



**LEEDS
BECKETT
UNIVERSITY**

Course information for applicants

This information applies to the course as it will be delivered to students starting the course in 2027/28.

Information provided here was confirmed on 04/09/2026

General information

Programme code

MSCEP

Target award

If you complete this course successfully you will be eligible for the award of:

MSc Sport and Exercise Physiology

Delivery mode

- ☒ On campus
☐ Distance learning

Where you will study

The majority of teaching will be at Headingley campus but on occasion may be at City campus.

Professional accreditation or recognition

The MSc in Sport and Exercise Physiology is not subject to external reference points such as Professional, Statutory or Regulatory Bodies. However, the course aims and learning outcomes are aligned with several of the key competencies required for those students wanting to gain accreditation (e.g. Chartered Association of Sport and Exercise Sciences). Furthermore, the course content is appropriate for those wanting to prepare for a career in research, applied sport science and professional practice (including working in a clinical setting). Lastly, staff teaching on the course are highly engaged in research and applied sport science and understand the needs of employers within this area, which assist with course and module developments.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 7 of the Framework for Higher Education Qualifications

Course duration

If you are made an offer of a place on the course, your offer letter will include the start date.

This course can be studied:

12 months full-time

24 months part-time

Part-time study

This course can be studied part-time.

If you study the course part-time, it will usually take twice as long to complete compared with the equivalent full-time course. The modules may be delivered in a different sequence than on the full-time course, but you will study the same modules at each academic level. With the agreement of the course team, you may be able to increase your pace of study to shorten the overall course duration.

Entry requirements

Admissions criteria are available on the online prospectus entry for this course.

If you have previous relevant qualifications or experience, you could be exempt from certain parts of your course. Recognition of prior learning (RPL) allows you to start your course at a point appropriate to the learning and skills that you may have developed in a professional, vocational or community setting.

Find out more here: <https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning>

If you have questions about entry requirements and admissions, contact AdmissionsEnquiries@leedsbeckett.ac.uk

Course fees

Course fees and a breakdown of any additional costs is included on the online prospectus entry for this course.

If you have questions about fees for this course, contact Fees@leedsbeckett.ac.uk

Timetable

You will receive your full timetable for the year during induction week.

What you will study

Course aims

The aims of the course are to:

- Develop knowledge and understanding of the principles and applications of sport and exercise physiology and their application to vocational/professional practice.
- Provide an opportunity to critically assess a broad range of theories, methodologies and research findings in sport and exercise physiology.
- Develop a critical understanding of how to apply theories, strategies and methodologies in appropriate ways.
- Enable the student to develop empirical rigour in identifying solutions to complex problems.
- Develop the appreciation of inter-related scientific concepts that promote understanding of problems and issues in the study of sport and exercise physiology.
- Provide a forum for the development of research skills and professional competencies in the field of sport and exercise physiology.

Teaching and learning activities

The learning and teaching on the MSc Sport and Exercise Physiology degree places the student at the centre of the experience by fostering an inclusive, supportive and challenging environment. Through a curriculum which is informed by research and professional practice students will develop the required skills, knowledge and experience. The course will focus on developing sound knowledge of Sport and Exercise Physiology with ample opportunities to apply their learning whilst enhancing learning through problem solving approaches. The learning approaches will develop students independent learning capability and critical thinking skills as well as prepare them for employment.

The blend of teaching and learning methods in modules will involve a combination of face-to-face facilitated learning - key lectures on substantive areas, complimented by seminars and practical's (staff and student led), online learning (on and offsite), and self-study through directed reading and independent study tasks. This will differ by module and across the different levels of the postgraduate programme. The main emphasis is face-to-face learning in small seminar groups.

Students will be engaged through a variety of teaching and learning approaches whilst studying the MSc Sport and Exercise Physiology programme. Challenging and authentic tasks will be used to stretch the students' capabilities in real-world learning and assessment, resulting in a deeper approach to learning. Each module on the degree will consist of 20 credits (with the exception of the Major Independent Study, 60 credits) which equates to 200 notional learning hours. The learning on each module will consist of 36 hours contact time within each module.

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The following learning and teaching strategies will be used across the modules:

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory reading in advance.

