



University of
Staffordshire



SPORT AND EXERCISE

Your place
of possibility

We are delighted to announce that Staffordshire University has rebranded to become University of Staffordshire. It reinforces our commitment to Staffordshire and beyond. Our brand evolution also heralds an exciting new future, with lots of new opportunities for our students.

WELCOME TO SPORT AND EXERCISE



Whether you want to be a coach, sports therapist, exercise scientist or sport psychologist, turn possibility into reality with our career-focused courses.

Help footballers cope with the pressures of the game. Develop intervention programmes for people recovering from injuries. Or use strength and conditioning to push athletes to their optimum performance.

Whatever area interests you, our degrees are your gateway to industry. We offer next-level teaching, personalised learning and all the support you need to succeed.

Choose from courses in Sport and Exercise Science, Sports Coaching, Sports Therapy, Rehabilitation and Manual Therapies, and Sport and Exercise Psychology.

You'll have access to a wide range of placements. Partnerships include clubs like Stoke City and Port Vale, along with national bodies such as UK Coaching. Some students have even secured work experience in the US and Japan.

Sports Therapy students also treat real clients in our in-house clinic. Other innovative approaches include our Telehealth Hub, where you can assess and monitor patients virtually. And to improve your coaching skills, you can use GPS vests and performance analysis software.





Bringing
your place of
possibility to life

THIS IS YOUR PLACE

**GUARANTEED WORK
EXPERIENCE
OPPORTUNITIES**

PRACTICAL FOCUSED

**INDUSTRY ENDORSED
AND ACCREDITED**

**RESEARCH-ACTIVE
ACADEMICS**

STRONG INDUSTRY LINKS

**SPECIALIST FACILITIES
AND EQUIPMENT**

**SPORTS ACADEMY
VOLUNTEERING SCHEME**





WHY CHOOSE UNIVERSITY OF STAFFORDSHIRE

Find your gateway to industry and a future full of possibilities. An amazing community, where amazing things happen. **All built around you.**



Leading modern courses

Right from the beginning, we've been at the cutting edge of industries and driving change. Building a bridge between the classroom and real-world practice. Learn the skills for the future on our career-focused courses.

Next-level teaching

We teach in the best way, not the old way. Pushing boundaries and using hands-on, personalised learning. Championing digital innovation, from CGI to games technologies. Immerse yourself in our simulation spaces, taking you from crime scene to courtroom or ambulance to operating theatre.

Personalised support

Get all the support you need to achieve real success. Whether you have a worry about money, your studies, your mental health or a personal issue, we're here for you every step of the way.

Gateway to careers

With our unique industry connections, you'll unlock your potential. Unleash your entrepreneurial skills as you take on projects, explore placements or exhibit your work at shows, and gain the skills for whatever comes next. You can even become a student consultant, marketing your expertise to employers.

Inclusive community

Become part of our open, inclusive and welcoming community. An environment that's big on personality and full of character. A place where you'll feel empowered and inspired. Where everyone is valued and you can be you.

FACILITIES



Telehealth Hub and Rehabilitation Zone

Our brand-new Telehealth Hub is an industry leading facility which enables students to develop their skills in digital sport, exercise and healthcare. Sports Therapy students use the facility to assess, educate, monitor, and/or deliver healthcare interventions virtually. The rehabilitation zone is used for teaching, research and to rehabilitate our patients who attend the Sports Therapy clinic.

Sports Therapy Clinic

Our Sports Therapy Clinic enables Sports Therapy students to get hands on experience working with fee paying members of the public and athletes, under the direct supervision of academic staff or a clinic supervisor. The clinic offers injury rehabilitation and sports massage and provides an area in which students can practise their competencies in a real world setting.

Specialist Labs

Our Exercise Physiology and Human Performance labs, Body Composition lab and Bodily Fluids lab are suitable for conducting a range of physiological and nutrition-based exercise tests for health and sports performance - part of our Peak Condition Service.

