

Sport & Performance

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 & Performance
Science

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Sport & Exercise
Management

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UCD also offers a Diploma in Sports Management. Please go to www.ucd.ie/international and follow the links to explore more detail about this subject

Why UCD Sport & Performance?

The sport, health, exercise and performance fields of study can lead to a range of exciting career paths. These include running international sports federations, supporting elite athletes, inspiring children to participate in physical activities and working alongside other professionals to improve individual lifestyles.

The innovative Sport & Performance programmes at UCD allow you to specialise in sport, exercise and coaching management, or in health and human performance. With the ever-increasing popularity of sport and growing concerns about lifestyle diseases, there has never been a better time to study Sport & Performance.

Your First Year Experience

As a UCD student of Sport & Performance, you will benefit from studying in small, customised programmes that offer excellent access to internationally recognised lecturing staff and tailored support services. You will study a broad cross-section of foundation and specialist modules, which provide a comprehensive introduction to the field of sport and equip you with the skills and knowledge to succeed in your university studies.

Peer Mentors ensure you are supported through your first year and, with 55 sports clubs and almost 100 societies for you to choose from, UCD is certainly the place for you to kick-start your new profession.

Studying UCD Sport & Performance

Year 1

Engage with the principles

Marketing & Management of Sport

Anatomy & Kinesiology

Exercise Physiology

Cultural & Legal Foundations of Sport & Development

Academic & Information Technology Skills

Chemistry & Biochemistry

Year 2

Apply knowledge base

Economic, Event & Strategic Management of Sport

Physiology, Fitness & Biomechanics Testing

Sports & Exercise Psychology

Sports, Coaching or Exercise Management

Work Placement in Ireland or Abroad

Strength & Conditioning

Optional Study Abroad experience in the USA, Canada or Australia

Year 3

Specialise

Sport & Exercise for Health & Special Populations

Research Methods Independent Research Project

Biomechanics & Injury Management

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

MSc Coaching & Exercise Science

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...

Health & Performance Science

BSc [Hons] [NFQ Level 8]



Health & Performance Science **MDS8**

Length of Course 3 Years

Guideline Entry Requirements

IB - International Baccalaureate Diploma IB Total 39
Subject Requirements:
Maths: 4 at Standard Level
Lab Science: 4 at Standard Level

Cambridge A Level (+ GCSE O Level) AAAB
Subject Requirements:
Maths: GCSE Grade C
Lab Science: GCSE Grade C

Other Examinations For country specific information see page 157

UCD International Foundation Year Yes, see www.dublinisc.com/university-college-dublin



Fitness testing in the UCD Institute for Sport & Health

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 high performance sport 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 numerous 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:

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]

Students attend lectures and small group practical classes. Practical classes take place in both the UCD High Performance Gym and an exercise physiology laboratory, which is British Association of Sport and Exercise Sciences (BASES) accredited.

Assessment is through a combination of end-of-semester written examinations and continuous assessment. In your final year, you'll also undertake a group-based research thesis.

Career & Graduate Study Opportunities

When you graduate you'll be skilled in the prescription and management of therapeutic exercise interventions in healthcare and sporting settings. You'll 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 or team support
- Exercise physiology
- Strength and conditioning
- Education and research

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

International Study Opportunities

Health & Performance Science students can apply to study abroad for a semester in the USA, Canada, Australia and New Zealand, through one of the Sport & Exercise exchange agreements.



Thomas Boyle
STUDENT

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.

Thomas is a UCD Ad Astra Elite Athlete Scholar.

Find out more

www.ucd.ie/international

- ✉ internationaladmissions@ucd.ie
- ☎ +353 1 716 3271
- 📘 [facebook.com/UCDInternational](https://www.facebook.com/UCDInternational)

UCD Institute for Sport & Health
Newstead, Belfield, Dublin 4

Other courses of interest

- Physiotherapy → 88
- Sport & Exercise Management → 93
- Biomedical, Health & Life Sciences → 85

Sport & Exercise Management

BSc (Hons) [NFQ Level 8]



Sport & Exercise Management **SMS2**

Length of Course **3 Years**

Guideline Entry Requirements

[may vary depending on subjects presented]

IB - International Baccalaureate Diploma IB Total 39
Subject Requirements:
Maths: 6 at Standard Level / 4 at Higher Level

Cambridge A Level (+ GCSE O Level) AAAB
Subject Requirements:
Maths: GCSE Grade B/A Level Grade D

Other Examinations For country specific information see page 157

UCD International Foundation Year Yes, see www.dublinisc.com/university-college-dublin

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 and finance, sports development and coaching. These underpin the structure and governance of sport, health and exercise programmes today. If these opportunities interest you, 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 Legislation • Sports Marketing • Financial Management • Sports Management • Introduction to Exercise Science

Second Year

Event Management (including a practicum) • Economics of Sport • Sport/Health Psychology • Strategic Planning • Human Resource Management

Students specialise in one of the following:

Sports management • Exercise management • Coaching management

Work Placement

Students undertake a 10-week structured work placement either in Ireland or abroad during the summer following second year. This provides invaluable practical and networking experience, which will improve employment prospects upon graduation.

Third Year

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

Students spend an average of 40 hours per week attending lectures, studying independently and preparing for assessment.

A combination of end-of-semester exams, research papers, group projects, presentations, practical experiences and in-class tests are used throughout this programme.



UCD Student Ambassador, Richard Skelly, training with UCD Boat Club on the River Liffey at Islandbridge

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.

International Study Opportunities

Sport & Exercise Management students can apply to study abroad for a semester in the USA, Canada, Australia and New Zealand, through one of the Sport & Exercise exchange agreements.



Ruth Whelan
STUDENT

Studying Sport & Exercise Management at UCD was one of the best decisions I have made. The multidisciplinary course allowed me to explore different aspects of sports management, and the first year provided an excellent basis for working within any area of the sports industry. I appreciated being able to concentrate on a specific area of interest in second year, such as exercise management, and the work placement was an invaluable way of gaining first-hand, practical experience of my chosen career. On campus, lectures and assignments improved my interpersonal communication skills, which taught me how to work effectively in groups and encouraged me to take my own initiative and develop my leadership skills. This course has prepared me to be an effective manager within the sports industry whilst also preparing me to continue with my studies.

Find out more

www.ucd.ie/international

internationaladmissions@ucd.ie

UCD Centre for Sports Studies

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Woodview House, Belfield, Dublin 4

[facebook.com/UCDInternational](https://www.facebook.com/UCDInternational)

Other courses of interest

Health & Performance Science	→92
Physiotherapy	→88
Social Science	→64
Commerce	→67