Faculty of Biological Sciences

UNIVERSITY OF LEEDS

SPORT AND EXERCISE SCIENCES

UNDERGRADUATE DEGREES 2018
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Important Information
Information provided by the University, such as in presentations, University brochures and on the University website, is accurate at the time of first disclosure. However, courses, University services and content of publications remain subject to change. Changes may be necessary to comply with the requirements of accrediting bodies or to keep courses contemporary through updating practices or areas of study. Circumstances may arise outside the reasonable control of the University leading to required changes. Such circumstances include industrial action, unexpected student numbers, significant staff illness (where a course is reliant upon a person’s expertise), unexpected lack of funding, severe weather, fire, civil disorder, political unrest, government restrictions and serious concern with regard to the transmission of serious illness making a course unsafe to deliver. After a student has taken up a place with the University, the University will look to give early notification of any changes and try to minimise their impact, offering suitable alternative arrangements or forms of compensation where it believes there is a fair case to do so. Offers of a place to study at the University will provide up-to-date information on courses. The latest key information on courses, entry requirements and fees can be found at www.leeds.ac.uk/coursefinder. Please check this website before making any decisions.
Why sport and exercise sciences at Leeds?

FACULTY OF BIOLOGICAL SCIENCES

When you choose to study sport science in the Faculty of Biological Sciences, you’ll be joining one of the leading life sciences faculties in the UK and will be taught by award-winning lecturers and world-class researchers.

Our position among the UK elite for bioscience research was confirmed in the results of the recent Research Excellence Framework (REF), where we were ranked 6th in the country for research impact, with sport and exercise sciences ranked 1st for research rated ‘world-leading’ or ‘internationally excellent’. Our extensive research expertise means the courses you can choose to study are at the forefront of knowledge and reflect the latest developments in the field.

THE TWO COURSES YOU COULD STUDY ARE:

• Sport and Exercise Sciences
• Sports Science and Physiology

Our courses cover exercise physiology, biomechanics, motor control, and sport and exercise psychology.

They are attractive to those who want to pursue careers in clinical support (cardiac physiology and exercise referral), biomedical engineering, physiotherapy, occupational health, coaching, education and training, and providing technical expertise for major sports organisations.

The University is one of the top 5 universities in the UK for graduate recruitment (‘The Graduate Market in 2017’, High Fliers report)
Leeds: The right choice for you

- 1st in the UK for student experience, scoring 96.2% (The Times and Sunday Times Good University Guide 2016)
- Ranked 3rd in the UK for Sports Science and number 1 in the Russell Group (Guardian League Table 2018)
- Excellent career prospects – 94% of our students are employed or have gone on to further study within six months of graduating
- 96% overall student satisfaction (National Student Survey, 2016)
- Our particular approach to sport and exercise sciences focuses clearly on the core life science disciplines that are fundamental to understanding how the body and mind work in a sport or exercise context
- Industrial placement and study abroad opportunities available
- Both courses offer Integrated Masters (MSci, BSc) degrees, which combine undergraduate-level and postgraduate-level study.

Number 1 in the UK for ‘world-leading’ research in the area of sport and exercise sciences (REF, 2014)
I chose to come to Leeds because the University allowed me to do a foundation year first to attain the skills required to complete a degree. I could have gone elsewhere but it was important for me to be in a department that was renowned for its research and its academic reputation. There is such variety of topics to choose from when studying sports science, ranging from biomechanics to neuroscience, that you are spoilt for choice. It’s great because you can tailor the degree to your own specific interests.

Christine Addington, BSc Sports Science and Physiology

(Photograph taken in the Sport Exercise Labs)
Sports and exercise sciences are multidisciplinary in approach. They involve the theoretical application of scientific principles and techniques in the core disciplines below, with the aim of understanding their impact on sports performance, physical activity, health and rehabilitation.

### CORE DISCIPLINES

**Exercise physiology** looks at how the body functions during exercise and how it responds to long-term exercise training. Studies may investigate physiological responses to sport and training programmes or exercise programmes for cardiac patients or elderly people, for example.

The physiological variables pertinent to exercise physiology include nutrition, metabolism, respiration, body composition, and the muscular, nervous, pulmonary and cardiovascular systems.

**Biomechanics** is the application of the principles of Newtonian mechanics to the study and understanding of human movement and the muscular and skeletal systems. The optimum performance of any athlete is constrained by these principles, just as all injury results from the mechanical failure of one or more biological tissues.

Topics covered in the study of biomechanics include physics of motion, the mechanical principles involved in skilled sporting performance, the mechanics of sports injury and rehabilitation, and the techniques of biomechanical analysis of performance.