Strength and Conditioning Laboratory

The Strength and Conditioning Laboratory houses equipment that enables users to learn how to use strength and conditioning techniques (such as Olympic weightlifting and movement screening) to improve movement quality and sporting performance. The equipment can also be used to support the measurement of muscular strength, muscular power (Optojump, Gymaware) and muscular activity during strength and conditioning actions (EMG).

The Ashford Sports Psychology Laboratory

The Ashford Sports Psychology Laboratory and consulting room are used for teaching, research and

consultancy in the areas of sports psychology, exercise psychology and motor learning. The facilities are used to teach practical sessions using top of the range equipment to measure stress and performance.

Sir Stanley Matthews Sports Centre

Full of kit powered by MATRIX Fitness, our Sports Centre houses our sports hall and gym and combines technical equipment for areas such as strength and conditioning, cardiovascular and resistance training, with outside learning environments such as our 3G pitches and AstroTurf. Perfect for training, coaching and recreation.

IT Labs

Our IT labs give students access to specialist sport software such as Dartfish video solutions for sports performance analysis.



EXPLORE
OUR
FACILITIES



OUR STUDENTS

“ I’ve enjoyed the number of opportunities there have been to collaborate with other students, staff and the wider community. ”



Megan Telford

Physical Education and Sports Coaching

“ The course combines two of my favourite subjects and will allow me to take my passion and pursue it as a career. ”



Amber Jervis

Sport and Exercise Psychology

MEET THE EXPERTS



DR ALEX BLACKETT

Head of Department

Dr Alex Blackett is a member of the FA Coaches Association and the International Sociology of Sport Association. He is an active researcher - both conducting and publishing research - and has worked with national organisations such as the Premier League and England Hockey on a consultancy basis.



DR ANDREW WILKINSON

Sport and Exercise Science Course Leader

Dr Andrew Wilkinson is an avid sports enthusiast with expertise in the field of psychophysiological stress and performance. He joined University of Staffordshire in 2021 and was awarded his PhD and Fellowship in Higher Education award in 2023.



DR STEPHANIE ROMANO-SMITH

Sport and Exercise Psychology Course Leader

Dr Stephanie Romano-Smith has worked at higher education institutions in both the UK and in the United Arab Emirates (UAE), where she was involved in teaching, research and sport psychology support. Her major research interest focuses on combined use of action observation and motor imagery improving motor performance.



EDWARD STANHOPE

Rehabilitation and Manual Therapies Course Leader

Edward Stanhope has an MA in Teaching and Learning, an MSc in Clinical Trials and is currently working towards his PhD. He is a consultant sport therapist at Furniss Sport Injury Clinic and his expertise includes neuromusculoskeletal anatomy, peripheral and spinal joint assessment, physical activity in special populations and trial methodology.



REBECCA WARNETT

Sports Therapy Course Leader

Before joining University of Staffordshire, Rebecca worked with Burton Albion Ladies FC as their First Team Sports Therapist and later as the Head of Medical. She has a local Sports Therapy Clinic (Warnett Sports Therapy), is a full member of the Sports Therapy Association and her expertise includes sports massage, injury assessment and rehabilitation, and first aid associated with emergency trauma.



