Undergraduate Degrees 2022

Sports and Exercise Science

Lancaster University Medical School
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For more information www.lancaster.ac.uk/medicine
A place for you

Lancaster University’s BSc in Sports and Exercise Science is one of the first in the UK to be delivered by a medical school. This is your chance to study Sports and Exercise Science within an academically rigorous environment, and to combine scientific knowledge with professional practice.

Lancaster Medical School is recognised for its subject expertise, supportive community and satisfied students. We are proud of the community we have created within the Medical School. As a team, we nurture talent to bring out the full potential of our students.

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

Our students learn to take a holistic approach to athletic performance and exercise as a medicine for health and to explore sport and exercise science from all sides. You will be encouraged to consider the increasing prominence of exercise and physical activity as part of a healthy lifestyle, and to engage with current debates on public health and disease management.

One question we will always ask of you, whichever career you choose: what impact will you have in sport, exercise and health?

For more information www.lancaster.ac.uk/medicine
Why did you choose to study your degree?

Whilst I already have a certificate and experience in personal training, I found I lacked the academic knowledge and the research into why I’m training the way I’m training. I wanted to improve my knowledge and credibility, so that when I train an individual, I know exactly what they need and when they need it.

What was the appeal of the course at Lancaster Medical School?

You get the perspective of the medical side, which is very much associated with exercise, more so than sport, but we can apply the academic knowledge we acquire to both health and exercise.

A lot of our studies that lean towards medicine are biological, and whilst we find those subjects challenging, we’ve found that it’s a topic that we do need to focus on. We have also studied public health and how health affects not just personal health or locational demographic health, but also, for example, in the workplace.

How does that benefit your studies?

Most students on the course are athletic or have a background in athletics, which is a nice common ground. We all came in with an idea of how we can affect an individual’s athleticism, but we’re all finding that it is changing our perspective of health itself and not just towards the athlete. This will take our experience deeper into associating that everybody needs assistance with health and activity, not just those that are already fit and healthy.

How would you describe the community on your degree?

What is nice is the small cohort of students, so we all turn towards each other for support. If we have any academic questions or concerns, the lecturers are all open to questions or any concerns we have. They want to make sure that we have the support and the help that we need.

What would be a career path for you from this degree?

Public health has been quite an eye-opener; it is something that many people do not realise is in such demand. I find myself opening up from life inside the gym as a personal trainer, so not just working with athletes but also helping those who want to be healthy, or energetic and active, to find a way to do it that is exciting for them. It could be working directly on diabetes or obesity, or just older age adults trying to get more active. It could even be towards the younger ages, the early ages of childhood.
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.

**Applied Sports Science**
Tim Barry’s research interests lie in the field of applied sports science. His most recent work has involved investigating the role of spinal shrinkage and lumbar curvature in the risk of injury to elite fast bowlers. He is also undertaking research within professional football, analysing the loads that turn place on elite players, using the latest lidar technology.

**Lab of Integrative Physiology**
Dr Chris Gaffney’s research seeks to understand the basic physiology and metabolism that underpins disease, health, and athletic performance. His current work examines the effect of prehabilitation on patient outcomes in cancer surgery; how exercise can improve the lives of people with type II diabetes; and the mechanisms of muscle loss in spaceflight - work conducted in collaboration with SpaceX and NASA.

**Mitigating Risk**
Dr Michelle Swainson works within the area of cardiovascular disease and her research focuses on how physical activity, fitness and obesity are linked to a person’s risk of having a heart attack. Michelle conducts exciting work around obesity measurement and preventive health assessments, and leads the cardiovascular risk part of the UK Rugby Health Study, which explores the health of retired rugby players and aims to encourage players to lead healthy and active futures.

**Muscle Performance**
Dr Theo Bampouras researches predominantly in muscle performance in athletic populations (e.g. assessing strength and power following training programmes) as well as later life populations (e.g. effect on functional ability, postural control, gait).

**Resilience in sport, health and performance contexts**
Dr Jenny Meggs is a Health and Care Professions Council (HCPC) and British Psychological Society (BPS) accredited Sport and Exercise Psychologist working with athletes, coaches, parents and organisations. She is an empirical and applied researcher; predominantly focusing on the psycho-physiological underpinnings of resilience in sport, health and performance contexts.

