

Sport and Exercise Science

What is Sport and Exercise Science?

Sport and Exercise Science is the interdisciplinary study of physiology, biomechanics, psychology and nutrition, and the application of underlying scientific principles to sport and exercise.

Our degree provides a strong scientific foundation in sport and exercise related sciences and an understanding of how these relate to human performance and health. Throughout the programme you will learn to integrate practical laboratory skills with a solid theoretical understanding of the key disciplines of sport and exercise science.



Our programme:

- 3-year programme with an optional placement or study abroad year.
- Extensive laboratory-based teaching complements lectures and seminars.
- Teaching delivery by both academics and practitioners in Sport and Exercise Science.
- Small cohort size allows us to build positive relationships between staff and students.
- Final year research project and opportunities to work with athletes.
- Continue your studies with our new MSc Exercise Physiology programme.

Our research:

The impact of exercise and nutrition on glycaemic control in diabetes patients

"Researchers at Newcastle are interested in the role that exercise and diet can have on blood glucose control in patients with type 1 and type 2 diabetes. Funded by charity and industry, we work with industry partners to investigate the impact of novel interventions and technologies on the health of this population." **Dr Dan West**

The role of recovery interventions in sport

"Researchers at Newcastle are investigating methods to improve an athlete's recovery following strenuous exercise, with the aim of optimising training and performance. Our research focuses on the use of cold and hot water immersion, and a variety of nutritional strategies including milk, cherry juice and beetroot." **Dr Emma Cockburn**