



**Southampton
Solent
University**

Sport, health and fitness

Undergraduate courses 2026



Best university in Hampshire for learning opportunities, teaching, assessment and feedback, and academic support (NSS 2025).



**THE
SOLENT
I SEE,
SEES ME.**

Whatever your sporting goals, our degrees in football, exercise science and therapy, coaching, management and physical education equip you with the skills, experience and industry connections to turn your ambitions into reality.

Why Solent?

- Professionally-recognised courses**
Study accredited programmes endorsed by leading professional bodies. Your qualifications will stand out.
- Earn extra qualifications while you learn**
Boost your CV with National Governing Body (NGB) coaching awards alongside your degree.
- Real-world experience**
Work in schools, community projects, elite clubs and high-performance settings.
- Our sport courses achieved 95% positivity measure for academic support (NSS 2025).**

Elite athletes support

Our Sport Excellence Programme helps athletes balance academic success with sporting ambition.

Southampton FC partnership

Access guest lectures and experiences with Southampton FC's coaching and performance teams.

Strong industry links

Connect with British Cycling, Hampshire FA, the NHS, Eastleigh FC and the Rugby Football Union (RFU) – opening doors to exciting career opportunities.

Ultra-modern facilities

Train in our sports complex featuring a performance sports hall, labs, gyms and therapy spaces.

Top-tier football training ground

Test Park offers a 3G pitch, FA Step 5 arena and modern teaching spaces.

Specialist facilities and equipment

Our cutting-edge sports complex boasts dedicated teaching spaces, multiple sports halls, a high-performance gym, a 150-capacity teaching gym, and three spacious sport and exercise therapy clinical spaces.

You'll also benefit from our BASES-accredited physiology lab and purpose-built biomechanics lab, equipped with industry-standard technology.

Our multi-million-pound Test Park football centre boasts a full-sized all-weather 3G pitch, an FA Step 5 football arena as well as a modern teaching space and rugby pitches.



Our sport and exercise science courses achieved positivity measures of 96% for teaching, 94% for academic support, 95% for learning resources and 93% for learning opportunities (NSS 2025)



Take a virtual tour of our state-of-the-art facilities – visit explore.solent.ac.uk

*Placement year available



Solent has always been supportive of my commitments outside of university, which has enabled me to combine my sporting career with my studies. The lecturers truly get what performance sport is all about. They were incredibly approachable and helpful whenever I needed support".

Kelly Simm, former Team GB gymnast, World bronze medallist and four-time Commonwealth medallist
BSc (Hons) Applied Sport Science and MSc Sport Science and Performance Coaching graduate

Discover more graduate success stories at www.solent.ac.uk/SHF-stories



I'm deeply grateful to the lecturers for the knowledge and guidance they shared, and to my teammates and coaches at Team Solent FC, who truly became my family during my time in the UK."

Nikolay Kirchev, Team Manager, PFC Ludogorets 1945
BSc (Hons) Football Studies graduate

How to apply

For information and advice on how to apply to Solent, find your course at www.solent.ac.uk/courses and visit the 'How to apply' section.

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