For more information [www.lancaster.ac.uk/medicine](http://www.lancaster.ac.uk/medicine)
Your future career

Sports and exercise science contribute 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
+ Exercise physiologist
+ Sports biomechanist
+ Sports psychologist
+ Strength and conditioning coach
+ Health promotion specialist
+ Personal trainer
+ Performance analyst
+ Sports nutritionist

For more information www.lancaster.ac.uk/medicine
What motivated you to study sports and exercise science?

Sports science has always been something I’ve been interested in, even from a little lad playing sport with my dad. My mum is a scientist, so combining the two was a big interest of mine. I always enjoyed sport and science at high school. Initially, I looked at physiotherapy, but I didn’t want to narrow my options too soon. I think going into sports science gives me a wider range of skills and their application.

Why did you choose Lancaster University?

I chose Lancaster because of the campus and the facilities they have within the Medical School. The tutors here were also very welcoming, and I think Lancaster is a very homely place to be. I also like the place, it’s a very green space and there are nice people here.

You mentioned the crossover between medicine and sports science, does it help you in your studies?

Yes definitely; I think it adds more challenge to what I’m doing, but within that challenge it increases your skills, like time-management, so that extra challenge adds a bit of diversity to what you’re doing. Being part of the Medical School offers a lot of practicality to your learning.

What has been the most useful experience that will help you in your future career?

The opportunity to use the recently built Human Performance Laboratory has been very helpful, it’s a lot of close-knit teaching. We’ve done presentations in there, we’ve done a lot of health-based things, we’ve taken blood-tests, we’ve had people on treadmills, on bikes, etc. It is the practical application of skills that will help me in the future, and within the course we get a lot of opportunity to have that practical application.

Where do you see yourself in the future?

Perhaps something with a scientific basis, such as cardiology. I like the health side of things more than the sports, but I think the use of sport is massive within health now with the challenge of obesity.

I like the idea of helping people, that’s my main priority. I want to do something where I can impact someone’s life and they remember you.

A future for Stan
Discover sports and exercise science

Performance. Perfected.
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 domain, whilst gaining experience of working with athletes and members of the wider community.

Professional
The course content covered in year one allows you to complete an industry recognised gym instructor qualification and a personal trainer qualification from one of the UK’s leading providers of learning and education in the active leisure, wellbeing and fitness sector. This enables you to become a qualified fitness professional alongside your academic studies and gain experience of working with people in an exercise and fitness environment, boosting your employability.

Choice
In your second year, you can begin to tailor your degree by choosing to study 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.
Our Human Performance Laboratory gives you access to specialised sports facilities featuring cutting-edge technology used by today’s elite athletes. 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.
**Health Innovation**

Lancaster University’s new Health Innovation Campus will be an international centre tackling the biggest challenge in healthcare today – helping people to live as long and as healthily as possible. We aim to create a world-class centre for innovation in health, transforming healthcare and changing practice internationally, nationally, and regionally - a ‘go to’ place for health innovation.

**Life Science Laboratories**

We have invested over £4 million in new life science laboratories. In your first year, you will use these to complete dissections as part of Fundamental Anatomy and during the practical elements of Molecules of Life and Cell Structure and Function.

**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 year one module Exercise Prescription. You can utilise this high specification equipment, which includes a GHD bench, ski ergometers, Wattbikes, assault bikes, and Technogym skillmills, skillruns, skillbikes and skillrows to train participants whilst working towards your personal trainer qualification, which is integrated into the first year.
Sport at Lancaster

Whatever your sporting passion, you’re likely to be able to pursue it or try something new.

**Sports Centre**
- Strength and Conditioning Suite
- Climbing wall
- 100 station gym
- Badminton courts
- Swimming pool
- Personal trainers
- Squash courts

**Outdoor**
- Tennis courts
- Netball courts
- Multi-use games areas: for 5-a-side, basketball, etc.
- Floodlit synthetic grass pitches
- Rugby pitches
- Association Football pitches
- Crown bowling green

**Discover**
www.lancaster.ac.uk/sport

For more information www.lancaster.ac.uk/medicine
A place to compete

As well as the opportunity to represent your university in British Universities and College Sport competitions, Lancaster offers the unique chance to compete for your college in our Carter Shield event.

Discover
www.lancaster.ac.uk/colleges
www.lancastersu.co.uk/sport-lancaster

You can also get involved in our annual ‘War of the Roses’, where Lancaster University challenges the University of York across more than 50 different events.