JACK BULLOCK

PE and Sports Coaching and Coaching in the Community Course Leader

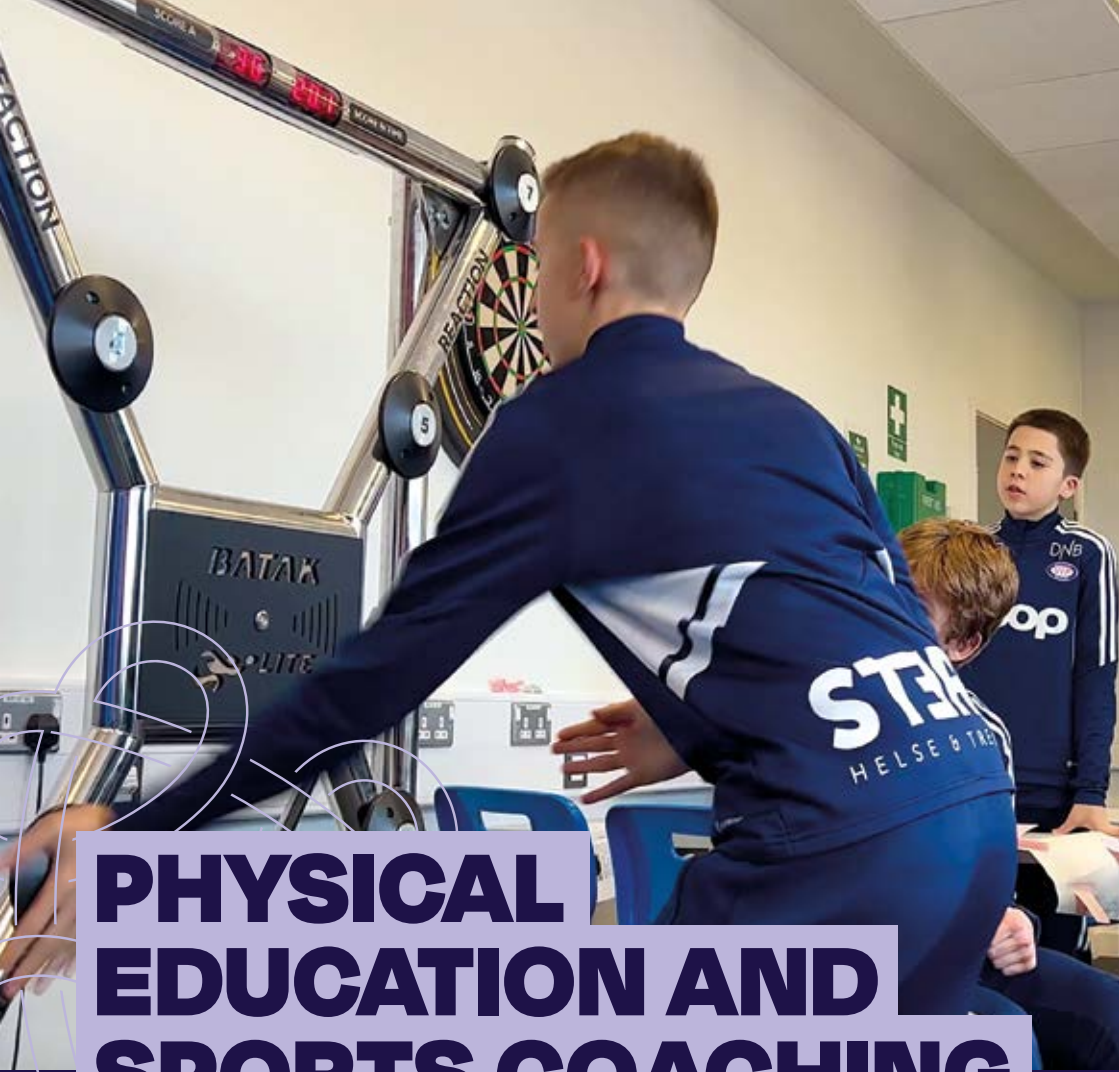
Jack Bullock has an MSc in Sociology of Sport and Exercise and an Education MA. His teaching focus is related to academic and research skills, professional practice, teaching and learning pedagogy, and sport in society.



OUR COURSES

Course title	Award	UCAS Code	UCAS Offer	Duration in years
Physical Education and Sports Coaching	BSc(Hons)	CX6C	112-120	3
Sport and Exercise Psychology (distance learning)	BSc(Hons)	C810	112-120	3
Sport and Exercise Science	BSc(Hons)	C601	112-120	3
Sport and Exercise Science (with foundation year)	BSc(Hons)	C604	112-120	4
Sports Therapy	BSc(Hons)	BC96	112-120	3
Coaching in the Community (Football)	FdSc	C611	48	2
Rehabilitation and Manual Therapies	FdSc	C606	48	2





PHYSICAL EDUCATION AND SPORTS COACHING

Whether you dream of becoming a PE teacher or a sports coach, our degree in sports coaching with a focus on physical education can help you achieve your ambitions. You'll get lots of practical experience and our connections and expertise will prepare you for a range of careers.



Why choose us...