**Motor control** is an area of study that explains how we acquire, develop and retain new movement skills. Using key concepts and theoretical frameworks, studies examine how performers progress from novice to expert.

Topics covered include measurement of motor learning, activity-dependent neuroplasticity, how to structure practice, and the use of feedback and motor imagery to aid skill acquisition. This knowledge helps us to design training programmes that optimise the speed and quality of skill acquisition in a variety of sport and rehabilitation settings, in addition to understanding movement disorders that affect movement and control, such as spinal cord injury.

**Sport and exercise psychology** is concerned with the thoughts, feelings and emotions of individuals and how these influence human behaviour in sport and exercise settings.

The study of sport and exercise psychology covers a range of topics including psychological health and wellbeing, anxiety, motivation, group processes, social influences, psychological skills training, personality and exercise adherence.
INTEGRATED MASTERS (MSci)

Both courses offer Integrated Masters (MSci, BSc) degrees combining undergraduate-level and postgraduate-level study.

Both the MSci Sport and Exercise Sciences and MSci Sport Science and Physiology offer students the excellent breadth and depth of knowledge you would expect from a BSc degree plus the exceptional opportunity to experience the advanced, in-depth research of a Masters qualification.

In Years 1 and 2, you will undertake the same set of compulsory modules, providing you with a broad foundation for advanced study in the subject. A key benefit of having a common first year is that you can easily switch between our degrees.

In Year 3, you will take specialist compulsory and optional modules relevant to your chosen degree course, alongside preparation for your major final-year project. This includes additional taught elements that prepare you for the advanced skills module in year four and a shorter project that forms the groundwork for your Masters-level research. The main focus of the final year is the research project, which can align to one of the core disciplines.

In Year 4 (MSci), you will undertake an extended research project and study Advanced Professional Skills for sport and exercise scientists.

Examples of MSci projects include:

- Refining animal models of exercise training – matching genes with function
- Indirect muscle stimulation – a complementary therapeutic intervention?
- Eccentric exercise – effective intervention for exercise intolerance?
- The kinetics and kinematics of painful knees in women over 40
- Influence of footwear on knee joint kinetics
- Biomechanics of delivery in fast bowling
- The effect of an acute bout of exercise on motor skill learning
- Compensatory mechanics for disruption to normal locomotor tasks
- Minimalist footwear: do they do ‘what it says on the tin’?
- Vascular shear in exercise: the impacts of differing exercise intensities
- Endothelial function and rheumatoid arthritis: exercise training and sedentary behaviour
- Markers of cardiac electrical instability in athletes or aged individuals – differences and similarities
- Modelling cardiac adaptation to stress – what is the basis for an increasing risk of sudden death?

While you are undertaking an individual piece of research, you will often be part of a research team that could include PhD students, postdoctoral research assistants and academic research staff.

This not only offers you the opportunity to become immersed in a fascinating individual project but also gives you significant insight into, and experience of, a professional research environment.

MEDICINE & HEALTH RELATED DEGREES

Doctors are not the only essential people involved in medicine. Teams of scientists, engineers and mathematicians work within the area of medicine and health, helping to explain the spread of disease, finding better treatments and cures, and developing technology for more accurate diagnoses.

You can choose from a range of degree programmes, which can prepare you for a wide range of opportunities in scientific and non-scientific careers where you can make a major difference to the lives of patients.
Outstanding learning and teaching

You will benefit from our integrated style of learning and teaching. Lectures will be up to date, based on research that is happening now, and delivered by the people who are doing the research.

Teaching takes place over three terms, divided into two semesters. Our degrees are delivered through a combination of lectures, tutorials and practicals. The first and second years will see a focus on these three teaching methods, building your skills, understanding and knowledge for your final-year research project, where independent research and learning will be supported by guidance from leading experts.

As a guide, a typical week in year one includes nine to 12 hours of lectures, three to six hours of practical sessions in the laboratory, tutorials, workshop and seminar sessions, plus private study.

LABORATORY CLASSES
The practical content of our courses is high, which stands you in good stead when competing for science-based careers. You will work in small groups supervised by lecturers and demonstrators.

TUTORIALS
Small-group teaching encourages active participation and understanding. It is also a good place to practise presentation skills.

LECTURES
We have modern lecture theatres, equipped with the latest audiovisual and computer-based teaching aids. Lectures and other teaching sessions may be video-recorded to provide material for consolidation and revision.

DIGITAL LEARNING
The Faculty benefits from having lecturers specialising in e-learning and we increasingly make use of e-learning alongside traditional face-to-face teaching. Some people imagine that this reduces staff-student interaction but the opposite is true. It's about using technology to enhance your learning and make the most of contact time.