Discover
roseslive.co.uk

For more information www.lancaster.ac.uk/medicine
Joanna Wootton (Fylde College) 2021, took a year out before starting her BSc in Sports and Exercise Science. We asked her about settling into university life and balancing her studies with training.

How have you found the transition from sixth form?
I had a year out so I was coming from home to university; it was a bit of a leap getting used to doing everything for yourself. At sixth form you are helped more whereas at university you are a lot more independent. I enjoy the independence; it works for me.

What are the benefits of Lancaster being a campus university?
I wanted to live on campus in first year whilst I found my feet as it’s just one less thing to worry about. The campus makes you feel immediately a part of a community; you immediately relax which makes it less stressful. Moving to university is a quite daunting thing to do!

Do you feel at home in Lancaster?
I do feel at home here. The people are so nice and taking part in sports, you immediately have a small group that you can get to know and make friends.

What is the best thing about campus?
I like how the facilities are all here; you can pretty much get whatever you need on campus. I really like the library as well as it’s a nice, bright space to work.

Can you describe a typical day on your course?
We have quite a lot of contact hours because it is a science subject, but it is spread evenly throughout the day – we normally have a lecture followed by a practical session. I have training in the morning and the evening but it is still manageable. I get up, train, go to the gym, have lectures and work in the library until the practical session. Then I go home and work on my assignments.

What facilities are available for your degree and how do they help with your studies?
The new Human Performance Laboratory is great. I love it when we have a practical in there as it is equipment that I’ve never seen before, or I’ve seen but not been able to understand what it’s used for. It is just incredible that we get to use that level of technology in the first year. We use the sports hall a lot too because if it can be taught practically, they will teach us practically.
We have also used anatomical models like the medical students, which has really helped my understanding of anatomy.

What sporting activities do you take part in?
I’m a rower and my training is quite intense as we train twice a day, six days a week. We use the sports centre for circuit training, weights training, going on the rowing machines every single day. I definitely make good use of the sports centre and we go down to the river to train as well.

How does studying fit alongside your training?
It has been an adjustment to work out how to balance that level of training with my studies. I’ve had a lot of support from the lecturers if I’m finding something hard to balance around my schedule. The lectures want to help you and they want you to do well, which has benefited me massively. It is difficult, but it is not impossible!

How do the course tutors help you to manage your timetable?
We have tutor meetings every few weeks, where you talk through how you are finding things. You discuss what you’re doing at the moment, your course schedule and working things around that. If there is something that is falling behind, I’m helped to find a way that’ll best suit me to get it done.

A place for the athlete

For more information www.lancaster.ac.uk/medicine
BSc (Hons) Sports and Exercise Science: Year One

In your first year, you will begin to explore the science behind human performance in sports, exercise and health through a broad range of core modules.

The modules allow you to complete an industry-recognised gym instructor qualification and a personal trainer qualification from one of the UK’s leading providers of learning and education in the active leisure, wellbeing and fitness sector.

**Core modules**

- **Becoming a Sports and Exercise Scientist**
  Learn about the important role of sports and exercise science in public health, disease management, elite performance, and recreational sports and activities.

- **Cell Structure and Function**
  An introduction to the structure and function of prokaryotic and eukaryotic cells.

- **Concepts in Sports and Exercise Psychology**
  How does a tennis player fight back to win the match? Why do sprinters visualise a race? Examine theories of behaviour change and the cognitive (perception, anticipation & decision-making), psychophysiological and behavioural indicators of elite or expert sport performance. Develop your entrepreneurial skills in developing a marketable and credible sport psychology consultancy company.

- **Digital Technologies in Sports and Exercise Science**
  Examine the explosion of digital technology used in sports and exercise science with a critical eye. What data do we get, how good that data is and how we can use that data to improve desired outcomes for the users.

- **Essentials of Sports and Exercise Physiology**
  Get to grips with human physiology in the context of sports and exercise - how the human body works and responds to exercise and sporting activity.

- **Exercise Prescription**
  Learn the theory and research surrounding exercise programming, training principles and techniques. Hone your skills in design, individualisation, and progression of a programme.

- **Fundamental Anatomy**
  The anatomical terminology and science behind the structure and function of the human body. Journey through the nervous, musculoskeletal, cardiovascular and respiratory systems, learning the detail of each as you go.

- **Hormones and Metabolism**
  Learn the functions of several endocrine (hormone-producing) glands in lectures and workshops, such as the pituitary, thyroid, and adrenal glands. Students will then explore the underlying chemistry behind what makes exercise possible, our metabolism.

