Introduction

Exercise and Health Science is a degree scheme which examines the role of sport and exercise as a means of improving the quality of life. As the modern world continues to generate energy-saving devices and practices both at work and in the home, sport and exercise acquire increasing importance as foundations for health. The consequence of prolonged life offered by modern medicine is an ageing population, which lives longer with physical incapacity. The modern world does appear to value athletic endeavour, but primarily from the perspective of the paying spectator. We need to acknowledge the vital contribution that exercise and sport may make to our health and quality of life. In this way, we may begin to explore how sport and exercise can play a significant role in the health of society and what role sports specialists may take in this process.

Aims and Outcomes

This degree course aims to instil a broad knowledge base and understanding of sport and exercise. The relevance of this to the health of the individual is a central theme developed throughout the curriculum. After developing the basic knowledge of sports science and an understanding of the link between exercise and health, students will be given the chance to pursue specific issues covering different aspects of health, physical activity and sport. Courses in Psychology and Health Promotion provide avenues to explore sport and health in a wider context. In year 4, the practical aspects of physical fitness and exercise training are combined with theoretical analysis. The relevant topics of exercise and health are also discussed. The combination is beneficial for students seeking professional employment.

General Enquiries

The degree co-ordinators are Professor Alison Jenkinson (a.jenkinson@abdn.ac.uk) tel:- 437539 and Dr Michael Scholz (m.e.scholz@abdn.ac.uk) tel:- 438022. Any query concerning the degree programme should be addressed to them – appointments can be arranged on most days of the week in term time. (Appointments should be made via the School Office). Enquiries concerning a specific module should be made to the course co-ordinator for that module (See University Catalogue of Courses or SMS World Wide Web Pages for names). The Head of the School of Medical Sciences is always available for advice regarding any of the degree schemes run by the school as well as matters such as careers advice. In the first instance appointments to see any of the above staff should be made with Ms Jill Reid (jill.reid@abdn.ac.uk) at the School Office sited on the 2nd level, Institute of Medical Sciences (01224-437470 external; 7470 from King's College or 7470 from Foresterhill).

General Requirements

In order to complete the degree scheme, the students’ programme of studies must comply with the Supplementary Regulations for the Degree of Bachelor of Science in Pure Science (BSc) supplied to the student in the extract from the University Calendar "Degrees in Science".
Industrial Placements

There is scope within the degree schemes for students with very good academic records to undertake a 1 year, paid, industrial placement as part of their degree. The placement is undertaken in year 4 of the degree scheme and students return to the University to complete their honours year in year 5. This work experience is co-ordinated by the School although placements are in companies outside the University.

Students interested in industrial placements are encouraged to contact Dr Allison Carrington in the first instance to discuss their plans.

Students must also register for, and complete, the pre-placement course, BT3006, in the first half of their third year. On successful completion of a placement and their honours year students will graduate with an MSci. Further details of this initiative can be obtained from Dr Allison Carrington (a.carrington@abdn.ac.uk).

Looking Forward to the Honours Year

Many of you will be intending to continue for a 4th year and to complete an Honours degree in sports studies. There are a few points you should bear in mind if this is your intention.

1. Standard of entry

We try to welcome as many students as possible into the Honours year, but it must be recognised that it will only benefit the more able students. If 3rd year is a real struggle, then it may be too much for you to take on. As a general rule, we think that a CAS mark of 12 or better in each 3rd year module is a reasonable sign that you have reached the appropriate standard. Exceptions can be made if there is good reason, and a mixture of excellent results and one or two slightly poorer ones may sometimes be acceptable. Do let us know if there is an explanation for any poor performance, so that we can do our best to take it into account. If your 3rd year performance fails to meet the required standard, your adviser of studies may recommend alternatives including a designated degree in Sports Studies, or other programmes.

2. Know what’s involved

The teaching in the Honours year in general involves fewer lectures and more input from you than in previous years. You will take the modules specified for your particular degree scheme, these amounting to 120 credits of study.

3. Prerequisites

Check that the courses you plan for 3rd year provide the foundation for the Honours degree you hope to take. Please refer to the appropriate Degree Programme Guide (available from the www SMS home page, the School Office or the Teaching Labs). If in doubt, consult your advisor or the appropriate Degree Programme Co-ordinator. Please do this in plenty of time.

4. Summer research projects

It is possible to apply for funding for summer projects (8-10) weeks between 3rd and 4th year. This is a helpful base for your Honours project, which must be in a different area of research and usually with a different supervisor. Dr Allison Carrington will email members of the class at the end of November asking for CVs if they wish to be considered for a summer vacation studentship, and if they have any preferences for staff in whose laboratory they would wish to undertake the work.