ASSESSMENT
We use a variety of assessment methods: multiple-choice testing, practical work, data-handling and problem-solving exercises, group work, discussion groups (face-to-face and online), computer-based simulation, essays, posters and presentations.
FACILITIES
You will have access to specialist facilities and laboratories equipped with the latest technology including: echocardiography, breath-by-breath metabolic analysis, tissue oxygenation, advanced three-dimensional movement tracking and analysis, dynamometry, electromyography, electrocardiography and electrophysiology, transcranial magnetic stimulation (TMS), and dual-energy X-ray absorptiometry (DEXA). The Faculty has recently had an investment of £7m in a new sports integrative exercise suite.

SUPPORTING OUR STUDENTS
We have a team of people dedicated to help you make the transition to university as smoothly as possible. Your personal tutor and the Student Education Office are here to ensure you get the most out of your time at Leeds and that you grow in confidence to become an independent learner.

Our approach to student education has received resounding endorsement from our students, with a number of our degree courses achieving high scores for overall satisfaction in the 2016 National Student Survey.

INTERNATIONAL COMMUNITY
The Faculty of Biological Sciences international community welcomes international students from all over the world, and will help you settle into Leeds, the University and your studies. Being part of the community will help you adjust to living in a new place and will ease you into becoming part of the University. The community also provides a range of support for international students, both academic and personal. Find out more at www.fbs.leeds.ac.uk/internationalcommunity
Sport science at Leeds is a highly respected discipline. Our graduates have gone on to successful careers in a wide range of areas, including roles in:

- Clinical support (cardiac physiology and exercise referral)
- Biomedical engineering
- Physiotherapy
- Occupational health
- Coaching
- Education and training
- Providing technical expertise for major sport organisations
- Scientific research in academia and industry.

Our degrees prepare you for a variety of opportunities in scientific and non-scientific careers. In an increasingly competitive job market, they can give you the edge and help you stand out by developing the knowledge and skills you need to succeed.

The structure of our courses as you go through the years offers opportunities for real-world experience and employment, where you will develop the communication and interpersonal skills necessary for success in your future career. You could also gain additional vocational qualifications and experience, such as a National Governing Bodies of Sport coaching award or working as a volunteer in a community sports club.

INDUSTRIAL PLACEMENTS

All our degree courses offer you the opportunity to undertake a placement year as part of your degree. These are taken between years two and three of the degree programme. Most placements are based in the UK, although there is scope for placements abroad.

Work experience is increasingly important in a competitive job market. An industrial placement is an excellent opportunity to sample a relevant workplace environment and give you that ‘added extra’ for entering the job market.

An industrial placement will also help prepare you for graduate-level employment. Our students have recently undertaken placements at:

- Oldham Football Club community project
- QinetiQ
- Sports and Physical Activity Office, University of Leeds
- Syngenta University of Western Australia
- WIMX Tennis
- Southampton Football Club
- Leeds Rhinos RLFC
- Leeds United Foundation
- Johnson & Johnson, White Rose
- Leeds Triathlon
- Pro Football Support, Huddersfield.

www.fbs.leeds.ac.uk/courses/industrial
PERSONAL DEVELOPMENT
We take personal development and career opportunities very seriously and offer many opportunities beyond academic content, including volunteering positions and placements.

The University’s leadership programmes focus on two areas: emerging leaders, and sports leadership and coaching.

EMERGING LEADERS PROGRAMME
The Emerging Leaders programme concentrates on developing the leadership skills required in the workplace. The programme offers students the opportunity to reflect on their current skills and provides a tailored programme to stretch and broaden their abilities and experience.

SPORTS LEADERSHIP ACADEMY
The Sports Leadership Academy helps students develop their sports leadership and coaching skills through practical delivery. Funded by the University, members of the Academy work towards a level 2 award in Sports Leadership, a nationally recognised qualification.

LEEDS FOR LIFE
Leeds for Life is a unique approach to helping you make the most of the University and prepare for your career from day one. Leeds for Life will help you enhance your employability by highlighting the wide range of co-curricular opportunities on offer from the University and the students’ union. Throughout your degree, you will have scheduled one-to-one personal development meetings with your personal tutor and, of course, you can arrange to talk to your tutor at any time.

CLOSE LINKS WITH INDUSTRY
Our Industrial Advisory Board gives employers the chance to input directly into programme and module content. This ensures you gain the skills and training required by a broad range of graduate employers.
Our courses – Sport and Exercise Sciences

As a student on this course, you will learn how the body and mind handle, and learn from, the demands placed on them in sport and exercise. Our courses address such questions as: How do injuries occur? Is it possible to improve performance? How does the body react in an extreme environment?