- **Introduction to Nutrition**
  Recognise the impact of foods and fluids on human biochemistry, and learn how to calculate energy requirements and understand how this differs across different activities and populations.

- **Molecules of Life**
  Explore the chemistry of some of the most important molecules to life, including water, nucleic acids, carbohydrates, proteins and lipids.

- **Principles of Biomechanics**
  Understand fundamental Biomechanics concepts regarding how and why the human body moves in the way it does. More importantly how these concepts are applied and help us evaluate and improve different sport and exercise activities as well as human movement.

- **Professional Practice I**
  Gain the academic knowledge, skills and values to progress in the sports and exercise sector. Explore the principles of experimental research design and data analysis and become familiar with forms of statistical analysis. Working collaboratively with peers, you will develop the key skills required for sound academic practice with a focus on employability.

- **Public Health Challenges**
  Engage with the public health challenges that directly relate to sport and exercise science, such as obesity, physical inactivity and ageing with a focus on health promotion.

For more information [www.lancaster.ac.uk/medicine](http://www.lancaster.ac.uk/medicine)
BSc (Hons) Sports and Exercise Science: 

Year Two

In your second year, you begin to tailor your degree to your own interests or career aspirations by choosing to study an optional module in either Exercise Medicine (health performance) or Sports Medicine (athletic performance).

Core modules

**Biomechanics II**
Explore in more depth how muscle performance affects our daily life, whether this is being able to walk to the shops or to achieve a personal best in a competition. You will learn how to assess performance in both laboratory and field settings, and how to interpret the data in a meaningful way.

**Current Debates in Sports and Exercise Science**
Using an evidence-based approach, discuss and debate current issues and ‘hot topics’ across sport and exercise science. Work collaboratively to present, defend and critique during live debate showing your critical thinking and presentation skills.

**Physiology and Metabolism**
Focus on the measurement and evaluation of physiological responses to exercise and related environments. You will delve deeper into energy systems and metabolic processes and find out more about the determinants of exercise performance, fatigue and recovery.

**Research Methods and Statistics**
Gain the knowledge and skills necessary for research, including how to identify different types of data and how to select appropriate statistical tests. You will explore approaches to the analysis of different types of information, including text and questionnaire responses. This valuable experience is essential for a successful career in sports science and is highly translational to alternative careers where statistical analysis is required.

**Professional Practice II**
Increase your employability through a range of professional development opportunities in both sport and health domains. For example, act as a sports scientist for a University sports team. You will start to build a portfolio and develop your professional profiles that will set you up well for applying for jobs upon graduation.

Optional modules

Choose either Exercise Medicine or Sports Medicine.

**Exercise Medicine**
Learn about the role exercise plays in the management of risk factors associated with heart disease, such as high blood pressure. Discover how exercise can delay issues with bone health, such as load-bearing activities for osteoporosis. Gain insights into the pathophysiology, medications and exercise prescription across a wide range of conditions. Develop an adapted physical activity programme and engage with real-life patients to understand real-life drivers and challenges.

**Sports Medicine**
Develop your knowledge of the injuries and pathologies present within elite sport, and examine prevention and treatment strategies for these conditions. Assess sports injuries and how to monitor athletes who may be at risk through overtraining or other underlying pathologies. Examine the performance benefits, and long-term consequences, of ergogenic aids, and the growing use of therapeutic use exemptions (TUE’s) within sport.

For more information [www.lancaster.ac.uk/medicine](http://www.lancaster.ac.uk/medicine)

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We keep our degrees under constant review, and also regularly introduce new modules. In any academic year, the modules offered and course structure may differ slightly from what is presented here.
BSc (Hons) Sports and Exercise Science: Year Three

In your third 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 sports and exercise science-based communication to a public audience.

Core modules will cover advanced concepts within sports and exercise science. You will choose two modules, from a choice of three, in the subjects of physiology, biomechanics and psychology. You will also have the opportunity to select an optional module in areas such as maximising elite performance or optimising health outcomes.

Research Project

A crucial part of your degree is your final year project, during which you'll have the opportunity to work with SaES researchers to undertake your own research project. You'll be guided in doing this, and you'll be able to apply all of the knowledge and skills you've developed so far. It will allow you to build on your research and time-management skills, as well as your presentation and team-working skills. You may find yourself analysing warm-up strategies to prevent injury, developing effective training and nutritional approaches for high-performing athletes, or assessing the effects of exercise for enhancing cardiovascular health.