- Gain hands-on experience through placements with schools, sports clubs and community organisations like Youth Sport Trust. We work with local, regional and national employers – and universities overseas – to offer you placement opportunities.
- Pick a sport you're interested in for your coaching skills, and develop a broad skillset reflecting the PE national curriculum. Students can select optional modules to focus on either PE or sports coaching.
- Opportunity to progress onto PE teacher training with our PE-focused PGCEs. Choose to study our Secondary Physical Education PGCE or focus on the younger age groups with our Primary with PE Specialism PGCE.
- Volunteer with our Sports Academy, helping to deliver physical activity and classroom-based workshops to young people in schools and communities.

- Learn from staff with extensive coaching and research expertise.

What you'll learn...

You'll gain the practical experience and skills needed to go into a range of careers, including sports development, health and fitness, and coaching. And if you want to work in schools, you'll be in a prime position to apply for one of our PE-based PGCEs.

Module examples:

- Coaching diverse groups
- Foundations of sports coaching
- Sport science for coaches and teachers
- Coaching pedagogy (optional)
- Teaching and Coaching National
- Curriculum Activities (optional)

What you could do next...

Our graduates go on to work in youth sport, professional football coaching, athletics development, and the health and fitness field. They also work with organisations such as the Football Association and the English Institute of Sport. Many train to become teachers in schools or colleges.



SPORT AND EXERCISE PSYCHOLOGY

Discover how athletes think, feel and behave. You could be exploring a range of topics, from group dynamics and leadership, through to how the brain interacts with the spinal cord. You could also be delving into the psychology behind exercise addiction and interventions for dealing with stress and irrational beliefs.

Accredited by



**FIND OUT
MORE ABOUT
THE COURSE
HERE**



Why choose us...

- Multi-disciplinary teaching - learn the fundamentals of sport and exercise psychology alongside biomechanics, social and developmental psychology. You'll explore a wide-ranging curriculum, covering subjects such as applied sport psychology techniques, group dynamics and leadership, psychobiology, physical activity and mental health, stress, and resilience.
- Learn from research-active academics with a wealth of expertise and experience. Our course has 5 commendations from the British Psychological Society, including Outstanding Student Support and Outstanding Programme Director.
- Apply theory to real-life situations.
- UK's only BSc (Hons) in Sport and Exercise Psychology to be delivered through distance learning. You'll be assessed through presentations, reflective pieces, essays, lab reports and exams.

- Join a diverse student cohort, including athletes, sports coaches, military personnel and students straight from school and college.

What you'll learn...

