
Lancaster University
Sports and Exercise Science
Undergraduate Degrees
2025

We study **people**

We study how they move, how they think, and how they react under pressure. We look at how their bodies respond to exercise: from population health, to monitoring elite athletic performance.

We examine how exercise is beneficial before surgical procedures, how the menstrual cycle impacts injury susceptibility, and how exercise benefits mental health. We investigate all this and much, much more.

Our home is Lancaster Medical School, renowned for the quality of its teaching and its commitment to nurturing its students to really bring out their best. To do this, we have purposely small class sizes where you'll get to know the academic team (and they'll get to know you), and where you'll forge friendships that will last a lifetime.

Our academic team are all leaders in their respective fields of research. This 'research-led teaching' brings real benefits as you get to learn from and contribute towards world-class research from academics passionate about teaching. As well as the Sports and Exercise Science team, you'll be taught your biology modules by our colleagues in the Division of Biomedical and Life Sciences, currently ranked 3rd in the UK by The Guardian University Guide 2024.

All this will give you both the hard skills of a Sports and Exercise Scientist, and the transferrable skills that will make you valuable to a range of employers. Our graduates have gone on to master's level study here and in the USA have been employed by the likes of Manchester United and Manchester City Premier League football teams, and have been employed by leading pharma and allied health businesses.

Studying Sports and Exercise Science at Lancaster University will give you the confidence to take your studies wherever you want.


Lancaster University

Our students competing against the University of York at Roses 2023. Image by Sports and Exercise Science student Abi Turner.

Discover **Sports and Exercise Science**

You will explore the science behind human performance in sports, exercise and health. Using our state-of-the-art equipment, you will gain the skills to capture and analyse physiological and biomechanical data to better understand human performance and activity. You will learn how to act to enhance performance and activity - whether for competition or disease management - and how to provide feedback to an athlete, a patient or member of the general public.

Connected

You will benefit from Lancaster Medical School's excellent connections with clinicians, practitioners, and professionals working in both the health and sports domains, whilst gaining experience of working with athletes and members of the wider community.

The professional opportunities that our students can apply for come about directly through the relationships between our academics and industry.

Professional

From the outset, our programme is built to prepare you for your professional life post-graduation. You'll learn all aspects of laboratory health and safety, and risk assessments, essential skills for entry into either a clinical or sports setting. Through your Sports and Exercise Science training, you will learn transferable skills like presentation, communication and interview skills.

Choice

In your second year, you can begin to tailor your degree by choosing to study modules in either Exercise Medicine (health performance) or Sports Medicine (athletic performance). Options in your third year allow you to continue with your chosen direction, or widen your studies by mixing optional modules.

For more information, please visit **lancaster.ac.uk/saes**

Meet our students: **Poppy**

Poppy graduated from Lancaster University in 2022 with a First-class honours degree and was a recipient of the prestigious Chancellor's Medal. After a break spent travelling, she began a postgraduate MSc in Physician Associate studies at The University of Manchester in January 2023. A Physician Associate is a Medical Associate profession trained in the key skills to work alongside a doctor.

Why did you choose to study Sports and Exercise Science?

I've always been interested in science, but I'm also passionate about sport. For me it's just the perfect combination, applying science to sport. And with it being in the Medical School, I was always really interested in the medical side of sports science, so again, it's a perfect combination.

Why did you choose Lancaster University?

I was drawn in by the Sports and Exercise Science degree being run through the Medical School, and I liked how the degree had small class sizes – there weren't many people on the course and the lecturers seemed really knowledgeable in their respective research areas, and really supportive and really interested in us.

Do you take part in any Societies?

I was on my college netball team, I trampolined for the University, and even though I'd never done it before in my life, I started playing Lacrosse. I'd always done netball and trampolining though, and I really wanted to continue with them at university. Doing that has given me the best network of friends. I would say getting involved in societies is really important. Even if you've never done a sport, or whatever else you might like to try, just do it: You'll meet so many new friends; people who are interested in the same things as you.

How has studying at Lancaster prepared you for this new challenge?

I'm quite an anomaly! Most of my new cohort [in MSc Physician Associate Studies] have come from a Biomedicine background, but I want to break the lazy stereotypes about Sports and Exercise Science. I have knowledge on exercise prescription and optimising health, communication with patients, and experience from my time at Royal Preston Hospital and Alder Hey where I did the research for my dissertation. In all, the programme has prepared me for this in so many ways.