This degree is the perfect opportunity to explore the biological process of the body during physical activity. As well as offering you the chance to study something you are passionate about, with the ability to tailor your degree to your interests, it acts as the perfect springboard for a graduate career in a variety of areas.

“My year in industry has set me up with the fundamental skills to analyse athlete performance in a range of sports. Also, establishing several networks internationally stands me in good stead when it comes to new career prospects/ opportunities.”

Sarah Carter,
Sport and Exercise Sciences (Industrial),
(Placement at Sports and Biomedical Engineering Laboratory, Brisbane, Australia as sports engineer researcher)

(Photographed in the Biomechanics Laboratory)
COURSE CONTENT

**Year 1** is a common course year, which will introduce you to the core concepts of sports science, including biomechanics, exercise physiology, motor control and sport and exercise psychology. This is supported by additional professional and academic skills modules, where there are opportunities to take coaching awards or short work placements.

In **Year 2** you will build on the knowledge and skills from year one, taking specialist modules in areas such as the mechanics of sport and exercise science, while further developing your practical skills in our state-of-the-art laboratories.

In **Year 3**, alongside advanced topics in sport and exercise science, you will undertake a research project in an area that interests you. Recent examples of year three research projects include ‘Acclimatisation and the endurance athlete’ and ‘Does winning at all costs help the athlete cope better with stress?’ On graduation, you will have the skills and attributes sought by graduate employers in numerous areas.

In **Year 3** of the MSci, you will take compulsory and optional modules from the BSc alongside preparing for Masters-level study in year four.

In **Year 4** you will take sport science Masters topics, but your main focus will be on an extended research project in your area of interest. Recent topics include ‘Influence of footwear on knee joint kinetics’ and ‘Biomechanical characteristics of the delivery steps in cricket fast bowling’. MSci graduates leave with the advanced-level skills and knowledge that really set them apart in the graduate job market.

GRADUATE DESTINATIONS

You will develop excellent communication and interpersonal skills by undertaking additional experiences outside the academic requirements of the course, which could include taking a national coaching award.

Sport and Exercise Sciences graduates have gone on to roles in education and training, biomechanics, coaching, clinical support, physiotherapy, teaching, physiology, occupational health, and providing technical expertise for major sports organisations.

**Recent graduate destinations include:**
- Junior product manager, Golfbreaks.com
- Coach, Happy Kidos
- Sports massage therapist, The Chiropractic Centre: Bristol
- Business development manager, Mark Two Distributors
- Personal trainer, Lifestyle Fitness
- Strength and conditioning coach, Civil Service.
Sports Science and Physiology offers a fantastic insight into the various processes of the body during physical activity. Through the core disciplines of exercise physiology, biomechanics, motor control, sport and exercise psychology, you will develop strong transferable skills that will place you in an excellent position for a wide range of graduate careers.

**COURSE CONTENT**

**Year 1** is a common course year, which will introduce you to the core concepts of sports science, including Biomechanics, Exercise Physiology, Motor Control, and Sport and Exercise Psychology.

Specific modules include Foundations of Physiology and Cardio-respiratory Physiology.

This year is a great opportunity to develop your skills around your interests and your practical and theoretical skills. This is supported by professional and academic skills modules, where there are opportunities to take coaching awards or short work placements.

In **Year 2** you will continue to specialise, with specialist modules in Exercise Biochemistry, Environmental Exercise Physiology and Exercise Physiology in Sport, Health and Disease.

During the first two years, our students develop their communication and interpersonal skills by undertaking additional experiences outside academia, including coaching awards.

In **Year 3**, you will specialise in one of the core themes and undertake a research project on a topic of your choice, modules available include Advanced Exercise Physiology and Exercise Prescription for Health and Disease.

You will graduate with a broad base of transferable skills ideal for the graduate job market.

In **Year 3** of the MSci you will study compulsory and optional modules from the BSc alongside preparing for Masters-level study in **Year 4**.

In **Year 4** your main focus will be on an extended research project in your area of interest.

**Recent examples include:**
- Training effects of a novel form of eccentric exercise
- The influence of cycling on running mechanics in triathlon and duathlon
- The effect of exercise and wakeful rest on motor skill learning
- The benefits of sport and physical activity for psychological health and well-being.

