

Northumbria University – Newcastle upon Tyne, UK

Northumbria is the largest university in the North East, with 33,000 students from over 125 countries. Based in the popular, safe and vibrant city of Newcastle upon Tyne, Northumbria offers you one of the best academic and social experiences possible.

The University delivers many programmes around the following subject areas, Education, Health, Science, Engineering, Business, Law, Social Sciences, History, Design and IT.

The Department of Sport, Exercise and Rehabilitation has a range of programmes to choose from, ranging from undergraduate, postgraduate through to doctoral programmes, from sport management, sport coaching, sport exercise and nutrition to clinical exercise physiology and physiotherapy.

The sport and health industry expansion necessitates professionalism and the need for ongoing career development. Northumbria University is one of the original providers of sport degrees in the UK.

We undertake research across the globe Northumbria University researchers Kris McCarty, and Mark Russell joined a team experts led by Professor Robert Trivers who have discovered that symmetrical knees are the secret behind Jamaica's sporting prowess. Their findings revealed that the symmetry of the knees and the ankles can impact on a person's running speed. It suggests the more symmetrical the knees, the faster a person will run. The participating sprinters were all members of the MVP Track and Field Club, and included Shelly Ann Fraser-Pryce, who holds two Olympic gold medals in the 100-metre sprint, and Nesta Carter, the man with the fifth-fastest 100-metre record.

Why study a Sport, Exercise and Rehabilitation based programme with Northumbria?

Past graduates have included successful medal winning athletes such as Victoria Pendleton, Steve Cram, Jamie Noon, Martin Corry and Chris Cook.

Our graduates go onto high-profile roles throughout the world and we have one of the best graduate employment rates for sport in the country (Times League Tables, 2013 and 2014 Complete University Guide 2015) also places our Physiotherapy programme as third best in the UK.

Our Undergraduate Programmes include:

Applied Sport & Exercise Science – encompasses psychology, physiology, biomechanics, nutrition, strength and conditioning and performance analysis, to enable you to give future sports people the winning edge. You will also cover health-based modules to qualify you for public health roles in which you could be tackling issues such as obesity, heart disease and diabetes. The course is endorsed by the British Association of Sport and Exercise Sciences (BASES) which is the UK's professional body for those with an interest in sport and exercise.

Physiotherapy – the programme leads to UK registration as a Physiotherapist and hence places are limited. Physiotherapists are kind and caring professionals who help and treat people with the physical problems caused by illness, accident or ageing. This is a popular career which offers variety and security. On graduation, you can expect to work in a wide range of settings from hospitals to gyms, GP surgeries or with people in their own homes.

Sport Coaching – encompasses a detailed knowledge of coaching and sporting theory. You will also gain expertise in athlete development, the application of the science of coaching and an understanding of sports and coaching governance. There may also be the opportunity to gain additional qualifications in First Aid, Safeguarding and Disability Awareness Training. You will be supported by experienced academics and industry experts, several of whom are renowned for their work in coaching across the world.

Sport Development & Coaching – for those with an interest in exciting and engaging activities that inspire children and people both young and old, across the contexts of physical education, community sport and physical activity to maintain active and healthy lifestyles. Specialising in final year in an area such as community development and social issues, sport development organisations and coaching skills and practice.

Sport, Exercise & Nutrition provides students a thorough understanding of biological sciences, alongside scientific knowledge of nutrition and physiology for sport performance, exercise and health. Applying theoretical learning to real-life situations with a focus on the physiological and nutritional assessment of clients in our world-class testing facilities and create nutritional intervention strategies to aid health and performance. Upon graduation you will be eligible to apply for graduate registration of the Sport and Exercise Nutrition register (SENr).

Sport Management is a multi-billion pound industry and students undertaking this course will graduate with a thorough grounding in business skills, the latest techniques in sports marketing, strategic planning and event and facility management. All of this underpins the theories and practices employed by successful sporting organisations.



Our Postgraduate Programmes include:

Clinical Exercise Physiology (12 month programme) focuses on the study of acute physiological as well as pathophysiological responses to physical activity and how regular exercise alters human form and functional capacity. The programme will explore the epidemiology and pathology of chronic diseases and special populations and the role of exercise as a medicine in the prevention, treatment and management.

International Sport Management (12 or 21 month programme) the programme integrates underpinning knowledge and industry practice, and engages with sport organisations that have global connections. The opportunity to collaborate with our sport partners and a residential visit to an international sport event organisation will provide operational insight, application and reflection of issues facing the international sport industry.