A **career** in the making

Sports and exercise science contributes 147,300 jobs to the UK workforce.*

For every £1 that students invest in their education in sports and exercise science yields £5.50 in higher future wages.*

A sports and exercise science graduate will earn £667,000 (not adjusted for inflation) more in earnings across their working life compared to if they had a Level 3 education (equivalent to A levels).*

** Sport and Exercise Science Education. Impact on the UK Economy (2019).*

A BSc (Hons) Sports and Exercise Science from Lancaster University will open doors to a career in the sports industry or beyond. It could lead to employment in the private and public sectors, including the NHS, local authorities, national sporting associations, sports governing bodies, education, professional sports clubs, public sports and recreation facilities, and the community.

Potential roles

Some may involve additional study/training.

+ Exercise physiologist (£27,860)
+ Sports psychologist (43,852)
+ Strength and conditioning coach (£27,911)
+ Personal trainer (£28,019)
+ Performance analyst (£34,882)
+ Sports nutritionist (£36,187)
+ Sports Scientist (£30,267)
+ Healthcare Scientist (£29,723)

Whatever your career aspirations may be, or even if you're still not quite sure, we're here to support you reach your goals. Tutorials and workshops on career planning are integral parts of your degree. You will undertake professional practice modules, giving you excellent preparation for applying to graduate-level jobs and graduate schemes, and our dedicated Careers Service are here to help you every step of the way. From CV writing to interviews and assessment centre preparation, they are able to offer you tailored support. What's more, they offer lifelong careers support to our graduates so, if you need us, we will always be here to help.

All salaries taken from *glassdoor.co.uk* and correct at 21/05/2024.

For more information, please visit **lancaster.ac.uk/saes**

Meet our students: **Erin**

A professional development opportunity or internship is a great way to gain work experience and is a valuable addition to your CV. Erin undertook her placement with Burnley FC, working alongside their sports science team.

**Erin's placement was over the 2021/22 season.*

Since graduating, Erin has successfully completed an MSc by Research in Medical Sciences focusing on elite women's football with Manchester United

During my third year, I had a placement with Burnley FC. This came about because one of our lecturers works really closely with the football club academy and was able to get two places for students to work with them over the season. We had to put an application in and were interviewed and I was one of the successful applicants. Over the summer holiday, the placement was full time (four or five days a week) and is now one or two days a week through term-time, and I did it alongside my studies. We worked with the under-18s and under-23s, helping the sports science team. We did everything from hydration testing to load monitoring and data analysis. It was an amazing experience and it's been so cool to see how a Premier League football club works from the inside.

Personally, I'm really interested in data analysis so I did their post-match and post-training data analysis, exporting from their trackers and importing into the monitoring system. Some players have to hit certain numbers (an injury prevention system), and if they don't hit their high speed running or sprint distances, we ran some top-up exercises with them, but we help out wherever we're needed. In the morning we might check fatigue markers, or help out in the gym, it's an eclectic mix of things we've learned.

We did get to go to matches, which is great, but the training is where we get to put what we're learning into practice.

It was just a brilliant experience to be learning from the Sports Scientists at a Premier League side*, for me especially because my ultimate goal is to work in elite women's football.

World-class facilities

Human Performance Laboratory

Our Human Performance Laboratory is where a major part of your practical studies will take place. This is fully equipped with research-grade equipment to monitor and test a range of human performance markers. Our Biodex Isokinetic Dynamometer is the same as you find in a Premier League football club; our cycling ergometers, Cortex Gas Analysers and treadmills are exactly the same as you would use in elite performance training or any of a number of clinical settings.

Life Science Laboratories

Our life science teaching laboratories are exactly what you'd expect from a top university. In your first year, you will use these during the practical elements of the Molecules of Life and Cell Structure and Function modules, taught by colleagues from the Division of Biomedical and Life Sciences.

Strength and Conditioning Room

Our purpose-built Strength and Conditioning Room provides a workout space full of high specification conditioning equipment. You'll have the opportunity to train, or train others to a high level of performance in the year one module Exercise Prescription.

Health Innovation One

Lancaster Medical School, of which Sports and Exercise Science is an intrinsic part, is housed in Health Innovation One - an ecosystem of multidisciplinary experts working alongside small and medium-sized enterprises (SMEs) on some of society's most significant health challenges. The building is home to our teaching and support staff, as well as our new **Biomechanics Laboratory** which utilises cutting-edge motion capture technology.

For more information, please visit **lancaster.ac.uk/saes**

Meet our students: **Jo**

We caught up with recent graduate Jo to find out what she enjoyed most about studying Sports and Exercise Science at Lancaster and what tips she would give to those currently applying.

