

Study FdSc Sports Science/ BSc (Hons) Sports Science

- Train for up to 10 hours per week with Leicester Tigers coaching staff
- Personalised Strength and Conditioning Programme
- Physio support
- Nutrition advice
- Practical hands on experience of working in Sport
- Minimum 12 hours per week of academic study on your undergraduate degree programme.



Open Day Trials

For trial dates and more information visit www.brooksbymelton.ac.uk or contact bmc@tigers.co.uk



ABOUT BMC

Brooksby Melton College is a provider of high quality specialist Higher Education. We have recently invested £27.7 million in transforming our teaching facilities, which included some £4 million in a state-of-the-art Sports complex.

BMC has been delivering high quality employment focused sports programmes for a number of years that provide a sound base for a career in professional sport or the sports industry.

BMC students also compete at a high level in British College Sport tournaments, as well as taking scholarships to study overseas and in the United States.

Our facilities

A state-of-the-art sports complex that includes:

- Multi-purpose Sports Hall
- All weather 3G outdoor pitch
- Grass pitches and training areas
- Sport Science Lab
- Strength and conditioning suite
- Physiotherapy room

We provide a range of meals specifically designed to meet the needs of developing performance rugby athletes.

BMC rugby partnership with Leicester Tigers Community

Brooksby Melton College is an England Rugby affiliated college. We are proud to be working in partnership with Leicester Tigers to provide the perfect place for talented

rugby players to combine high standard rugby in a professional environment, alongside the very best in sporting education.

“The continuing development of the Rugby Programme at BMC in partnership with Leicester Tigers has been a great success. We are delighted to be building a new Rugby focussed HE offer that will afford the professional expertise from Tigers and BMC staff in developing a truly first class experience and education for all who attend at the developing facilities of the Brooksby Campus. Working closely with the Tigers will enable players to develop their skills, conditioning and game understanding, along with providing a real insight into the professional game and career opportunities in sport.”

Scott Clarke
Head of Community and Global Partnerships



BMC LEICESTER TIGERS HE RUGBY

Degree Level Courses

19+ year old Academy students can study a 2 year Foundation Degree and then 'TopUp' to a full BSc (Hons) Degree in Sports Science in their 3rd year.

The Foundation degree (FdSc) and 'TopUp' Degree allow students to follow one of three specialist pathways these being Sports Coaching, Strength and Conditioning or Performance Analysis. You will be able to further tailor your degree during your final year through your research and work experience modules.

Both the FdSc and BSc are validated by the University of East Anglia (UEA), who are consistently rated as one of the top 20 universities in the country (14th in 2017 The Complete University Guide). Full details of the Sports programmes can be found at he.brooksbymelton.ac.uk or on the UCAS website - www.UCAS.com. Alternatively contact the College and we will arrange for you to speak to a tutor.

What will I study?

Year 1 - Level 4:

- Principles of Sports Coaching
- Introduction to Strength and Conditioning
- Introduction to Performance Analysis
- Sport and Exercise Psychology
- Research Skills
- Human Anatomy and Kinesiology

Year 2 - Level 5:

- Applied Sports Coaching
- Strength and Conditioning and Injury Prevention
- Performance Analysis and Biomechanics
- Lab Based Physiology for Sport and Exercise
- Team Psychology and Group Behaviour
- Research Methods

What if I want to do the BSc Sports Science?

Year 3 - Level 6:

- Strength and Conditioning and Injury Rehab
- Skill Acquisition and Human Motor Performance
- Maximising Sports Performance
- Industry Experience
- Research Project

Employability

We aim to produce the most employable students, this is why our FdSc and BSc programmes offer hands-on practical experience and teaching. Students will gain vast opportunities to gain work experience through our relationships within Professional Football, Professional Rugby as well as community groups and within education ensuring that students are work ready and do not need to complete internships after graduation.



To find out more visit www.brooksbymelton.ac.uk



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ACCOMMODATION AT BMC

Academy students are recruited from across the country and our accommodation offer at BMC is the perfect solution for those who want to study with us but live further away. We offer a range of accommodation for students who are 16-18 and 19+.

As a HE student you have the option of studying in our fully catered or self-catered accommodation located

in the grounds of our Brooksby campus, an 850 acre country estate. We also offer home-stay accommodation in the local area, allowing you to easily access either of our campuses.

For more information and to view current accommodation fees, please visit www.brooksbymelton.ac.uk

For further information on our courses visit

W: he.brooksbymelton.ac.uk

T: 01664 855 444

E: courseenquiries@brooksbymelton.ac.uk

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