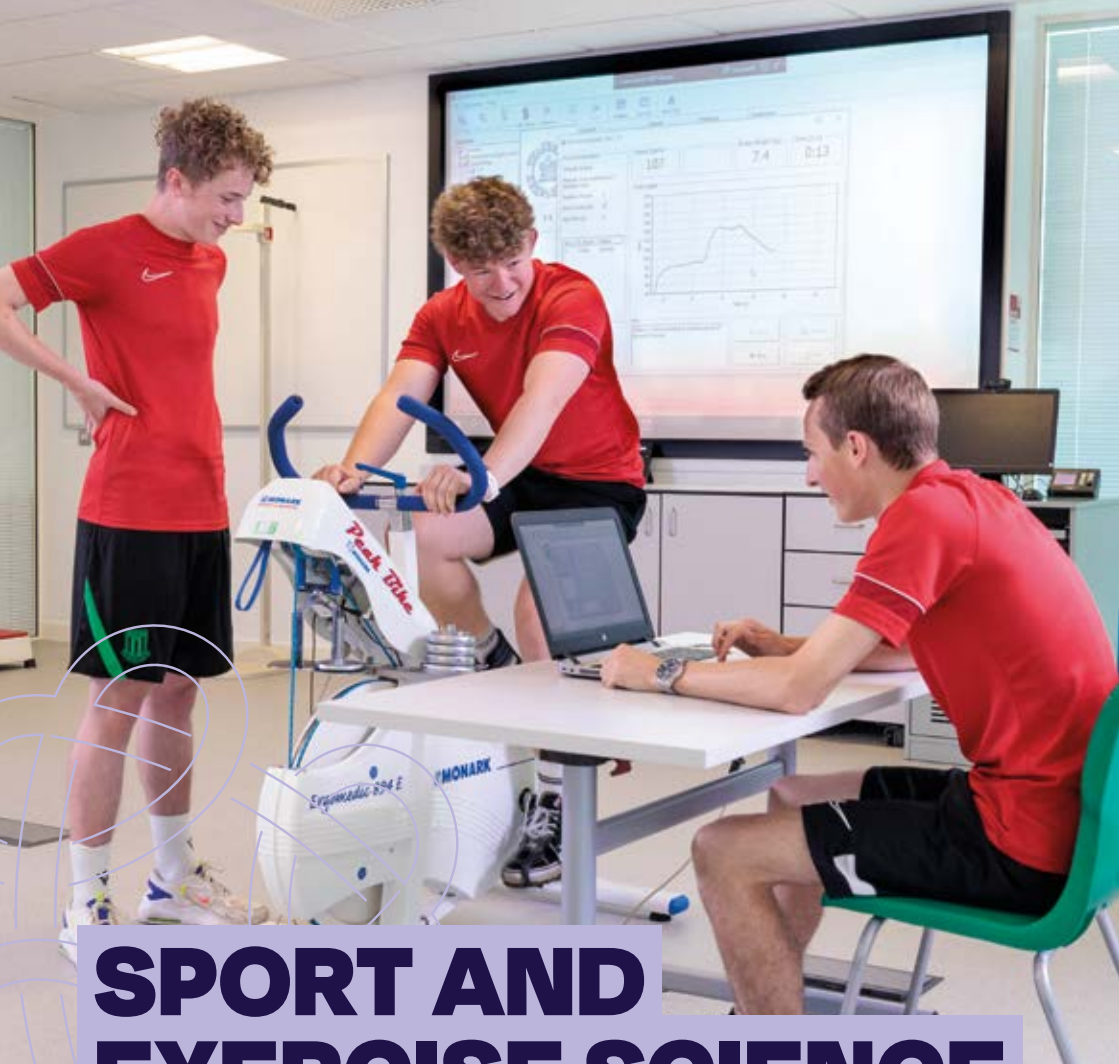
You'll learn how psychology plays a pivotal role in both human performance and wellbeing. This includes helping athletes cope better under pressure and developing people's confidence, motivation and resilience.

Module examples:

- Foundations of human psychology in sport and exercise
- Individual differences and psychometrics in sport and exercise
- Biomechanical analysis of human movement for sport, exercise and health

What you could do next...

Our graduates are equipped for roles in sport, healthcare, industry and teaching. Some go on to train as qualified sport and exercise psychologists, become self-employed consultants or work with sports club and businesses. Many graduates also pursue Masters-level study in relevant fields of science and technology.



SPORT AND EXERCISE SCIENCE

Want a career where you could play a major role in a top athlete's success or help an injured or elderly person to walk again? You could run your own business, work for professional football clubs or national sport institutes, or land a job abroad – the possibilities are endless.

Endorsed by



FIND OUT MORE ABOUT THE COURSE HERE



Why choose us...

- Optional BASES-endorsed strength and conditioning pathway in second year – delving more deeply into how we get the body working better with exercise interventions.
- Build practical skills in both laboratory and field settings and learn from academics with a wealth of expertise and experience, including world-class research.
- Put your skills into action with real clients on a work placement. Placement examples have included professional football clubs, supporting weightlifters and working with cricket and rugby league teams. Students have also worked with aged populations in healthcare settings, such as cardiac rehabilitation, and secured competitive placements abroad.
- Conduct fitness testing protocols with international teams hosted on campus.
- Volunteer with our Sports Academy, helping to deliver physical activity and classroom-based workshops to young people in schools and communities.

What you'll learn...

You'll explore the fundamentals of exercise physiology, sport psychology and biomechanics. Academic teaching in lectures, seminars and tutorials is supported by practical sessions in both field and laboratory settings to prepare you for the world of work.