Looking back at your time at Lancaster, what was your favourite part of the course?

My favourite part of the course was getting so much lab time throughout all the three years as I learn so much better in a hands-on capacity and this made my studies so much more engaging and enjoyable. I also loved studying the Sports Medicine module in my second year as this was so specifically geared towards what I want to pursue as a career and gave me a great taste of what kind of work I might get to do later in life.

What initially got you interested in sports and exercise science and what motivated you to study it to degree level?

I've always loved playing sports throughout my childhood and school life and, as I got older, I got more and more interested in the science and specifics behind each sport at an elite level. When I knew that there was a university degree which allowed me to further this knowledge and interest in a variety of areas, I knew that I wanted to pursue it as my degree.

What advice would you give to somebody who is considering studying Sports and Exercise Science?

Definitely give it a go as it is a subject that is so widely applicable to everyday life. You don't need to be an elite sports person to study Sports and Exercise Science it really is open to everyone with an interest in the area, it also gives so many possibilities to enter the area of public health or to go into sports and so leaves your options really open for whatever specialism you find an interest in.

I have loved my time at Lancaster and would recommend it to anyone thinking about applying, particularly to the Sports and Exercise Science course as the academic staff are so welcoming and helpful throughout your time and genuinely care about each student they have and want each of us to perform to our best ability.

After completing her master's in Exercise Science and Kinesiology (Biomechanics) at the University of Michigan (USA), Jo is now studying for a PhD in Biomechanics at Liverpool John Moores University.

Research with **impact**

We talk a lot about 'research-led teaching' but what does that really mean? It means that the academics you will learn from are experts in their fields. Their research is shaping our understanding of the world and their work feeds into our degrees, ensuring your education is informed by cutting-edge thinking.

Dr Chris Gaffney

Worms in space

In a bid to discover more about muscle loss during space flight, Dr Chris Gaffney played a central role in a research project that sent microscopic worms to the International Space Station.

Astronauts can lose up to 40% of their muscle after six months in space, the equivalent of ageing up to 40 years in terms of loss of strength, which could reduce in-flight performance and threaten health on longer missions. Despite only being 1mm long in adulthood, *C. elegans* share many essential biological characteristics with humans, including alternations to muscle and the ability to use energy. The research project aimed to explore muscle atrophy during long periods in space, but Chris believes the research could bring new insights in the treatment of ageing and conditions such as Type 2 diabetes as spaceflight is considered a model of accelerated human ageing.

Dr Hannah Jarvis

Using Hollywood film technology to help stroke patients and injured athletes

Dr Hannah Jarvis is investigating how performance capture technology, used to create characters in Hollywood films like Avatar, could be used to aid treatment and rehabilitation for stroke patients and injured athletes.

The technology involves retro-reflective markers placed on the body, which are tracked by infra-red cameras to create a 3D computer model of the skeleton moving on a screen. Markers are attached to specific points of the body such as the ankles and knees using a detailed knowledge of anatomy, with the movements recorded on video. Having previously used this technology to help injured veterans from the Afghanistan conflict, Hannah and her team are now utilising this cutting-edge technology in our Biomechanics Laboratory to research movement and motion in order to improve treatment and rehabilitation for stroke survivors.

Dr Sarah Powell

How do we communicate complex science well?

Formal science communication training yields a 16% improvement in oral presentation self-confidence, and 15% improvement in science communication self-efficacy in Sports and Exercise Science undergraduate students, who gain 'instantly useable employability skills'.

In a rapidly evolving education sector, Dr Sarah Powell is passionate about learning, teaching and assessment and keen to focus on employability skill development. Her current research involves a global scoping review of pedagogy [the method of practise of teaching] in Sport and Exercise Science; bringing best practice from all corners of the world to maximise the potential of future of Sport and Exercise Scientists. This is being conducted alongside a backdrop of research assessing perceptions of physical education and sports and exercise science as a science-based subject in the UK education system to inform future curriculum design and specification reform.

Dr Kate Slade

How does hearing loss affect the brain?

Dr Kate Slade is really passionate about the ageing process and the conditions that affect us as we get older. Her research combines psychology with physiology and neuroscience, and has a particular focus on hearing loss and how this might relate to how we function as we age.