The experience and skills offered by this extended research project will place you in a very strong position for a career in research, as well as a number of other graduate careers.
My research project was in the field of biomechanics, looking into whether minimalist shoes were an accurate representation of actual barefoot running. I collected data from six participants running on a treadmill in barefoot condition, running in a sock and in a minimalist shoe. I collected kinematic (movement data) using retro-reflective markers on specific anatomical points on each participant. These were then picked up by the 13 optoelectronic cameras in the lab through a system called Qualysis. I recorded force data through a pressure measuring system called Pedar, which effectively is an insole with 99 force transducers. My research project has given me valuable lab skills and has ignited my passion for biomechanics. I am really interested in performance analysis and I definitely want to continue to work in this area. My dream job would combine my passion for biomechanics and sport.

Safia Zerdazi
Sport and Exercise Sciences

(Photographed in the Biomechanics Laboratory)
FACULTY OF BIOLOGICAL SCIENCES

MODULES

Year 1 BSc  Total credits 120

Compulsory modules:
• Motor Control: Foundations of Control and Learning
• Introduction to Biomechanics
• Introduction to Sport and Exercise Psychology
• Cardio-respiratory Physiology and Exercise
• Functional Anatomy for Sport Scientists
• Fundamental of Mathematics
• Tutorial and Practical Skills in Sport and Exercise Science
• Neuroscience for Exercise Science
• Foundations of Physiology

The modules listed give you a flavour of the areas you will cover as part of your degree course. Course changes may occur given the fast-moving nature of the field. Visit the website to see more about the optional modules and discovery modules.

Year 2 BSc  Total credits 120

Sport and Exercise Sciences – Compulsory modules:
• Professional and Research Skills: Working as a Sport and Exercise Scientist
• Exercise Physiology in Sport, Health and Disease
• Motor control: Learning and implications for Sport, Exercise and Rehabilitation

Sport and Exercise Sciences – Optional modules:
• Coaching and teaching in sports and outdoor activity
• Outdoor adventure and team building
• Human Motor Development

Sports Science and Physiology – Compulsory modules:
• Exercise Biochemistry
• Professional and Research Skills: Working as a Scientist
• Exercise Physiology in Sport, Health and Disease
• Environmental Exercise Physiology

Sports Science and Physiology – Optional modules:
• Motor Control: The Learning Environment
• Motor Control: Learning and Implications for Post, Exercise and Rehabilitation
• Social Psychology of Sport and Exercise
• Social and applied Psychology of Sport and Exercise
• Mechanics of Sport and Exercise

Year 3 BSc  Total credits 120

Sport and Exercise Sciences – Compulsory modules:
• Inter-disciplinary Issues in Sport and Exercise Science
• Research Project

Sport and Exercise Sciences – Optional modules:
• Cellular Cardiology
• Neurobiological Bases of Motor Control
• Movement Analysis
• Mechanics of Sport and Performance
• Exercise and Psychological Health
• Advanced Exercise Physiology
• Exercise prescription for Health and Disease
• Sport Medicine, Health and Nutrition
• Motor and Psychological Aspects of Rehabilitation

Sports Science and Physiology – Compulsory modules:
• Research Project
• Inter-disciplinary Issues
• Advanced Exercise Physiology
• Exercise Prescription for Health and Disease

Sports Science and Physiology – Optional modules:
• Cellular Cardiology
• Neurobiological Bases of Motor Control
• Sport Medicine, Health and Nutrition
• Motor and Psychological Aspects of Rehabilitation
• Exercise and Psychological Health
• Biomechanics of Sports Techniques

Year 4 MSci  Total credits 120

Sport and Exercise Sciences – Compulsory modules:
• Extended Research Project
• Personal Development and Employability for Sport and Exercise Scientists

Sports Science and Physiology – Compulsory modules:
• Extended Research Project
• Advanced Professional Skills for Sport & Exercise Scientists

Sports Science and Physiology – Optional modules:
• Cellular Cardiology
• Neurobiological Bases of Motor Control
• Sport Medicine, Health and Nutrition
• Motor and Psychological Aspects of Rehabilitation
• Exercise and Psychological Health
• Biomechanics of Sports Techniques
Sports Science at the University of Leeds studies the actual science around movement and sport. I am particularly fond of the physiology so attending a course that works closely with medical sciences and medical based really does show how academic and well structured the course is. One of the highlights of studying here has to be the breadth of opportunity that is available in Leeds. Whether its joining the student ambassador scheme, volunteering or being president of a society there are thousands of opportunities there for students to embrace.