- Students will participate in tutorials where they will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory/ practical sessions.
- Students will organise and conduct laboratory and field data collection, analysis and interpretation.
- Students will work independently to research the relevant literature predominantly using electronic databases and search engines.
- Students will complete directed activities/ formative assessments which will inform the content of scheduled sessions, providing opportunities for feedback.

The blend of learning approaches will involve a combination of face-to-face facilitated learning, online learning and self-study which will differ by module and across levels. Modules (20-credits) are delivered over a 12-week semester, with students expected to attend on campus each week, at least a 1-hour large group session and at least a 2-hour smaller group seminar/practical session. Recorded lectures and directed activity will be provided around these study hours. Each module will therefore provide 36 hours of taught content, with students expected to dedicate at least 164 hours of independent study across each semester for each module.

Course structure

This information is correct for students progressing through the course within standard timescales. If you have to repeat study or take time out during your course, you may be taught alternative modules which meet the overall course learning outcomes.

The option modules listed may vary. Those listed here are likely to be offered in a typical year.

Level 7

Compulsory modules- full-time

Students must complete at least 2 out of 3 compulsory Physiology¹ modules.

Disciplines: - ¹ Physiology ² Psychology ³ Nutrition ⁴ Biomechanics

Module title	Credits	Semester/teaching period
Research Process	20	Semester 1
Advanced Exercise Physiology ¹	20	Semester 1
Evidence based practice in Sports Physiology ¹	20	Semester 1
Clinical Exercise Testing ¹	20	Semester 2
Mechanisms of Adaptation in Exercise Training ¹	20	Semester 2
Professional Practice	20	Semester 1 -2
Major Independent Study	60	Semester 1 -3
Total number of credits of compulsory modules:	180	

Option modules – full-time

*In the event of a student not completing three of the core discipline modules, students will have the option to choose one Option module from the modules listed below.

Module title	Credits	Semester/teaching period
Contemporary Issues in Sport Psychology ²	20	Semester 1
Sport & Exercise Nutrition ³	20	Semester 1
Measurement Techniques in Biomechanics ⁴	20	Semester 1
Neuromuscular Biomechanics ⁴	20	Semester 1
Psychology of Exercise & Health ²	20	Semester 2
Ergogenic Practices & Nutritional Manipulation in Sport & Exercise ³	20	Semester 2
Biomechanics of Human Gait ⁴	20	Semester 2
Total number of credits of elective modules a student must enrol on:	20*	

Compulsory modules – part-time

Students must complete at least 2 out of 3 compulsory Physiology¹ modules.

Disciplines: - ¹ Physiology ² Psychology ³ Nutrition ⁴ Biomechanics

Module title	Credits	Semester/teaching period
Advanced Exercise Physiology ¹	20	Semester 1 – Year 1
Evidence based practice in Sports Physiology ¹	20	Semester 1 – Year 1
Clinical Exercise Testing ¹	20	Semester 2 – Year 1
Mechanisms of Adaptation in Exercise Training ¹	20	Semester 2 – Year 1
Research Process	20	Semester 1 – Year 2
Professional Practice	20	Semester 1 -2 – Year 2
Major Independent Study	60	Semester 1 -3 – Year 2
Total number of credits of compulsory modules:	180	

Option modules

*In the event of a student not completing three of the core discipline modules, students will have the option to choose one Option module from the modules listed below.

Module title	Credits	Semester/teaching period
Contemporary Issues in Sport Psychology ²	20	Semester 1 – Year 1
Sport & Exercise Nutrition ³	20	Semester 1– Year 1
Measurement Techniques in Biomechanics ⁴	20	Semester 1– Year 1
Neuromuscular Biomechanics ⁴	20	Semester 1– Year 1
Psychology of Exercise & Health ²	20	Semester 2– Year 1
Ergogenic Practices & Nutritional Manipulation in Sport & Exercise ³	20	Semester 2– Year 1
Biomechanics of Human Gait ⁴	20	Semester 2– Year 1
Total number of credits of elective modules a student must enrol on:	20*	

Assessment and feedback

The balance of assessment may change depending on which option modules you choose.

Level 7

On this course students will be assessed through a broadly even mix of coursework, practical assessment and examinations.

Workload

You can expect to spend a total of 100 hours learning per 10 credits.

Typically, a student on this course can expect to divide their time like this:

Overall workload	Level 7
Teaching, learning and assessment	242 hours
Independent study	1558 hours
Placement study	0 hours