Do you have a passion for sport?
Do you want to work in an exciting global industry?

If so, UCD is the place to transform your personal interests into a rewarding career. From training athletes and improving fitness, through to managing sports organisations or working in marketing and sponsorship, you will find a Sport & Performance programme to match your aspirations.

Health and Performance Science
Sport & Exercise Management

DN425
DN430
Health & Performance Science

BSc (Hons) (NFQ Level 8)

LEARN and APPLY scientific principles relating to the promotion, maintenance and enhancement of sport, physical health, and exercise.

DEVELOP practical skills in human exercise physiology, sports biomechanics, sports and exercise nutrition, and sports psychology.

Why is this course for me?

Health & Performance Science focuses on the scientific principles underlying the promotion and enhancement of sport, physical health and exercise. This BSc degree addresses the application of sport and exercise science to sports competition and performance levels, and to improving physical health, well-being and fitness across our life span.

If you have a particular interest in how sport and exercise science can be applied across a range of disciplines, ranging from adolescents and elite athletes to specific disease populations, then this degree is for you. The programme places a large emphasis on practical skill-based teaching, giving students the opportunity to engage in active learning. This develops critical competencies in analysis, evaluation and testing.

What will I study?

Modules studied on the Health & Performance Science degree include the following:

- **First Year**
  - Anatomy
  - Chemistry
  - Biochemistry
  - Physics
  - Exercise Physiology
  - Theory of Coaching
  - Strength & Conditioning

- **Second Year**
  - Exercise Physiology
  - Sports Psychology
  - Biomechanics
  - Sports Nutrition
  - Research Methods
  - Exercise Prescription

- **Third Year**
  - Exercise Physiology
  - Sports Injury Management
  - Sports Nutrition
  - Statistics
  - Case Study in Sports Science
  - Exercise Prescription
  - Minor Dissertation (Research Project)

Career & Graduate Study Opportunities

When you graduate you will be skilled in the prescription and management of therapeutic exercise interventions in healthcare and sporting settings. You will also be an expert in the analysis and evaluation of human sports and exercise performance.

Graduates can find employment in:
- Sport and exercise consultancy
- Health promotion
- Professional athlete/team support
- Exercise physiology
- Strength and conditioning

They are also eligible to apply for MSc and PhD programmes in the UCD School of Public Health, Physiotherapy & Population Science.

I chose to go to UCD because of the opportunity to merge my sporting commitments (Airtricity League Soccer) with my interest in sport, physical health and exercise science. The BSc Health & Performance Science degree allows me to develop a critical awareness of the scientific principles underlying the optimisation of sporting performance. The emphasis on laboratory based work is refreshing and we’ve had access to the excellent facilities in the UCD Institute for Sport & Health, for modules in exercise physiology and strength and conditioning. I would definitely recommend this course to anyone with an interest in these areas.

Tomas Boyle is a UCD Ad Astra Elite Sports Scholar.

For more information, contact:
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- Newstead, Belfield, Dublin 4
- sports.institute@ucd.ie
- +353 1 716 3271

CAO Code DN425

Entry Requirements
- Irish*, English, A third language, Mathematics, One laboratory science subject, One other recognised subject.
- Leaving Certificate
  - Passes in six subjects including those shown above, of which two must be minimum H3.
- CAO 2012 points range: 490 - 550
- R-Level/GCSE
  - Passes (GCSE Grade C or above) in six recognised subjects including those above, of which two must be minimum Grade C or above at R-Level.
- Guideline Equivalent
  - Average R-Level Grades
  - ARA (R-Level) 6 b (RS) or equivalent combination
- Guideline Equivalent
  - Minimum R-Level Grades
  - RBCD (R-Level) or equivalent combination
  - Average Intake
  - 40

Length of Programme 3 Years

Progression Entry Routes
- IT Transfer Route – None
- FETAC Entry Route – None

1 R-Level candidates are usually exempt from the Irish Language Requirement.
### Sport & Exercise Management

**BSc (Hons) (NFQ Level 8)**

**DEVELOP** skills leading to a wide range of career possibilities including sports development, sports administration, starting your own sports business, sports events management and sports marketing.