Advanced Physiology

Explore how the body responds in challenging environments and in response to other stressors such as disease. Study how physiology is disrupted in extreme environments which might include thermal stress, altitude, G-force, or during spaceflight and what can be done to mitigate any effects on exercise performance in extreme environments. We will also explore how exercise can be used as an effective therapy to improve patient prognosis in different disease states.

Applied Sport, Exercise and Performance Psychology

Critically explore principles of Sport, Health and Performance psychology theory and practices in different applied contexts including sport, business and military environments. Gain insights into real-world applications of psychological processes, techniques and tools. Examine how sports, health and business organisations can thrive in times of adversity and change. Consider the nature of Health Care professionals' training pathways and learn how to measure psychological processes to support best practice in a range of professions.

Biomechanics III

Take an in-depth look into the mechanics of force generation and how we can increase the quality of our measurements, as well as a more advanced approach into applied biomechanics work, through e.g. strength diagnosis. You will enjoy the 'hands-on' approach used, the ability to contribute on aspects of how you will be assessed as well as taking ownership of a project answering an interesting question.

Maximising Elite Performance

This module has a strong applied, sport performance-related focus and covers topics that require the input of multiple sports and exercise science disciplines. You will have the opportunity to obtain an understanding of how a team of professionals work together to achieve maximum performance. You will gain an understanding of the challenges facing the sports and exercise scientists working in the field, and will be introduced to innovative ways of communicating with colleagues and athletes.

Optimising Health Outcomes

Equip yourself with the knowledge and skills required in an ever-growing employment field, to optimise health outcomes. You will apply aspects of public health, exercise medicine and learn how to implement real-life tools in the design and evaluation of health interventions for the general public and patient groups.

Professional Practice III

In this highly engaging module you will discover and develop skills in science communication: informing, educating and raising awareness of sports and exercise sciences with the public. The skills, knowledge and values gained will deliver sports and exercise science communication to a science communication to a public audience.

For more information www.lancaster.ac.uk/medicine
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.

We keep our degrees under constant review, and also regularly introduce new modules. In any academic year, the modules offered and course structure may differ slightly from that presented here.
BSc (Hons) Sports and Exercise Science:
Entry requirements for 2022 entry

A level: AAB

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.

International Baccalaureate: 35 points overall with 16 points from the best 3 Higher Level subjects, including one science subject at Higher Level grade 6

BTEC: Distinction, Distinction, Distinction in Sport and Exercise Science

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

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

Other Qualifications

We welcome applications from students with a range of alternative UK and international qualifications, including combinations of qualification. 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:
www.lancaster.ac.uk/study/undergraduate/admissions

Contact us

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Lancaster
LA1 4YW

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Come and meet us

Open Days

The best way to get a feel for life on campus is to come along to one of our open days. Explore our 560-acre campus. Learn about our colleges. Meet staff and students from the Medical School. Grab lunch or a drink on campus. Spending a day with us is the perfect way to build a picture of what it would be like to study here.

We have four open days throughout the year

Saturday 26th June 2021
Saturday 10th July 2021
Saturday 18th September 2021
Saturday 16th October 2021

For more information and tour booking details, visit:
www.lancaster.ac.uk/visitus

Email: visitus@lancaster.ac.uk
Phone: +44 (0)1524 593 724

Welcome Centre and Campus Tours

Our Welcome Centre is the perfect first port of call on any visit to the campus. We offer a range of student-led tours throughout the year, introducing you to our campus and facilities, from social hotspots to the library and – on some tours – the accommodation.

We’re open to the public all year round, so you can have a look around or pop into the centre for a brew with one of our student ambassadors whenever you please.

Virtual Tours

You don’t have to leave home to see our stunning campus, thanks to our virtual tour. From a range of videos to a series of 360-degree panoramas, we have everything you need to see and hear what it’s like here at Lancaster.

Disclaimer

The University makes all reasonable efforts to ensure that the information in this prospectus is correct at the time of printing (June 2021). Please see www.lancaster.ac.uk/compliance/legalnotice for further information.

Terms and conditions

For our terms and conditions, please see www.lancaster.ac.uk/terms

Photography

Thanks to the Sports Centre and Lancaster University Student’s Union for use of their photography.

For more information www.lancaster.ac.uk/medicine