



Module Handbook

[Modules are available to students coming on the following incoming programmes:
non-European exchange; European exchange; full-year fee-paying study abroad]

Incoming Students

2025/2026

Sport and Exercise Sciences

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A: THE DEPARTMENT

The department of Sport and Exercise Sciences includes an academic team that brings together psychologists, physiologists, nutritionists, sociologists and political scientists, enabling the Department to be at the forefront of developing multi- and interdisciplinary approaches to teaching, studying and researching prominent issues across sport and exercise. We teach two undergraduate programmes: BSc (Hons) Sport and Exercise Sciences, and BA (Hons) Sport, Exercise and Physical Activity.

The department of Sport and Exercise Sciences is based at Green Lane, Durham. Most of the lectures take place 10 minutes walk away in the Elvet Riverside buildings on New Elvet. The department is close to Durham's shops, bars, restaurants and cafes and a short walk from the Cathedral and Palace Green.

A1: Exchange Coordinator

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B: DEGREE STRUCTURE

All degrees at Durham have a modular structure, consisting of six 'single' modules each year for three years. Some modules count as double modules so a particular year may be made up of only five modules, one of which is double-weighted. Modules are usually studied over all three terms of the teaching year with most of the teaching taking place in the first two terms. All modules are examined or assessed in the year in which they are taught: this means that at the end of the first year there are preliminary examinations, and that the final degree class is determined by the examinations taken in the second and third year.

Some of our modules require that others have been previously taken as a 'prerequisite'. If you wish to undertake a module with a prerequisite, you should consult our Undergraduate Programme Secretary (ses.undergraduate@durham.ac.uk) about your suitability for this module.

C: REQUIREMENTS AND RESTRICTIONS

This section contains important information for setting up your academic programme at Durham University. Please read through this section carefully before considering your modules and filling in the Learning Agreement!

C1: General

Choice of Modules

At Durham University European agreements are signed by individual university departments and are not university-wide agreements. This means that, in general, students will have to choose modules (courses) within the Durham University department through which the European agreement with their home university has been signed (students should check with the Exchange Coordinator in their university if they are not sure which department this is). Modules offered by other departments are subject to availability and can only be taken with prior consent from the relevant department. *Incoming students must take at least 50% of their modules in the host department and can take modules outside in no more than two additional departments.* Certain restrictions may also apply to courses in some departments and students need to follow the advice below carefully before completing their application form.

Please clearly indicate the modules you wish to take in the application form for approval by the respective department(s). Before completing your application form, it is very important that you read carefully the relevant departmental section(s) of the Module Handbook to check which modules are available to you and any restrictions which may apply. It is imperative that a properly completed application form is submitted. Only complete applications can be processed.

Section *D: Module Details* provides a list of modules available for European students in the department where the agreement has been established (receiving department) as well as a list of modules available for students coming in through other departments (external departments). Please choose from these modules only!

To find out about the details for each module (teaching methods and contact hours, prerequisite academic background, method of assessment, content, etc) please refer to the Faculty Handbook online under <http://www.dur.ac.uk/faculty.handbook/>.

C2: Departmental Requirements and Restrictions

The Department of Sport and Exercise Sciences offers undergraduate modules from its BA and BSc Sport and Exercise Sciences degree to European students. **We only accept students coming to study for a full teaching year (9 months) as this provides the best possible learning experience.**

Students undertake a mixture of assessment, normally a combination of exams and summative essays, with some extended essay-based projects. This can vary from module to module depending on the type of subject being assessed. In addition to summative work (work which forms part of the final module mark) students are also set 'formative work' which does not form part of the final assessment mark for the module but gives students an opportunity to submit a piece of related work on which they will receive feedback. All modules are assessed in English.

Modules open to European students adopt a range of teaching and learning methods. The typical format for a module is a lecture series combined with smaller fortnightly seminar groups, which give students an opportunity to explore issues arising from lectures and reading in greater depth. You should be prepared to undertake significant independent study for which readings will be available through the library and through DUO, our online learning environment. We recognise that this can be challenging for students working in a second language and teaching staff are glad to comment on further reading choices. There is not, however, any specific additional support for visiting students.

D: MODULE DETAILS

This section contains a list of modules European students can choose from. Please only select from the modules listed in sections D1 in the Module Handbook for each subject. To find further details for each module (teaching methods and contact hours, prerequisite academic background, method of assessment, content, etc) please refer to the Faculty Handbook online under <http://www.dur.ac.uk/faculty.handbook/>.

D1: Modules available to all European students

YEAR 1

MODULE CODE	MODULE TITLE	ECTS
SPRT 1261	Introduction to Sport and Exercise Psychology	20
SPRT 1271	Introduction to Sociology of Sport	20
SPRT 1311	Introduction to Physical Activity, Diet and Health	20
SPRT 1331	Introduction to Sport and Exercise Industries	20

YEAR 2

MODULE CODE	MODULE TITLE	ECTS
SPRT 2231	Sports Development	20
SPRT 2271	Advanced Sport and Exercise Psychology*	20
SPRT 2441	Sport, Health and the Environment	20
SPRT 2451	Nutrition for Sport and Health*	20
SPRT 2461	Advanced Sociology of Sport*	20

*module has pre-requisite requirements