Joel Evans,
BSc Sports Science and Physiology
Entry requirements and how to apply

<table>
<thead>
<tr>
<th>Degree</th>
<th>A-level</th>
<th>GCSE</th>
<th>Subject requirements</th>
<th>UCAS code</th>
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<tbody>
<tr>
<td>BSc Sport and Exercise Sciences</td>
<td>AAA-ABB</td>
<td>Typically grade B in GCSE Mathematics and grade C in English.</td>
<td>Three A-levels including at least one science subject.</td>
<td>C601</td>
</tr>
<tr>
<td>MSci Sport and Exercise Sciences</td>
<td>AAA</td>
<td></td>
<td>If you do not have a science subject, you must have both A-level Psychology and A-level Sport Science/Physical Education.</td>
<td>C609</td>
</tr>
<tr>
<td>BSc Sports Science and Physiology</td>
<td>AAA-ABB</td>
<td></td>
<td>BTEC Extended Diploma: only acceptable with a science or psychology A-level. See website for further details.</td>
<td>BC16</td>
</tr>
<tr>
<td>MSci Sports Science and Physiology</td>
<td>AAA</td>
<td></td>
<td>General Studies and Critical Thinking excluded.</td>
<td>BC19</td>
</tr>
</tbody>
</table>

The latest key information on courses can be found at [www.leeds.ac.uk/coursefinder](http://www.leeds.ac.uk/coursefinder). The above information on entry requirements remains subject to change. Please check this website before making any decisions.

All undergraduate applications should be made through the Universities and Colleges Admissions Service (UCAS). Full instructions on how to apply are available at [www.ucas.com](http://www.ucas.com).

International students apply through the UCAS system in the same way as British students.

EQUIVALENT QUALIFICATIONS

We welcome students with a range of qualifications and these are listed on the course web pages.

INTERNATIONAL QUALIFICATIONS

We have many international students and we make offers to students with the most recognised national and international qualifications on the basis of the information contained on your UCAS form.

For details of acceptable qualifications visit [www.fbs.leeds.ac.uk/undergraduate/equivalent-qualifications](http://www.fbs.leeds.ac.uk/undergraduate/equivalent-qualifications).

ACCESS TO LEEDS

The University of Leeds has a policy of welcoming applicants from non-traditional academic backgrounds. If you do not meet our entry criteria above, you may be eligible through the Access to Leeds scheme. [www.leeds.ac.uk/a2l](http://www.leeds.ac.uk/a2l)

FOUNDATION COURSES

If you do not have the formal qualifications for immediate entry to one of our degrees, you may be able to progress through a foundation year. The University offers a one-year BSc Studies in Science designed to prepare students without a science background at A-level for study on one of our degrees. We also offer an interdisciplinary Science Foundation Year for applicants who meet specific widening participation criteria. [www.llc.leeds.ac.uk](http://www.llc.leeds.ac.uk)
INTERNATIONAL STUDENTS
We are a truly international university and we have many years’ experience welcoming overseas students to the Faculty of Biological Sciences. Leeds has a long history of providing both an inspirational academic experience and excellent student support. As one of the most popular destinations in the UK for international students, we understand your needs and have dedicated support to help make student life in Leeds enjoyable and successful.
www.fbs.leeds.ac.uk/undergraduate/international

INTERNATIONAL FOUNDATION YEAR
There are a range of options if you do not meet the requirements for direct entry to programmes. Our International Foundation Year (IFY) is intended for international students who do not yet have the formal qualifications required for entry to level 1 of our degree courses.
www.leeds.ac.uk/ify

ENGLISH LANGUAGE REQUIREMENTS
If English is not your first language, you must have evidence of an English qualification or proficiency in English, equivalent to GCSE grade C or above, or an equivalent recognised English language qualification such as IELTS 6.0 overall with no less than 5.5 in each element.

THE LANGUAGE CENTRE
The Language Centre’s facilities are open to all the University’s students, whether they want to learn a foreign language, improve their English language skills or keep up to date with world news.
www.leeds.ac.uk/languages

OFFER PROCESS
Finalising your choice of university is an important decision. Once you have applied and your application has been reviewed by our admissions tutor, providing you meet our entry requirements, you will be invited to a special visit day, where you will have a short interview with a member of our academic staff. This will help us determine our specific offer to you, which you will receive following the visit.

Applicant visit days are an excellent opportunity to look around, meet members of staff, current students and other prospective students. We strongly recommend that you attend, even if you have visited Leeds before, as it is an opportunity to get in-depth information in a smaller group, helping you make your final choice. During the visit, current students will show you around campus and answer questions on what it is like to study at Leeds.

We appreciate that not all applicants are able to attend for interview, for example if resident overseas. In such cases we will undertake interviews by telephone or Skype.

