



BSc Sport Science and Health - INTRA Programme (DC202)

Outline

Relevant work experience is a central feature of education at DCU and is an integral part of all undergraduate degrees. This is called INtegrated TRaining or INTRA. Through the provision of high quality education with innovative and integrative research, the aim of the School of Health and Human Performance is to provide students with an understanding of the principles that underlie their discipline of study and the practical skills to implement them. The School also aims to lead and foster excellence in research to the highest international standards and cultivate external links that facilitate teaching and research while benefiting the wider community.

The objectives of the BSc Sport Science and Health is to produce graduates who have:

- An enthusiasm and commitment to sport, exercise science, physical activity and health
- A range of skills including, but not limited to, exercise prescription and instruction, fitness and performance assessment, nutrition guidance, adapted physical activity and coaching

- A range of transferable skills including data analysis, critical thinking, research and enquiry, written and oral communication skills, professionalism and customer/client focus and proficient computer literacy skills
- An ability to work with diverse populations across the lifespan, focusing on the prevention and treatment of chronic disease through physical activity

Work Areas

Sport Science and Health students are capable of significantly contributing to employers in the following areas:

- Exercise prescription and instruction
- Corporate wellness
- Fitness and performance assessment
- Exercise rehabilitation for individuals with chronic disease
- Adapted physical activity for people with disabilities
- Strength and conditioning
- Health and physical activity promotion
- Nutrition guidance
- Coaching
- Movement and technique analysis



Student Availability

Student Availability BSc Sport Science and Health students are available for INTRA placement for up to 6 months from February onwards. Student availability may be flexible to accommodate individual employer and placement requirements. The students are in 3rd year of their 4 year degree programme. The Bachelor of Science (Hons) in Sport Science and Health is delivered by highly qualified lecturers in their respective fields and the course is delivered with state-of-the-art laboratory and technical support. Please see overhand an outline of the course structure.

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Year 1	Year 2	Year 3	Year 4
Science and Physiology	Physiology, Anatomy, Genetics	Physiology	Physiology
Chemistry for Health Professionals	Integrated Sport and Exercise Physiology	Clinical Exercise Physiology 1	Clinical Exercise Physiology and Nutrition
Physics for Science and Health	Anatomy and Functional Anatomy	Applied Studies	Research (Theory and Applied)
Physiology for Health Sciences	Genetics and Health	Adapted Physical Activity 2	Sport and Exercise for Special Populations
Sport and Exercise Physiology	Applied Studies	Coaching Studies	Research Project
Applied Studies	Health and Fitness 3 and 4	Biomechanics, Rehabilitation, Health Promotion	Research Methods
Health and Fitness 1 and 2: Theory and Practice	Nutrition, Biomechanics, Psychology, Sociology	Sport and Exercise Biomechanics 2	Optional Modules
Motor Control and Learning	Sport and Exercise Nutrition	Injury and Rehabilitation	Advanced Lab Techniques in Exercise and Sport Science
Technology in Sports Science and Health	Sport and Exercise Biomechanics 1	Principles of Health Promotion	Coaching and Sports Policy, Planning and Evaluation
Psychology, Sociology, Adapted Physical Activity	Sport Psychology	INTRA	Health Promotion Policy: Planning and Evaluation
Introduction to Psychology	Physical Activity Psychology	INTRA	New Business Planning
Sociology of Sport	Sociology of Sport 2		Uaneen
Adapted Physical Activity 1	Journal Club		