Assessment

Throughout your course, assessment takes the form of continuous assessment (based upon performance in prescribed tasks such as practical reports, essays and presentations) and written degree examinations (multiple choice questions or essay questions) taken in the examination diets allotted to each half session. The final year assessment is made up of five examination papers, including the General Paper (BM4901) and a Problem Solving paper (BM4902). Some students may
be required to attend an oral examination (viva) with the external examiner. Details concerning assessments and course work are provided in the Course Handbooks associated with each specific module. These Course Handbooks are available either from the School of Medical Sciences, room 2:62:3 or on the SMS World Wide Web Pages. Details concerning the relationship between credits and weightings may be found on http://www.abdn.ac.uk/sms

**Academic Appeals**

1. From time to time a student may seek to appeal against a decision involving academic judgement taken, in terms of the Regulations for the degree or other qualification for which he or she is studying, among others, by the Head of School refusing a Class Certificate, or the award of a Merit Certificate, or admission to a higher level course; by Examiners refusing to award a pass or awarding an unacceptable class of Honours (or making no award); by the Examiners appointed to examine a thesis for a higher degree; or by the relevant Undergraduate Programme Committee or Academic Postgraduate Officer in relation to terms of study. Specific rights of appeal are very limited indeed but the Senate has a general duty to regulate and superintend the teaching of the University, and the Court has the authority to review any decision of the Senate which may be appealed against by a member of the University.

2. Academic appeals must be lodged with the Academic Registrar within 14 days from the date of the issue of the decision being appealed against, unless the relevant Appeals Committee constituted under 7 or 8 below is satisfied that the decision had not become known to an appellant until too late to submit an appeal within that period.

3. Notwithstanding the above time limit, details of illness (which must be certified by a medical practitioner) and/or other personal circumstances which students believe may have affected their performance in an element of prescribed degree assessment will be accepted as grounds for appeal only if the Head of the relevant School has received written notification of them no later than one week after the date on which a student submitted or appeared for the assessment concerned. Where good reasons have prevented a student from notifying the Head of School within this period, the student should write to the Head of School as soon as is practicable and give details both of the illness (which must be certified by a medical practitioner) and/or other personal circumstances and of the events which prevented him or her from notifying the Head of School within the prescribed period. Details reported after notification of a result will be accepted as grounds of appeal only in exceptional circumstances.

**Problems with Course Work**

If students have difficulties with any part of the course that they cannot cope with alone they should notify someone immediately. If the problem relates to the subject matter you may be best advised to contact the member of staff who is teaching that part of the course. Students with registered disabilities should contact either the IMS based School Office, (Mrs Jenna Reynolds j.reynolds@abdn.ac.uk) or the Old Aberdeen office associated with the teaching laboratories (Mrs Sheila Jones s.jones@abdn.ac.uk) to ensure that the appropriate facilities have been made available. Otherwise, you are strongly encouraged to contact any of the following as you see appropriate:

- Course student representatives.
- Course co-ordinator.
- Convenor of the Biomedical Sciences staff-student liaison committee, Professor Gordon McEwan Adviser of studies.
- School Disabilities Co-ordinator, Dr Derryck Shewan

Staff are based at Foresterhill (IMS & Health Sciences Building) and we strongly encourage the use of e-mail or telephone the School office (Ms Jill Reid, jill.reid@abdn.ac.uk) tel: 437470. You may be wasting your time to travel to Foresterhill only to find staff unavailable.

**Course Details**

All courses run in the School have practical and general skills (enterprise) components as integral parts of the teaching package. For detailed descriptions of the courses that make up the BSc (Hons)
Exercise and Health Science consult the University Course Catalogue or the University Web Pages. This document supplements the regulations in the University Calendar and the descriptions of modules given in the University "Catalogue of Courses". It is correct at the time of going to press but is open to change.

1st Year Course Requirements

Exercise and Health Science students are required to take Introductory Psychology in both sessions, together with two Sport Science courses. Students also take the basic Medical Science courses in the first year. The SM modules will provide a general background in Medical Sciences, thus preparing the student for the more detailed studies of mammalian physiology that will be made in the second year of study. This leaves two courses of your own choice to be studied.