Physiotherapy (Pre-Registration) - (24 month programme) a pre-registration degree has been designed to allow graduates from related subject areas to develop the skills to become competent physiotherapy practitioners.

Sport Marketing (12 month programme) – is increasingly a core competence required by professionals operating in the sports industry. This programme will help you to develop the skill-set and knowledge base required by sport marketers. The programme facilitates engagement with an international sport event organisation through an optional residential visit.

Strength & Conditioning (12 month programme) provides students with an excellent opportunity to acquire a systematic and critical understanding of the knowledge, and practical competencies, required by strength and conditioning professionals.

Short Courses or Specialist Curriculums

Summer School/Short Courses – 1, 2 or 3 week specialist /bespoke programmes

The Department delivers specialist short courses or summer schools that incorporate all or just one area of sport. These programmes have been previously delivered for International Visitors. Interested in short course opportunities then please make contact and ask about other opportunities.

Continual Professional Development (CPD)

The Department has designed and delivered bespoke CPD programmes at both Undergraduate and Post Graduate level that attract University credits leading to an Award. Examples include BSc Hons Professional Practice Tennis Coaching Management for the Lawn Tennis Association and MSc Professional Practice Sport Coaching for a number of National Sport Governing Bodies.

Research and Consultancy

With a strong and thriving research culture the Department of Sport, Exercise and Rehabilitation specialises in research activity to address contemporaneous issues in health, performance and well-being.

Sport testing Research activity focuses on health promotion and physical activity across the life-course, addressing optimal performance, health and wellbeing; maintenance of health; prevention of illness and treatment for long-term conditions, focused around six key strands:

- **Clinical Biomechanics and Rehabilitation**

Core interests include the management of chronic musculoskeletal pain conditions, orthopaedic biomechanics of the lower limbs, functional ability and rehabilitation in Parkinson's disease and lumbopelvic muscle dysfunction and rehabilitation, with a focus on lumbopelvic health in astronauts, working with the European Space Agency.

- **Nutrition and Exercise Metabolism**

Focusing on the effects of nutritional interventions on metabolism and appetite regulation and nutrition for performance and recovery. Current projects relate to patients with type 1 diabetes and metabolic syndrome, nutrition and appetite regulation in children and adolescence and appetite and exercise interactions in healthy males and females.

- **Physical Activity in Health and Long Term Conditions**

Exercise physiologists, psychologists, biomechanists, physiotherapists tackle the prevention, management and treatment of long-term health conditions including obesity, asthma, chronic pain, fibromyalgia through motivational techniques for long term lifestyle change, identifying pathology by movement patterns and injury prevention.

- **Physiological Regulation, Recovery and Adaptation in Health and Human Performance**

Examining the physiological responses to, recovery and adaptation from different modes of strenuous exercise to understand the neurophysiological basis for these and the use of functional foods in managing oxidative stress and inflammation.

- **Sport Coaching and Psychology**

Focusing on psychological aspects of performance and wellbeing across sport, education, military and extreme environments. Working with athletes, coaches, disadvantaged individuals, and medical professionals, our research considers all areas of psychology, performance and participation aims. Specifically, we conduct research with coaches working with elite level performers and community coaches using sport to enhance the lives of individuals from diverse backgrounds.

- **Sport Management and Development**

This group considers management themes and practice utilised across the sport industry, assessing the challenges to the role of sport as a development tool in society. Researchers analyse sport sponsorship – especially brand equity, authenticity, co-creation and communities – and engage with industry partners to focus upon sport event evaluation, focusing on economic, participatory and satisfaction impacts.

With six dedicated sport and exercise science laboratories our fertile research environment enables us to rapidly grow partnerships with stakeholders including major sporting bodies (e.g. EIS, UK Athletics, GB cycling), industry (e.g. Formula 1, Nike, Glaxosmithkline, Masterfoods, Beneo, European Space Agency) and health-related organisations (NHS, Department of Health).

Facilities

Described as some of the best campus sport facilities in the country and rated 'Top 5' in the country by the recent Times Higher Education's Student Experience Survey 2014.

The Department of Sport, Exercise and Rehabilitation boast facilities for teaching and learning that rival any in the world. Predominantly housed in Sport Central, a new £30 million pound purpose-built sports building, these include an indoor 40-metre sprint track, a range of state-of-the-art sport science laboratories and an environmental chamber that allows students and researchers the opportunity to manipulate environmental conditions to mimic anywhere in the world. These facilities are complemented by multi-functional learning spaces, and afford our students hands-on experience to enhance their development.

Contact

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