### Why is this course for me?

The multidisciplinary nature of the BSc in Sport & Exercise Management equips students with skills in areas such as management, marketing, event planning, human resources, economics/finance, sports development and coaching. These underpin the structure and governance of sport, health and exercise programmes today. If these opportunities interest you then the combination of UCD’s internationally recognised academic excellence and sporting reputation makes this degree ideal.

### What will I study?

The programme offers a progressive pathway for students to specialise in second and third year. Modules include:

**First Year**
- Sports Development
- Theory of Coaching
- Sports Law
- Sports Marketing
- Financial Management
- Sports Management
- Introduction to Exercise Science

**Second Year**
- Event Management
- Economics of Sport
- Sport/Health Psychology
- Strategic Planning and Sports Development

Students specialise in one of:
- Sports management
- Exercise management or
- Coaching management

**Work placement:** Students also undertake a ten week structured work placement either in Ireland or abroad during the summer. This provides invaluable practical experience and an opportunity to gain employment upon graduation.

**Third Year**

Students study both the business of sport and their selected specialisation. They also undertake an individual research project or dissertation that imparts critical skills in project design and management, in response to current issues within the broader sports industry.

### International Study Opportunities

Sport & Exercise Management students can apply to study abroad for either a semester or a year through the Erasmus programme or on a non-EU exchange.

### Career & Graduate Study Opportunities

Our graduates have a track record of employment, both nationally and internationally, in:
- Sports Administration
- Sports Marketing
- Event Management
- Exercise Management
- Private Sports Enterprises
- Sports Development
- Coaching Development

Further education opportunities are available on MSc and other graduate programmes.

### Admission Requirements

Applications from mature candidates, and school leavers, are welcome (through the CAO). Special consideration may be given to elite athletes and coaches wishing to pursue a career in sport and exercise management. Holders of the Diploma in Sports Management with a GPA of 3.08 or higher may, with Programme Board approval, be admitted to second year of the BSc programme – application is via www.ucd.ie/apply.

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**Entry Requirements**

- Irish
- English
- A third language
- Mathematics
- Two other recognised subjects.

**Leaving Certificate**

Passes in six subjects including those shown above, of which two must be minimum HC3.

**R-Level/GCSE**

Passes in six recognised subjects including those above, of which two must be minimum Grade C or above at R-Level.

**Guideline Equivalent**

- Average R-Level Grades
- Average A-Level Grades

**Progression Entry Routes**

- ETB Entry Route – None
- R-Level candidates are usually exempt from the Irish Language Requirement.
- Minimum Grade O/B3/HD3 in Leaving Certificate or equivalent. See additional admission requirements.

**Length of Programme**

3 Years

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For more information, contact:

Gillian Johnston
UCD Centre for Sports Studies
sports.studies@ucd.ie
+353 1 716 3430

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Studying UCD Sport & Performance

Year 1
Engage with the principles
- Marketing & Management of Sport
- Cultural & Legal Foundations of Sport & Development
- Anatomy & Kinesiology
- Academic & Information Technology Skills
- Exercise Physiology
- Chemistry & Biochemistry

Year 2
Apply knowledge base
- Economic, Event & Strategic Management of Sport
- Sports, Coaching or Exercise Management
- Physiology, Fitness & Biomechanics Testing
- Work Placement in Ireland or Abroad
- Sports & Exercise Psychology
- Strength & Conditioning
Optional Study Abroad Experience in the USA, Canada or Australia

Year 3
Specialisation
- Sport & Exercise for Health & Special Populations
- Sports, Coaching or Exercise Management
- Physical Activity, Health & Nutrition
- Exercise Physiology & Exercise Performance

Degree (Honours)
BSc Sport & Exercise Management | BSc Health & Performance Science

Specialise through UCD graduate study
- Taught Graduate Programmes
  - MSc Sport & Exercise Management
- Research Degrees
  - MSc Sports Studies
  - MSc Health & Performance Science
  - PhD

Sport & Exercise Manager
Sport & Exercise Scientist

Professional Accreditation

Shape your career with UCD Sport & Performance
Career Opportunities
- Sports Development Officer
- Fitness Professional
- Facility/Operations Manager
- National/International Governing Bodies
- Exercise Physiologist
- Health Promotion
- Sport & Exercise Consultancy
- Education & Research
- Professional Athlete/Team Sport & Exercise Science Support

Continue to develop your professional career with UCD...

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