CONTACT US
If you require any further information before making a formal application, please contact our Undergraduate Admissions team.
Faculty of Biological Sciences
University of Leeds
Leeds LS2 9JT
Tel. 0113 343 3021
fbsadmissions@leeds.ac.uk
www.fbs.leeds.ac.uk/undergraduate

FIND US ONLINE
To find out more about the University and the Faculty of Biological Sciences visit:
www.leeds.ac.uk
www.fbs.leeds.ac.uk
www.facebook.com/biologicalsciencesleeds
www.twitter.com/ScienceLeeds
www.instagram.com/universityofleeds

FINANCIAL HELP
For information about scholarships and bursaries based on income and financial need, please refer to the main University web pages.
www.leeds.ac.uk/yourfinances

SCHOLARSHIPS
We offer a range of prestigious scholarships to reward achievement and recognise potential to both UK, EU and International students. Some scholarships are automatically awarded and focus solely on academic excellence, while others require an application and are based on household income and additional factors.
www.fbs.leeds.ac.uk/undergraduate/scholarships
Develop through sport

The University of Leeds provides the largest range of sports programmes and facilities of any UK university and, in addition to academic study, many students are active sports players.

The University is a multi-sports hub, with over 60 different sports clubs organised by students for students through the Leeds University Union. We are consistently in the top 20 in the British Universities and Colleges Sport (BUCS) rankings and we are a key player in several BUCS premier leagues.

Leeds also runs the Gryphons programme – a comprehensive offer of support services for sports clubs and individuals, including scholarships, elite coaching, physiotherapy and sports massage.

Over 3,000 students and staff compete on a weekly basis in organised recreational sport. This includes weekly leagues, an individual mini-league programme, inter-halls sport and international student sport. In addition, throughout the year, several one-off tournaments are held in a wide range of sports.

In addition to offering opportunities to participate and perform, the Sport & Physical Activity Service provides a number of sports coaching awards, and physical education special skills modules are offered as optional. The coaching programme offers over 80 awards, and trains large numbers of students, many of whom go on to deliver voluntary coaching in the local community.

SPORT AND FITNESS

Whatever your level of fitness, we provide excellent opportunities to keep healthy and get active. So, whether you want to participate for fun, at club level or at the highest national or international standards, at Leeds you’ll be inspired to achieve your personal best.

The Edge, our flagship £13.5m indoor facility, provides a variety of fitness, sport and wellbeing opportunities including:

- 250-station state-of-the-art fitness suite – the largest in UK higher education – complete with the latest Technogym equipment and Sky TV
- 25m, eight-lane swimming pool with movable floor
- sauna and steam room
- squash courts
- strength and conditioning room
- three studios offering over 140 classes per week during term-time – covering everything from yoga and Pilates to circuits and group cycle
- climbing wall.

The Edge is the latest addition to our sporting facilities, completing our existing provision at the Gryphon Sports Centre and Sports Park, Weetwood. Our outdoor centres in the Yorkshire Dales and the Lake District are perfectly located for hiking, caving, mountain biking and climbing. Take the virtual tour at www.leeds.ac.uk/theedge

Keeping fit and staying healthy is an important part of the University experience. At Leeds, you will have plenty of opportunities to pursue all your sporting interests or perhaps participate for the first time. We have excellent facilities and offer a range of support, whether you want to participate for fun or at club and elite levels.

Stewart Ross,
Director of Commercial and Campus Support Services
Sports scholarships

The Faculty of Biological Sciences has a history of supporting elite athletes with their sporting and academic ambitions. Our prestigious Sports Scholarship programme supports elite athletes as they combine academic and sporting excellence during their time at university.

Here at the University of Leeds we are committed to ensuring our elite athletes are able to compete at the highest level while studying for a world-class degree.

Each year we award a number of elite sports scholarship packages to selected high-performing athletes competing in BUCS sports who demonstrate the aspiration to progress and achieve high levels of success within their chosen sport.

Our scholarship programme recognises the individuality of each athlete and that needs differ from sport to sport. Our programme therefore provides a unique approach that tailors our scholarships to the needs of each individual athlete.

http://sport.leeds.ac.uk/sport/performance-sport-scholarships/

The Sports Scholarship Programme is exceptional and the strength and conditioning support is perfect for my needs as an athlete. The University is very flexible and works around my academic timetable and what is best for me.

Jodie Cunningham, BSc Medical Sciences

(Plays rugby league at England senior international level)

I've been representing South Africa in triathlon and it's taken me round the world. Wherever I went, I always bumped into guys from Leeds who were really positive about it, so I applied here. I wanted to get on the Development Squad – it's the University's way of helping athletes who are looking for a future in sport to reach their potential while studying here.

The University is very understanding and flexible about helping us to manage the studying, training and competing, and the facilities at the Edge are fantastic, especially for triathlon. I use the pool regularly and the gym for strengthening and conditioning.