Module examples:

- Fundamental introduction to exercise prescription
- Exercise physiology for sports performance
- Advanced sport and exercise psychology
- Sports Nutrition
- Contemporary Issues in Clinical Sport and Exercise Science

What you could do next...

Our graduates have achieved success in sport, teaching and entrepreneurship. Some have gained jobs with professional football clubs, in roles such as head of sport, others have gone on to become top-level strength and conditioning coaches. Many graduates decide to continue their studies with postgraduate qualifications.



SPORTS THERAPY

Learn how to help athletes recover from injury and make a major difference to other people's lives through treatment and rehabilitation. You could be dealing with anything from knee or back injuries through to complex musculoskeletal cases. And you'll get plenty of practical experience working with real clients under supervision from staff.

Accredited by



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Why choose us...

- Specialist facilities including our pioneering new Telehealth Hub and rehabilitation zone. Our Telehealth Hub is an industry leading facility which enables you to develop skills in digital sport, exercise and healthcare. Working in the hub, you'll future-proof your skillset and maximise your employability.
- Put your skills into action with real clients in our popular Sports Therapy Clinic. You'll work with a wide range of patients, including elite athletes and specialist communities such as older people and those with cancer or diabetes.
- Complete 200 hours of hands-on practice, preparing you for the world of work.
- Learn from research-active academics and staff with a wealth of clinical experience as sports therapists.
- Strong industry links with football clubs like Stoke City and Port Vale, the NHS, local chiropractors and sports injury clinics.

What you'll learn...

You'll learn how to do injury assessment, perform soft techniques like massage and joint mobilisation, and offer exercise for healthy clients and rehabilitation. You'll put techniques into practice in our rehabilitation zone, physiology lab and Sports Therapy Clinic.

Module examples:

- Clinical assessment and manual interventions
- Exercise prescription
- Lower and upper extremity anatomy
- Exercise for rehabilitation
- Peripheral clinical assessment

What you could do next...

Our graduates pursue a variety of rewarding roles, including working as sports therapists and sports massage therapists. Some set up their own businesses or clinics. You could work in injury clinics with professionals, alongside athletes or pursue roles working with specialist communities in the healthcare sector.



COACHING IN THE COMMUNITY (FOOTBALL)

Kick-start your career in the most popular sport on the planet through our unique partnership with Stoke City FC. Studied over a two-year period, this foundation degree will prepare you for working in professional and grassroots environments. And if you show on-the-field talent to a professional level, you could be selected for the Championship club's Player Pathway programme.

In partnership with



FIND OUT MORE ABOUT THE COURSE HERE



Why choose us...

- Created in partnership with Stoke City FC, giving you amazing work experience and placement opportunities. You'll participate in activities at exceptional local sporting facilities including The Academy Dome, BET365 stadium, and Clayton Wood training ground.
- Gain industry-recognised coaching qualifications, including FA Level 1 and 2 Coaching, Futsal Level 1 and Coaching Disabled Footballers.
- Build your knowledge of the complete cycle of sports and performance, including the surrounding influencers of sports development, biomechanics, physiology and strength and conditioning.
- Develop the knowledge, skills and techniques to work in professional and grassroots coaching environments. Learn through a combination of face-to-face sessions and online learning.
- Top up your qualification to gain a full undergraduate BSc (Hons) in Physical Education and Sports Coaching with an extra year of study.

What you'll learn...

You'll be introduced to industry practice and sport science, including physiology, biomechanics, sport psychology, and strength and conditioning. This will give you a grounding in all the essential components to work in football. You can then tailor your studies through optional modules in your second year. Placements are offered in the second year which are supported by Stoke City FC and University academic.

Module examples:

- Coaching diverse groups
- Foundations of sports coaching
- Sport science for coaches and teachers
- Industry Project
- Sport Placement

What you could do next...

Our foundation degree graduates can follow a variety of career routes, including roles as a youth coach at grassroots level, performance coach, sports development officer, talent scout and coach education coordinator. With further study, it's possible to top up the qualification to gain a full undergraduate degree.