Prescribed Level One Courses

First Half Session

- Introduction to the Medical Sciences (SM1001, 15 credits)
- Introductory Psychology I: Concepts and Theory (PS1009, 15 credits)
- Introduction to the Science of Sport, Exercise and Health (SR1002, 15 credits)

Second Half Session

- The Cell (SM1501, 15 credits)
- Introductory Psychology II: Concepts and Theory (PS1509, 15 credits)
- Fitness, Performance and Survival (SR1503, 15 credits)

Timetable for Year 1

<table>
<thead>
<tr>
<th>First Half Session</th>
<th>Second Half Session</th>
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<tbody>
<tr>
<td>Introduction to the Medical Sciences (SM1001, 15 credits)</td>
<td>SM1501 The Cell</td>
</tr>
<tr>
<td>Introductory Psychology I: Concepts and Theory (PS1009, 15 credits)</td>
<td>PS1509 Introductory Psychology II</td>
</tr>
<tr>
<td>Introduction to the Science of Sport, Exercise &amp; Health (SR1002, 15 credits)</td>
<td>SR1503 Fitness, Performance &amp; Survival</td>
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<td>1 other course</td>
<td>1 other course</td>
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2nd Year Course Requirements

The second year includes an introductory course on the Science of Sports Performance (SR2002) which approaches the subject from the perspective of the elite athlete and includes themes of Biomechanics and Sports Psychology. This is followed by Exercise and Health (SR 2501) in the second half-session which explores health-related aspects of fitness in the general population. Again, the discipline of Psychology is developed in both sessions. In addition, there are two compulsory key skills courses which are Foundation Skills for Medical Sciences (SM2001) and Research Skills for Medical Sciences (SM2501). Students also take the Physiology courses at this level.

Prescribed Level Two Courses

First Half Session

- Science of Sports Performance (SR2002, 15 credits)
- Advanced Psychology A: Concepts and Theory (PS2017, 15 credits)
- Foundation Skills for Medical Sciences (SM2001, 15 credits)
Physiology of Human Cells (BI20B2, 15 credits)

**Second Half Session**

Exercise and Health (SR2501, 15 credits)

Advanced Psychology B: Concepts and Theory (PS2517, 15 credits)

Research Skills for Medical Sciences (SM2501, 15 credits)

Physiology of Human Organ Systems (BI25B2, 15 credits)

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**Timetable for Year 2**

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<thead>
<tr>
<th>First Half Session</th>
<th>Second Half Session</th>
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<tr>
<td>SR2002 Science of Sports Performance</td>
<td>SR2501 Exercise and Health</td>
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<tr>
<td>SM2001 Foundation Skills for Medical Sciences</td>
<td>SM2501 Research Skills for Medical Sciences</td>
</tr>
<tr>
<td>BI20B2 Physiology of Human Cells</td>
<td>BI25B2 Physiology of Human Organ Systems</td>
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**3rd Year Course Requirements**

Developing disciplines of exercise and health are the principal themes of the 3rd year, which introduces Clinical Exercise Physiology and Sports Psychology. The Clinical Exercise Physiology course taken in the second half-session develops themes of anatomy, biomechanics and molecular adaptation to exercise and the health and nutrition course compliments this teaching. To meet the requirements for Enhanced Study, in addition to the 90 credits prescribed for your Degree Programme, you are required to take another 30 credit level 3 course of your choice. The School of Medical Sciences runs the following three Disciplinary Breadth courses at level 3 which may be of interest to students studying Medical Sciences Degree Programmes.

- SM3001 Frontiers of Molecular Medical Sciences
- SM3002 Frontiers of Biomedical Sciences
- SM3003 Frontiers of Applied Medical Sciences

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**Prescribed Level Three Courses**

**First Half Session**

Sports Psychology I (SR3021, 15 credits)

Sports Psychology II (SR3321, 15 credits)

**Second Half Session**

Clinical Exercise Psychology (SR3508, 30 credits)

Nutrition, Health and Disease (SR3511 30 credits)

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**Timetable for Year 3**

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<tr>
<th>First Half Session</th>
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<tr>
<td>SR3021 Sports Psychology I</td>
<td>SR3508 Clinical Exercise Physiology</td>
</tr>
<tr>
<td>SR3321 Sports Psychology II</td>
<td>SR3511 Nutrition, Health and Disease</td>
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<td>1 other course</td>
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4th Year Course Requirements

Students undertake a research topics course, a health promotion course, and study the science of aging. In the second half-session a full-time research project course on aspects of advanced physiological fitness in sport is taken. There are NO examinations at the end of the first half session. Instead the students sit a diet of final honours examinations at the end of the second half session. The first half session revision period is combined with that of the second half session to give three to four clear weeks for revision prior to the final examinations.

Prescribed Level Four Courses

First Half Session

- Research Topics in Sports Science and Sports Studies (SR4007, 30 credits)
- Promoting Health with Sport and Exercise (SR4006, 15 credits)
- The Science of Aging: from cradle to grave (BM4301, 15 credits)

Second Half Session

- Sports Studies Project (SR4505, 60 credits)

Timetable for Year 4

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<tr>
<th>First Half Session</th>
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<tr>
<td>SR4006 Promoting Health with Sport and Exercise</td>
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<tr>
<td>BM4301 The Science of Aging: from cradle to grave</td>
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<tr>
<td>BM4901 General Paper</td>
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<tr>
<td>BM4902 Data Analysis and Problem Solving Paper</td>
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