

A Sports degree doesn't just qualify you to work as a teacher or coach. Turn your passion into a career and discover a wealth of opportunities.

get involved



Studying at the University of Stirling

Stirling is a place where everyone is treated with respect and where ability, not background, is valued. You typically need four good Highers or an HNC to go into Year 1. The grades required can change, so you should check our website before applying.

You can study Sport with a range of other subjects including Journalism, Marketing and Secondary Education (teaching). Find out more about our Sport degrees:

- BA (Hons) Sport Business Management
stir.ac.uk/160
- BSc (Hons) Sport and Exercise Science
stir.ac.uk/53
- BA (Hons) Sports Studies
stir.ac.uk/54

Students with an HND in Coaching and Developing Sport or Fitness, Health and Exercise might be able to go directly into Year 2 of the Sports Studies course, depending upon the grades they get in their HND.

The Faculty of Health Sciences and Sport are experts in areas such as coaching, psychology, management and science. Their expertise covers everything from physical activity and health, sport nutrition, management, doping, coaching, psychology and the culture of sport in society.

Their research is considered world leading, and students benefit from working directly with staff in these fields. They focus on developing excellence in sport, exercise and health by improving understanding of all aspects of sport in order to develop excellence at all levels.



Realise your Potential

with a career in

Sport



Careers in Sport

Graduates from sport-related degrees go on to a wide variety of careers, including: sports development, sport psychology, sports science, health and fitness monitoring, physical activity promotion and physiotherapy. Employers include local authorities, commercial and voluntary sport organisations and governing bodies of sport.

There are too many careers open to someone with a Sport-related degree to list here. Take a look at careers websites to find out just how many different roles are open to you – My World of Work (myworldofwork.co.uk) and Prospects (prospects.ac.uk) are good places to start.

Graduate Training

There are a wide variety of further study options that Sport graduates can go on to pursue. Examples of two of the most popular routes include:

1. Teacher Training (Secondary Education)

Once you have, a Sport-related degree, you can spend another year gaining the professional education qualification.

This is called a Postgraduate Diploma in Secondary Education, or PGDE. Successful completion of this course allows you to register with the General Teaching Council for Scotland (GTCS) and join the Probationary Teacher Scheme. This is managed by the Scottish Government, and is required for full accreditation – guaranteeing employment for one year as a newly qualified teacher in a Scottish Local Authority school.

N.B. It is also possible to study a teacher training degree as an undergraduate degree at the University of Edinburgh and the University of Stirling.

2. Sport and Exercise Psychologist /Health Psychologist

You need to have studied your Sport-related alongside a Psychology degree recognised by the British Psychological Society (BPS). Once you have this, you can then go on to study a one-year course in either Sport and Exercise Psychology or Health Psychology to further develop your professional qualifications. In addition, full accreditation normally requires two years of supervised practice.

What to Study

Earning a degree in a Sport-related subject doesn't just mean becoming a coach, PE teacher or Fitness Instructor – it also opens up a world of opportunity in a wide range of other Sport-related careers.

There are a wide variety of Sport-related degrees you can study at university. The University of Stirling offers a wide range of Sport-related degrees, and provides a great representation of some of the different areas on offer.

1. BSc (Hons) Sport and Exercise Science

The nature of this course may differ depending on the university you go to. At some universities, the curriculum concentrates more on fitness, health and coaching – but at the University of Stirling, you will study the science behind sport and physical activity. You will also study Biological Sciences, alongside Sport and Exercise Physiology, Nutrition and Sport and Exercise Psychology.

2. BA (Hons) Sport Business Management

This course looks at the commercial side of the sports industry, and involves integrating sports science, management, professional and transferable skills. It covers everything from marketing and

finance to management and practice, helping to shape you into a customer-oriented, commercially-minded practitioner in the sports industry.

3. BA (Hons) Sports Studies

This course covers a broad range of different subjects. At the University of Stirling, we consider questions, such as: What role does sport play in society? How is sport managed and delivered? How does psychology enhance elite sports performance? What are the physical and mental benefits of sport and physical activity?

This degree gives you a broad range of experience in a wider sporting context, and may be combined with a number of different subjects, including Accountancy and Psychology. This is ideal if you are considering a particular career – for example, if you wish to become a sports accountant or sports psychologist.

How do you get a place at university?

There are many different ways to get into university. No matter who you are or what you are studying, there will always be a route available.

School qualifications: You will normally need four or more good Highers in order to be considered for a place on a Sport-related course. The grades required differ depending on the course and university you choose. To be sure, always check the entry criteria at each university you intend to apply to.

College qualifications: The most common qualifications considered are Higher National Certificates (HNC) or Higher National Diplomas (HND).

Gaining an HNC/HND is often enough to develop a career without the need for a degree. For instance, students who complete an HND in Sports Therapy often go on to work as a sports therapist in a public or private practice. Alternatively, if you want to work as a fitness instructor, you could consider an HNC or HND in Fitness, Health and Exercise.

HNC/HNDs can also be used to get into a degree course – usually to start a degree in Year 1. Some universities will offer HN students in a Sport-related subject the opportunity to go directly into Year 2 of a degree course – or sometimes Year 3 for HND students.