Hearing loss is one of the most common chronic conditions among older adults (affecting around 70% of those aged 70+), and can lead to communication difficulties, fatigue and cognitive decline – this can cause some people to withdraw from social activities leading to loneliness and isolation. Kate's current research is seeking to understand how the brain areas involved with understanding speech may be affected by hearing loss, exploring the relationship between hearing loss, mental health and cognitive decline, and how health inequalities may contribute to hearing loss in later life.

Our students competing against the University of York at Roses 2023. Image by Sports and Exercise Science student Abi Turner.

Sport at Lancaster

We are passionate about sport. Lancaster University offers a comprehensive range of sporting options and at levels ranging from beginner and recreational to elite.

Our university is made up of nine colleges, meaning there are always opportunities for competitive sport. Our college leagues range from netball to football, from basketball to rugby, from athletics to tennis. The University competes in British Universities and Colleges Sport (BUCS) across the full spectrum of sports, allowing you to really push yourself to excel at the highest levels. And we are home to Roses, the largest inter-university sports competition in Europe, held annually against our long-time rivals, the University of York.

Our facilities continue to attract investment. We've recently opened a new sports hall bringing the number we have to four.

As well as that our facilities include:

- Strength and Conditioning Suite
- Climbing wall
- 100 station gym
- Badminton courts
- Swimming pool
- Squash courts
- Tennis and netball courts
- Artificial cricket wicket
- Multi-use games areas: for 5-a-side, basketball, etc.
- Floodlit synthetic grass pitches
- Rugby pitches
- Association football pitches
- Crown bowling green
- A boathouse just a couple of miles away on the River Lune.

For more information, please visit **lancaster.ac.uk/saes**

Meet our students: **Reuben**

Reuben graduated in 2023. A keen athlete, he represented the University in athletics and rock climbing.

What made you choose your degree?

I was drawn to the course at Lancaster after undertaking a gap year post-A levels. For me, finding an environment and community that I could connect with was key, as I had missed this during my gap year. The course at Lancaster offered just that, a friendly, small and like-minded cohort of students and tutors. I was coming into the degree from a background working in the outdoors, so the mix of both public health orientated modules and sports performance modules was a big draw for me. It opens so many doors and avenues of interest and exploration.

Outside of your degree studies, are you a member of any societies or sports teams?

Lancaster is great for societies and sports teams. I'm an exec member for the athletics club and compete for the climbing team, as well as this I have loved going along and being very bad at ballroom dance classes and Indian dance workshops throughout my time at Lancaster.

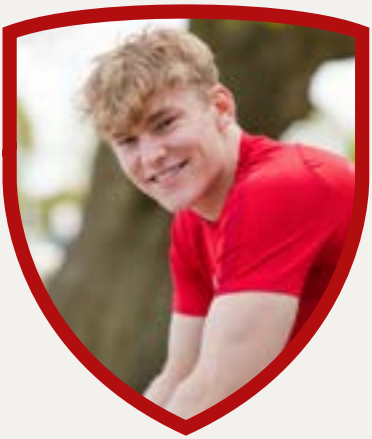
For the competitive people out there, all the sports teams I have trained with offer focused and dedicated training with groups, and top-level competitions and trips to take part in. However, the best element to all of these clubs is the people I have met and the friendships I have built. Arriving at Lancaster knowing no one, the clubs were a great way to engage with the community. It's through these different clubs that I met my amazing girlfriend, crazy house mates, work colleagues and best friends.

How would you explain what Sports and Exercise Science is to someone thinking of studying it at university?

Sports and Exercise Science is a way of thinking and communicating with the world. Anatomy, VO2 testing and blood samples are, of course, all covered and studied in great detail. But, for me, what the degree really gives you is the ability to understand and communicate what you are finding out and how that can be used in the academic world, in sports performance, and in public health.

As an example, I now work as a fitness instructor at the university gym. Each week I run two group circuit classes lasting an hour (brutal I know!). For each session I get about 30 clients with ages ranging from 20 to 65, all training together. What the degree has allowed me to do is be able to adapt my sessions accordingly to suit this variety of people that have different fitness levels, goals and abilities. Being able to motivate them, listen and learn from them, have a laugh and provide great training are all skills essential to my profession and are all skills which I have developed though my time at Lancaster.

Meet our students: **Ben**



Ben graduated in 2022, but before he did, we caught up with him to find out what a typical day in first year looked like for him, and for any advice he has.