Leeds is really friendly and I've made lifelong friends from my halls. You have to take advantage of freshers' week. Don't hold back. Go out and meet people, make the most of it – you're only a student once.

Gareth Jooste, BSc Sports Science and Physiology

(Placed outside the 25m, eight-lane swimming pool at The Edge)
Situated close to the heart of the city, the University of Leeds is a single campus so there is a real community feel here and you will find our accommodation, teaching facilities, Students’ Union and student services all within easy reach.

GLOBAL COMMUNITY

If you choose the University of Leeds, you’ll be part of our global community of students from over 140 countries. We attract world-class academics with far-reaching influence who are champions of international activity. We have links with over 400 institutions worldwide and more than 6,000 international students study with us each year. This means that you’ll graduate with a truly global perspective – something highly valued by employers.

You’ll have the opportunity to meet new people and take part in intercultural activities, introducing you to a world of new ideas and experiences. [www.leeds.ac.uk/globalcommunity](http://www.leeds.ac.uk/globalcommunity)

AN AWARD-WINNING STUDENTS’ UNION

Leeds University Union is not only one of the best in the country, it’s also the most active. With over 30,000 members, the Union is a vibrant organisation providing a hub of activity where students can meet, make friends, get advice and get involved.

The Union building is located at the heart of campus and boasts a variety of shops where you can buy everything, from your everyday groceries, health food and University clothing to books, stationery, cards and gifts, plus there’s a variety of food outlets too.

There are over 300 student-run societies, including sports groups, departmental groups, performance groups, faith groups, political groups, volunteering groups and general interest groups, to name just a few!

Whether you want to pursue an existing interest or try something completely new, there’s something for everyone. Find out more about how you can love your time at Leeds at [www.luu.org.uk](http://www.luu.org.uk)

Leeds University Union is the first students’ union in the UK to be awarded an ‘Excellent’ status by the National Union of Students (NUS) as part of its Quality Students’ Unions accreditation scheme.

FOBSOC/SOCIETIES

Join one of our student-run clubs and societies and let us help you make the most of your time at university! We run a variety of fantastic social and educational events and guarantee that joining will enhance your experience while studying at Leeds. FoBSoc is for all students in the Faculty of Biological Sciences – and everyone from outside the Faculty as well. It’s the third largest departmental society in the students’ union, bringing everyone together – from microbiology to zoology to sport science.

Other student-run societies, including Bio Soc, Sports Science Soc and Zoo Soc, organise lots of events and activities throughout the year so you can meet people from all years and courses in the Faculty.

ACCOMMODATION

We have an impressive range of catered and self-catered accommodation located on campus or close by. As an undergraduate student at Leeds, you have a guaranteed single place in University accommodation for your first year.

Please note that restrictions apply relating to deadlines, residences and academic offer status. For more information about our accommodation visit: [www.accommodation.leeds.ac.uk](http://www.accommodation.leeds.ac.uk)
Leeds is a vibrant, affordable and multicultural city renowned as a centre for arts, sports, leisure, entertainment and nightlife. It has everything you would expect from a major city and is surrounded by beautiful, accessible countryside. Our single campus is only a ten-minute walk from Leeds city centre. With over 60,000 students living within the city boundaries, there’s a real student focus, making it an exciting place to live and learn.

1. Leeds is the only English city outside London with its own repertory theatre, opera house and ballet companies. Leeds Art Gallery has one of the UK’s best collections of contemporary British art and the city is home to the Royal Armouries, the national collection of arms and armour.

2. Leeds has a well-deserved reputation for being great for shopping, as it has everything from big name designer labels to independent boutiques. A selection of shops, bars and restaurants can also be found at the £350m Trinity Leeds complex.

3. The 13,500 capacity Leeds First Direct Arena has seen world class acts such as Elton John, Drake, Little Mix, Bruno Mars, Bastille, Bruce Springsteen, Ed Sheeran perform since opening in 2013.

4. Leeds is the ideal gateway to the Yorkshire region – the Yorkshire Dales National Park is on our doorstep and features some of the country’s most beautiful landscapes. Yorkshire is the largest county in the UK, with incredible scenery, from inspiring moorlands to stunning coastlines.

5. There are more listed buildings in Leeds than in any English city outside London. Highlights include the Victoria Quarter, Leeds Corn Exchange and Harewood House, a majestic 18th-century stately home and gardens, situated just north of Leeds.

6. Leeds is home to some great sporting teams including Leeds United Football Club based at Elland Road Stadium. Rugby fans will be spoilt for choice, with both Leeds Rhinos rugby league and Leeds Carnegie rugby union teams based at Headingley Carnegie Stadium, which is also home to Yorkshire County Cricket Club and host to international Test Match cricket.