

My degree was fantastic and extremely rewarding. The practical experience I received is invaluable. Learning from top-class lecturers and getting the chance to work with the FAI has given me a great head-start in life.

Nicholas Telford
BSc Sport Science and Health



Find out more

T: +353 (01) 700 5000

E: registry@dcu.ie

W: dcu.ie/registry

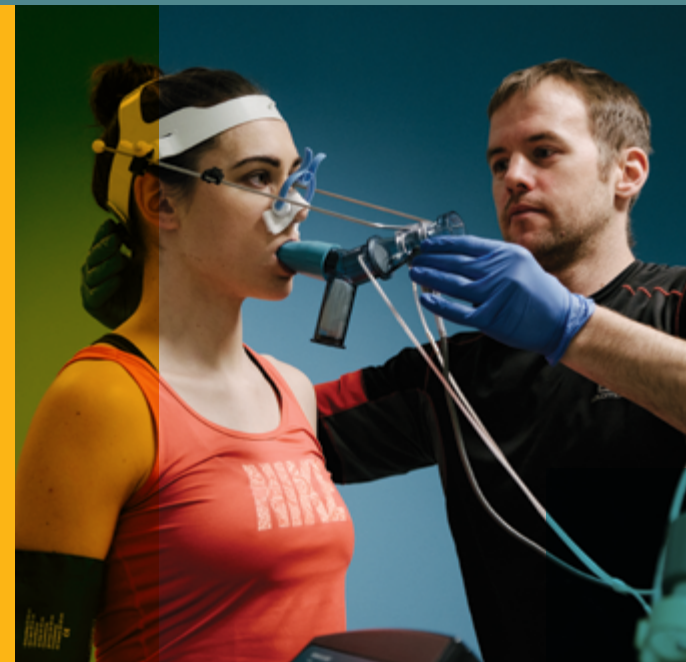
 DCU

 DublinCityUni

 [dublincityuniversity](https://www.instagram.com/dublincityuniversity)

BSc in Sport Science and Health Honours Bachelor Degree DC202

DÁMH NA HEOLAÍOCHTA AGUS SLÁINTE
FACULTY OF SCIENCE & HEALTH



What's Unique?

- **Versatile course designed to meet changing needs of students and of employers in sport, exercise and health environments**
- **Course is supported by state-of-the-art physiology, biomechanics and psychology laboratories**
- **Relatively small classes allow for individual attention from attentive, accessible staff**
- **Mixture of practical classes, laboratory work, lectures, tutorials and seminars**

How You Fit the Course

Sport and exercise scientists use research and analysis to give specialist advice to improve individual or team athletic performance. They also design and administer appropriate methods of assessment, and create exercise or training programmes aimed at improving either health or sporting performance.

As a sport scientist, you must be well versed in technical, physiological and psychological aspects of your field in order to cover territory as diverse as exercise testing, psychological preparation for competition, movement analysis, dietary considerations and strength training.

Early on in DCU's Sport Science and Health course, you'll examine the key science subjects that form the backbone of this degree: chemistry, physics, anatomy, physiology, psychology and sociology. As you progress, you'll learn how these subjects are applied to the study of sport, exercise and health, and what role factors like nutrition and genetics play, as well.

Careers

Graduates pursue a wide variety of careers across diverse areas, such as:

- Biomechanics
- Coaching
- Consultancy
- Corporate wellness
- Exercise and chronic illness
- Exercise rehabilitation
- Exercise testing
- Health assessment
- Health promotion
- Medicine
- Occupational therapy
- Performance analysis
- Physical activity and exercise psychology
- Physiotherapy
- Research
- Sport and exercise nutrition
- Sports conditioning
- Sport psychology

Years
4

CAO Code
DC202

Internship
Yes

Delivery
Mode
Full Time