No two days were the same but a typical one would start early for me because I wanted to head down to the gym for 7am and get it out of the way before the day started properly. I lived in County College in first year which was probably a ten-minute walk from the gym and the Human Performance Laboratory (which are in the same building). I might have a morning class down there, but especially in first year, I would have lectures in the Biosciences building which is up on the main campus. Depending on the day, I'd have one or two lectures in the morning which would take me through to lunchtime. Then we (the Sports and Exercise Science class) would descend on one of the college bars for lunch and to play some pool or table tennis before afternoon practicals and laboratory work. Those could last anywhere up to four hours depending on what we were doing.

First year Biosciences classes were really good but they were tough, especially for those of us that hadn't done A level Biology - but they were really important to get us talking in that scientific language.

In my first year, I typically had six to eight hours a day of contact time, but everything was usually done by five. After that, I might hang out with classmates for a bit but then I'd go home to get some food before heading to American football training. I probably trained three times a week in first year.

Training would be done by ten, and that was the day. I do have some advice to give to incoming first years: You often find out what your coursework will be pretty early on, and so, when you do find out, start it. Even if it's just writing the intro, or doing some reading around the topic, because time goes faster than you think it will and so just start it as soon as you can.

Also, print off the lecture slides. There's usually loads of information on the slides and it can be difficult to get it all down in your notes, but if you have them printed off before the lecture then you can just annotate them as you go.

Finally, get involved in a society. For me, it's been American football but it doesn't have to be a sport. It just gives you friends and it's great to be a part of something. I have a friend who goes to the Baking Society, so it can be literally anything!

Teaching, learning and assessment

Your learning will take place in various environments such as lectures, classroom-based workshops and seminars, computer-based sessions with specialist software, and in life science laboratories and our Human Performance Laboratory.

You will engage in lectures, interactive workshops, online forums and even a focus group with patients.

You will be taught by Lancaster Medical School's research-active academics with expertise in sports and exercise science, plus specialists ranging from bioscientists and clinicians, to sports nutritionists and public health experts. Guest speakers will also contribute.

A broad range of assessment methods will be used throughout the degree. In your first year, your knowledge and skills will be assessed by online weekly tests, often multiple-choice, which will help you to spot any gaps in your learning and to feel good about the knowledge that you have already secured.

Written assignments might include the production of a dietary analysis report or a critical review. You will also participate in online forums, group presentations and debates where you will present your side of the argument with a partner. Traditional written exams are also used to test knowledge.

In your third and final year, you will make a unique contribution to sports and exercise science research and undertake a research project on a topic of your choosing. You will also finalise your professional practice programme by delivering a sports and exercise science-based event.

Study Abroad

Our four-year study abroad degree is an amazing opportunity to broaden your academic horizons, whilst experiencing a different culture and society, by spending your third year studying at one of our international partner universities in either North America or Australia. Living in another country and studying your subjects from a different perspective offers considerable benefit both in terms of your understanding of the subject and your preparation for life after university.

If you apply for a study abroad programme, we will also consider you for the standard degree programme.

If, during your first or second year, you decide you no longer wish to study abroad, you can simply switch to the standard degree programme.

Destinations are given as a guide only as the availability of places at overseas partners may vary year to year. For more information, please visit www.lancaster.ac.uk/study-abroad

Sports and Exercise Science
BSc (Hons)

+ C600 BSc Hons (3 years)
+ C602 BSc Hons (Study Abroad)
(4 years with Year 3 spent overseas at a partner university)

Lancaster University's BSc Sports and Exercise Science is one of the first in the UK to be delivered by a medical school. Lancaster Medical School is recognised for its subject expertise, supportive community and satisfied students. This is your chance to study sports and exercise science within an academically rigorous environment and to combine scientific knowledge with professional practice.

You will explore the science behind human performance in sports, exercise and health. The course balances scientific focus with employability, so you will study anatomy, physiology, biomechanics and psychology alongside subjects such as nutrition, digital technologies in sport and exercise, and data analysis.

Year 1

Core modules

+ Becoming a Sports and Exercise Scientist
+ Cell Structure and Function
+ Concepts in Sports and Exercise Psychology
+ Assessing Technologies in Sports and Exercise Science
+ Essentials of Sports and Exercise Physiology
+ Exercise Prescription
+ Fundamental Anatomy
+ Hormones and Metabolism
+ Introduction to Nutrition
+ Molecules of Life
+ Principles of Biomechanics
+ Professional Practice I
+ Public Health Challenges

Year 2

Core modules

+ Biomechanics II
+ Current Debates in Sports and Exercise Science
+ Physiology and Metabolism
+ Research Methods and Statistics
+ Sports and Exercise Psychology
+ Professional Practice II

Optional modules

1 from:

