Introduction

Exercise involves the integrated actions of all the body's systems, and a knowledge of physiology, biochemistry and nutrition is essential to understand how individuals respond to and adapt to the stress of exercise. The exercise and sport sciences are broadly based, and encompass both basic and applied aspects of science. Basic research in exercise science is concerned with the use of exercise as a model to contribute to our understanding of physiology and biochemistry at all levels, from the molecular to the whole body. On the applied side, an exercise and sport scientist is able to apply his/her knowledge of the biological sciences to the design and evaluation of exercise programmes for the elite athlete and the recreational exerciser as well as for the individual who takes exercise as part of a healthy lifestyle.

The study of Sport and Exercise Science is exciting, satisfying and relevant to the human condition. This course will not cover the whole spectrum of sports science in detail, although a broad coverage of the discipline will be included. The Honours programme will focus primarily on the physiology and biochemistry of exercise. The Degree course builds on the well-established biological and clinical science courses in these areas at the University. Although the teaching of physiology at the University dates from 1593, the School of Medical Sciences was formed in 2004 by the amalgamation of the Departments of Biomedical Sciences, Biomedical Physics & Bio-Engineering and Molecular & Cell Biology.

Aims and Outcomes

This degree course aims to instil a broad base of knowledge of the way in which the body responds to exercise, at the whole body and at the molecular level. Students will gain an in-depth understanding of selected aspects of exercise science, inclusive of physiology, biochemistry and nutrition, which reflect the research expertise and strengths within the School. A thorough understanding of the scientific method and the development of a critical approach to problem solving and research literature also will be gained. In carrying out a research-based project and the presentation of the project findings as a dissertation, students will gain expertise in time management, data handling, and in the transferable skills associated with mastering statistics, graphics and word processing software packages.

General Enquiries

The degree co-ordinator is Professor Alison Jenkinson (a.jenkinson@abdn.ac.uk) tel: 437539 any query concerning the degree programme should be addressed to Professor Alison Jenkinson, Institute of Medical Sciences between the hours of 9.00 and 5.00pm. 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 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, room 2:62:3 Institute of Medical Sciences (01224-437470 internal 7470).

**General Requirements**

In order to complete the degree scheme, the student's 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". This will involve taking a number of modules out-with the School of Medical Sciences during years 1 and 2 and the student should consult their Advisor of Studies when selecting these courses.

**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 the School of Medical Sciences. 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.

**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 credit points. The Honours year will include three modules of study in Human and Exercise Physiology and a 60 credit point Honours Project in your study programme. You will write a thesis and give a short presentation on your project. For all students taking an Honours project the final degree assessment will comprise a 36% contribution from the thesis, and a 64% contribution from the papers associated with the taught modules taken in the Honours year, a paper on data analysis and interpretation, and a general essay paper.

**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 or essay questions) taken in the examination diets allotted to each half session. The final year assessment is made up of 5 examination papers, including a general paper (BM4901) and a problem solving paper (BM4902), and the submission of a thesis based on your project. 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 Office 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](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 an 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 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/Department 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 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, 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) Sports & Exercise Science Degree, consult the University Course Catalogue, or in the case of modules taught within the School, consult the School World Wide 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

Intending Honours students require a basic level of general physical and chemical principles and hence are required to take (or gain exemptions from) in the first half session CM1020 Chemistry for Life Sciences 1 and in the second half session, CM1512 Chemistry for Life Sciences 2. Pre-requisites for second year physiology courses in addition to Chemistry include in the first half session SM1001 Introduction to the Medical Sciences and in the second half session SM1501 The Cell. 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. We also require that students take SR1002 Introduction to the Science of Sport, Exercise & Health and SR1503 Fitness, Performance and Survival as essential to their study of Sports Science. 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 credit points)
Chemistry for Life Sciences 1 (CM1020, 15 credit points)

Introduction to the Science of Sport, Exercise and Health (SR1002, 15 credit points)

**Second Half Session**

The Cell (SM1501, 15 credit points)

Chemistry for Life Sciences 2 (CM1512, 15 credit points)

Fitness, Performance and Survival (SR1503, 15 credit points)

**Timetable for Year 1**

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**2nd Year Course Requirements**

The second year includes introductory courses on The Science of Sports Performance (SR2002) and Exercise and Health (SR2501), in addition to courses in the biological sciences. Two Physiology modules are required in the 2nd Year (Level 2). These are: Physiology of Human Cells (BI20B2) and Physiology of Human Organs (BI25B2). The required course to go with these modules in the second half session is Energy for Life (BI25M7). In addition there are 2 compulsory key skills courses which are Foundation Skills for Medical Sciences (SM2001) and Research Skills for Medical Sciences (SM2501). This leaves 1 course of your own choice to be studied.

**Prescribed Level Two Courses**

**First Half Session**

Physiology of Human Cells (BI20B2, 15 credit points)

The Science of Sports Performance (SR2002, 15 credit points)

Foundation Skills for Medical Sciences (SM2001, 15 credit points)

**Second Half Session**

Physiology of Human Organ Systems (BI25B2, 15 credit points)

Energy for Life (BI25M7, 15 credit points)

Exercise and Health (SR2501, 15 credit points)

Research Skills for Medical Sciences (SM2501, 15 credit points)

**Timetable for Year 2**
3rd Year Course Requirements

One hundred and twenty credit points are required in the 3rd Year (Level 3). The third year programme will consist of the Integrative Physiology course (30 credit points), as offered in the BSc Physiology Degree scheme, together with courses in Biochemistry and Nutrition of Exercise (30 credit points) and Clinical Exercise Physiology (30 credit points). 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

Prescribed Level Three Courses

First Half Session

Integrative Physiology (PY3002, 30 credit points)

Second Half Session

Biochemistry and Nutrition of Exercise (SR3506, 30 credit points)

Clinical Exercise Physiology (SR3508, 30 credit points)

Timetable for Year 3

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4th Year Course Requirements

One hundred and twenty credit points in Sports and Exercise Science are required in the 4th Year (Level 4). Courses taken in the first half session will provide detailed insights into specific areas of
mainstream exercise physiology, with particular focus on current research topics including the acute and chronic responses to exercise, and factors that influence these responses. The second half session is fully occupied with a research project chosen from a list based on the research interests of the staff of Biomedical Sciences. There are NO examinations at the end of the first half session. Instead the students proceed straight to their research projects and 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**

- Staying Alive, Adaption in Physiological Systems (BM4009, 15 credit points)
- Exercise Physiology (SR4301, 15 credit points)
- Research Topics in Sports Science and Sports Studies (SR4007, 30 credit points)

**Second Half Session**

- Exercise Science Project (SR4501, 60 credit points)

**Timetable for Year 4**

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BM4901 General Paper  
BM4902 Data Analysis and Problem Solving Paper