REHABILITATION AND MANUAL THERAPIES

Learn how to assess, manage and treat neuromusculoskeletal problems with rehabilitation and manual therapies on this two-year foundation degree. You'll study upper and lower limb anatomy, exercise programming and prescription, clinical assessment and manual therapies. And you'll get plenty of practical experience working with real clients under supervision from staff.



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Why choose us...

- Specialist facilities including our pioneering new Telehealth Hub and rehabilitation zone. Our Telehealth Hub is an industry leading facility which enables you to develop skills in digital sport, exercise and healthcare. Working in the hub and rehab zone, you'll establish transferable skills, maximise your employability and future-proof your skillset.
- Top up your qualification to a full BSc (Hons) in Sports Therapy on successful completion of the course.
- Gain valuable practical experience with real clients in our popular Sports Therapy Clinic and build your skills through work placements with local, regional and national employers.
- Learn from research-active academics and staff with a wealth of clinical experience as sports therapists.
- Strong industry links with football clubs like Stoke City and Port Vale, the NHS, local chiropractors and sports injury clinics.

What you'll learn...

You'll learn about bones (human osteology), muscles (myology), ligaments and joints (arthrology), and be introduced to sports assessment and massage techniques. You'll put techniques into practice in our rehabilitation zone, physiology lab and Sports Therapy Clinic.

Module examples:

- Clinical assessment and manual interventions
- Exercise prescription
- Lower and upper extremity anatomy
- Exercise for rehabilitation
- Peripheral clinical assessment

What you could do next...

Our FdSc graduates are equipped to work as sports massage therapists or within injury clinics alongside sports therapists, physiotherapists, osteopaths and chiropractors. Further study can lead to careers in sports therapy or sport and exercise science, or strength and conditioning roles.

HIGH PERFORMANCE ACADEMY

Welcome to the High Performance Academy, University of Staffordshire's home for high performing athletes to access extra support. The HPA can help you with your training and competition costs, give you access to treatment to ensure you're at peak physical condition and help you with balancing both your sporting and academic calendar.

If you're a high performing sporting student, you are welcome to apply to any of the three year-long scholarship or development schemes:

- Performance Athlete Scholarship Scheme (PASS)
- Talented Athlete Development Scheme (TADS)
- Coaching and Officiating Development Scheme (CODS)

All consist of the same basic support package which includes:

- Strength and conditioning
- Nutrition advice
- Sports psychology
- Sports therapy
- Academic flexibility
- HPA kit bundle
- Dual career mentoring
- Free gym and facility access

PERFORMANCE ATHLETE SCHOLARSHIP SCHEME (PASS)

Our internally funded scholarship scheme allows you to access bursary amounts of up to £3,000 depending on the level of competition*.

When applying to be part of PASS, applicants are required to have competed at either a regional, national or international stage within the past two years (evidence will be required on submission).

Once accepted onto the scholarship scheme, PASS athletes will have access to the following additional benefits:

- St Georges Park athlete testing/ experience days
- Strength and conditioning coached sessions
- One-to-one sports psychology sessions
- Higher levels of academic flexibility
- Dual career TASS qualified mentoring

*To receive this bursary funding applicants must be on a full-time undergraduate course.



OUR STUDENTS

“ **The facilities for sports therapy are amazing. I work within the student run Sports Therapy Clinic and am enjoying every minute I spend working there!** ”



Georgia Lucas

Sports Therapy

“ **The lecturers are very supportive and make the subjects really easy to understand.** ”



Kian Lawton

Sport and Exercise Science

SPORTING OPPORTUNITIES AT STAFFS

Sports Clubs

If playing sport is your passion, we have a wide variety of sports clubs for you to join while you are studying with us. Joining a sports club is a great way to make friends while enjoying your hobbies and gives you the chance to compete at a number of different levels.

Sports Academy

University of Staffordshire's Sports Academy delivers physical activity and classroom-based workshops to young people in schools and communities. As an undergraduate student, you can join the academy as a volunteer, helping to deliver workshops across sport and exercise science, sport and exercise psychology, sports coaching/performance and sports therapy. It's a great way to increase your employability skills.