+ Exercise Medicine
+ Sports Medicine

Year 3

Core modules

+ Research Project
+ Professional Practice III

Optional modules

2 from:

+ Advanced Physiology
+ Applied Sports, Exercise and Performance Psychology
+ Biomechanics III

1 from:

+ Maximising Elite Performance
+ Optimising Health Outcomes

Year 4

For Study Abroad students

+ The core and optional modules described above for Year 3

For more information, please visit **lancaster.ac.uk/saes**

Entry requirements for 2025 entry

A level: ABB

Required subjects:

A level grade B in one science from the following: Applied Science, Biology, Chemistry, Further Mathematics, Life and Health Sciences, Mathematics, Physical Education, Physics, Psychology, Sports Science.

GCSE: Mathematics grade B or 5, English Language grade C or 4.

Other qualifications

International Baccalaureate: 32 points overall with 16 points from the best 3 Higher Level subjects, including 6 in one Higher Level science from the following: Biology, Chemistry, Mathematics, Physics, Psychology, Sports, Exercise and Health Science.

BTEC: Distinction, Distinction, Merit in Applied Science, Sport and Exercise Science, or Sporting Excellence and Performance.

IELTS: 6.5 overall with at least 6.0 in each component. For other English language qualifications we accept, please see our website: lancaster.ac.uk/int-english.

We welcome applications from students with a range of alternative UK and international qualifications, including combinations of different qualifications. Further guidance on admission to the University, including other qualifications that we accept, frequently asked questions and information on applying, can be found on our general admissions webpages: lancaster.ac.uk/ug-qual-uk.

Contact us

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Phone: +44 (0) 1524 592 028

Open days

Open days are your opportunity to come and meet us in person.

As you go through the process of deciding what you want to study and what kind of university you want to study at, at some point you do need to go and visit them. There is no substitute for coming to visit our beautiful campus, to check out our award-winning accommodation and get a feel for the place. You'll find us to be a welcoming, inclusive community with a fully accessible campus.

It's also a chance to meet our academic team and students studying Sports and Exercise Science.

Dates for the open days are:

- Saturday 29th June 2024
- Saturday 13th July 2024
- Saturday 14th September 2024
- Saturday 12th October 2024

Register your interest here:

Campus tours

As well as our open days, we organise regular campus tours to give you a flavour of life at Lancaster. You can book onto open days and campus tours at: lancaster.ac.uk/study/open-days.

Offer Holder Events

If you receive an offer to study at Lancaster University, you will be invited to attend an Offer Holder Event. These are very different to Open Days, where the focus is more on getting a general feel for the University. Instead, Offer Holder Events give a snapshot of what it is actually like to be a student studying here. Your Offer Holder Event might comprise a laboratory practical, a real lecture, a seminar or a tutorial. It will be hosted not only by our academic team, but by our students. Who knows, you might well end up meeting your fellow first-year students for the very first time.

Visiting us

Lancaster is very well served by road, rail and air networks and is near to major cities such as Manchester and Liverpool. More information about visiting the University can be found at: www.lancaster.ac.uk/travel

For more information, please visit **lancaster.ac.uk/saes**

Important information

The information in this publication relates primarily to 25/26 entry to the University and every effort has been taken to ensure the information is correct at the time of printing (June 2024). The University will use all reasonable effort to deliver the courses as described but the University reserves the right to make changes after going to print. In exceptional circumstances that are beyond the University's reasonable control (Force Majeure Events), we may need to amend the programmes and provision advertised. However, in this event, the University will take reasonable steps to minimise the disruption to your studies. You are advised to consult our website at lancaster.ac.uk/study for up-to-date information before you submit your application. More information on limits to the University's liability can be found in the Student Contract at: lancaster.ac.uk/terms. Further legal information may be found at: lancaster.ac.uk/compliance/legalnotice.

Contract term

The University strives to provide excellence in teaching and research, and to enhance the student experience by focusing on the needs of our students and by seeking to instil a shared sense of inclusiveness, collegiality and community. Underpinning this partnership, the University has a supportive set of regulations, policies and procedures, which are designed to protect and maintain both academic quality and your rights and responsibilities as students of our University. The Student Contract sets out these rights and responsibilities, and states the obligations of both parties to each other. Further information can be found at: lancaster.ac.uk/study/important-information/terms-and-conditions-for-students.

Sports and Exercise Science
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lancaster.ac.uk/saes

Watch our subject film.

recycle me

Planting trees to catch carbon · Planting trees to catch carbon ·

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