activity and Behavioural Medicine 20 credits			

MSc Sport and Exercise Science: *Full-Time*

Semester 1	Semester 2	Summer	
SRM02 Research Methods 20 credits	Progression exam board	Dissertation	Award exam board
Health and Performance Profiling 20 credits			
SEM02 Professional Enquiry 40 credits			
Choice of Physiological profiling or Physical Activity and Behavioural Medicine 20 credits			

Note 1: For the MSc Sport and Exercise Science route, the Professional Enquiry and Dissertation must cover both sport and exercise. e.g. if the Professional Enquiry relates to competitive sport, the Dissertation must be related to Exercise and Health.

Note 2: Discussions are in progress to broaden choice by making relevant modules from the MSc Physiotherapy Programme available.

MSc Applied Exercise Physiology: *Part-Time*

Year 1

Semester 1	Semester 2	Summer
SEM03 Health and Performance Profiling 20 credits	HBM04 Exercise metabolism and environmental stress 20 credits	Dissertation Preparation (Consideration of areas for study, potential analysis methods)
HBM03 Physiological Profiling for the athlete /client/ patient 20 credits		
SEM02 Professional Enquiry Nominal 20 credits effort		

Year 2

Semester 1	Semester 2	Summer
SRM02 Research Methods 20 credits	SEM02 Professional Enquiry Remaining 20 credits (of 40)	DIM01 Dissertation
Award exam board		

MSc Exercise and Health Science: *Part-Time*

Year 1

Semester 1	Semester 2	Summer
SEM03 Health and Performance Profiling 20 credits	HBM05 Exercise Policy and Prescription 20 credits	Dissertation Preparation (Consideration of areas for study, potential analysis methods)
SEM04 Physical Activity and Behavioural Medicine 20 credits		
SEM02 Professional Enquiry Nominal 20 credits effort		

Year 2

Semester 1	Semester 2	Summer
SRM02 Research Methods 20 credits	SEM02 Professional Enquiry Remaining 20 credits (of 40)	DIM01 Dissertation
Award exam board		

MSc Sport and Exercise Science: *Part-Time*

Year 1

Semester 1	Semester 2	Summer
SEM03 Health and Performance Profiling 20 credits	Choice from alternate route to SEM A 20 credits	Dissertation Preparation (Consideration of areas for study, potential analysis methods)
Choice of HBM03 Physiological profiling or SEM04 Physical Activity and Behavioural Medicine 20 credits		
SEM02 Professional Enquiry Nominal 20 credits effort		

Year 2

Semester 1	Semester 2	Summer
SRM02 Research Methods 20 credits	SEM02 Professional Enquiry Remaining 20 credits (of 40)	DIM01 Dissertation

Note 1: For the MSc Sport and Exercise Science route, the Professional Enquiry and Dissertation must cover both sport and exercise. e.g. if the Professional Enquiry relates to competitive sport, the Dissertation must be related to Exercise and Health.

Note 2: Discussions are in progress to broaden choice by making relevant modules from the MSc Physiotherapy Programme available.

Individual Module Aims

The following module aims are provided to give further insight into the modules which make up the routes shown on the previous page.

Health and Performance Profiling in Sport and Exercise Science

- Critically evaluate the application of Sport and Exercise Science to individuals.
- Critically evaluate the importance of multi / interdisciplinary approaches in Sport and Exercise Science

Physical activity and behavioural medicine

- Critically examine research design in behavioural medicine
- Critically examine methods of data collection in physical activity research
- Develop initiative and independence in physiological and physical activity assessment skills.
- Critically examine mediators of change in behavioural medicine
- Interpret and apply literature related to physical activity for disease prevention



Exercise metabolism and environmental stress

- Critically review the current understanding of environmental physiology and exercise metabolism
- Provide opportunities to demonstrate initiative and independence in practical laboratory skills.
- Further enable reasoned critique and synthesis of the physiology literature.
- Gain an appreciation of the demands of exercise under environmental stress
- Enhance physiological data interpretation and communication skills.



Exercise Policy and Prescription

- Critically review selected UK and international policies and targets for health and exercise promotion
- Develop evidence based exercise prescriptions for specific target groups
- Develop material for web – based dissemination of the exercise prescriptions to specific target groups.

Physiological profiling for the athlete / client / patient

- Provide up-to-date evidence based information concerning the physiological analysis and assessment of athletes, patients and client groups.
- Provide opportunities to demonstrate initiative and independence in practical laboratory skills.
- Further enable reasoned critique and synthesis of the physiology literature.
- Enable the identification, discussion and formulation of ethically based exercise testing and safe practice.
- Enhance physiological data interpretation and communication skills.



Professional Enquiry: Sport and Exercise Science in practice

- Enable students to develop awareness of the range of professional applications and skills to systematically explore an area of their own interest in Sport or Exercise Science.
- Use this awareness to reflect and take steps to direct their academic and professional skills.
- Encourage students to critically evaluate current sport and exercise practice and procedures in the light of up to date literature.
- Develop students' abilities to plan, execute and deliver their own interest and expertise in Sport or Exercise Sciences into practice.
- Develop students awareness of ethical and professional issues

Research Design and Analysis for Sport and Exercise Scientists

- Provide an understanding of different requirements and approaches to asking and answering research questions in Sport and Exercise Science.
- Develop competency in understanding and applying a research process.
- Provide an informed basis for critically interpreting published research work.
- Provide experience of qualitative methods in Sport and Exercise Science.
- Discover the practicalities behind research in Sport and Exercise Sciences.



MSc Sport Science and MSc Exercise Science Dissertation

- Demonstrate the ability to critically design, plan and conduct an investigation into an issue relating to Sport or Exercise Science
- Further develop the ability to synthesise and criticise published literature relating to a chosen issue in Sport or Exercise Science
- Further develop the ability to collect, analyse and discuss information relating to a chosen issue in Sport or Exercise Science
- Produce evidence of their findings and approach by written and oral reports to a variety of audiences.

To find out more contact Chelsea School, University of Brighton