Coaching and Volunteering

Our sports coaching and volunteering programme is open to all students with a passion for sports, giving you the chance to develop valuable skills that employers are looking for. Students can participate in coaching, officiating and umpiring, organising and planning events, and photography and filming. We work closely with our partners to offer opportunities internally and externally and if we don't have an opportunity you're looking for, we will help you find it.

Social Sport

Our Social Sport programme gives you the flexibility to join in with our sport and fitness activities at the times that are most convenient to you. It's designed so that you can dip in and out and work around your own

schedule, while still giving you the opportunity to join in a variety of sports, activities, tournaments and events throughout the year. Social Sport is about getting involved, making friends and trying something new that fits alongside your studies and other commitments. All of our sessions are inclusive regardless of your ability, so don't miss out.

Gym Memberships and Facilities

Become part of our open, inclusive and welcoming community. An environment that's big on personality and full of character. A place where you'll feel empowered and inspired. Where everyone is valued and you can be you.

Discover more online

www.staffs.ac.uk/student-life/sport



IMPORTANT INFORMATION

Subject to approval/validation

We're always striving to deliver the most current and relevant degrees, both by creating new courses and regularly reviewing our current offering.

Each time we make changes, the course goes through a rigorous approval process to ensure that it's the perfect fit for our students, employers and other relevant stakeholders.

Some of the courses inside this guide may be marked as 'subject to approval' or 'subject to validation',

but don't worry, this just means some of the details of the course won't have been finalised yet. As soon as new courses are approved and validated, up-to-date information will be provided on the online course pages at www.staffs.ac.uk/courses

If you have been offered a place and there is a significant change to the course, or for any reason, the course doesn't run – we will contact you immediately and fully support you in finding the best suitable alternative.

At the time of printing in September 2024, the courses listed in this guide represent those we intend to offer for the 2025/2026 academic years. Very occasionally, however, we need to make changes to our courses, including their content and the way in which they are delivered. In some instances, courses can be discontinued or combined with other courses.

Reasons for withdrawing courses can include insufficient student numbers and courses not receiving the necessary accreditation or approval. Changes to course information may include operational and academic reasons.

If circumstances beyond our control mean we cannot provide particular educational services, all reasonable steps will be taken to minimise any disruption to those services. However, the University will have no liability for any loss or damage suffered by any prospect or student as a result.

As a prospective student of University of Staffordshire, it's your responsibility to ensure you have fully reviewed up-to-date course information before you apply,

and that your chosen course fully meets your requirements. You should also check the course still meets your requirements before accepting an offer to study with us.

Student satisfaction scores have been provided by Unistats and are correct at the time of going to print. For more information, visit: discoveruni.gov.uk

If we discontinue a course or programme and you're not happy with the alternative offered, or if a programme is changed and you're not happy with the changes, you'll be given the opportunity to withdraw from the programme. Up-to-date course information can be found on our website (www.staffs.ac.uk), or by calling us on **01782 294400**.

If you're offered a place at the University of Staffordshire, your offer will be subject to the University's Terms and Conditions of Offer. If you become a student of University of Staffordshire, you will enter a contract with us and be bound by our rules and regulations. These, too, may vary from time to time (www.staffs.ac.uk/rulesandregs).



University of
Staffordshire

2ND IN THE UK FOR QUALITY EDUCATION

Sustainable Development Goal 4 THE
Impact Rankings 2024

5TH FOR FIRST GEN STUDENTS

The Mail University guide 2025

TOP 10 FOR CAREER PROSPECTS

Whatuni Student Choice Awards 2023

TOP 20 FOR FACILITIES

Whatuni Student Choice Awards 2023

TOP 10 FOR SOCIAL INCLUSION

The Times and The Sunday Times Good
University Guide 2023

87% OF RESEARCH IMPACT IS 'OUTSTANDING' OR 'VERY CONSIDERABLE'

Research Excellence Framework 2021

For more detailed information
on courses or studying at
University of Staffordshire visit:
www.staffs.ac.uk/undergraduate

Find us on:
www.staffs.ac.uk/socialmedia

