

Sport at Stirling



UNIVERSITY OF
STIRLING

Scotland's
University for
Sporting Excellence



Stirling is Scotland's University for Sporting Excellence, with an international reputation for sport. The School of Sport is at the heart of the University's sporting life, excelling in research and innovative teaching.

Our aim is to be the first choice for students who wish to combine study and sport. Discover why it is the perfect setting to study, participate and perform in sport.

Teaching

Stirling offers flexible degree options, enabling you to adapt your study choices and combine subjects from across the University.

Sport-specific programmes make up 12% of all applications to Stirling, with the opportunity to study full-time and part-time.

Undergraduate study

- » BA Sports Studies, which can be combined with a range of subjects.
- » BSc Sport and Exercise Science.
- » BSc Sports Studies, Physical Education and Professional Education.

Postgraduate study

- » MSc Health and Exercise Sciences.
- » MSc Performance Coaching (Distance learning).
- » MSc Psychology of Sport.
- » MSc Sport Management.
- » MSc Sport Nutrition (IOC upgrade).
- » MSc Sports Coaching.
- » MPhil and PhD Sports Studies

Consultancy and development

Sports coaches tap into **Coaching Matters**, the professional development programme devised at Stirling in partnership with **sportscotland**, delivered to Scotland's performance coaches.

Sports professionals can create their own consultancy programme delivered by experts in coaching, finance, management and psychology.

Research

Our sports research is ranked the best in Scotland and fifth across the UK (*most recent Research Assessment Exercise*).

We are focused on developing excellence in sport, working with government bodies in Scotland, the UK and abroad to improve sporting systems. MPhil and PhD students work closely with our staff, addressing physical activity and health, sport nutrition, management, doping, coaching and psychology.

The **Health and Exercise Sciences Research Group** has a wide range of expertise, investigating sport and exercise performance, physical activity and behaviour, neuromuscular control, whole body metabolism and nutrition, tissue metabolism, molecular control mechanisms, genetics and epigenetics.

Campus

Stirling's scenic campus is regarded as 'one of the most beautiful in the world' (*The Guardian University Guide, 2011*), with a large loch and an historic castle and views of the Ochil Hills. And just two miles away, is the vibrant Stirling city centre.

With a strong community feel through the many clubs and central social area, it provides a welcoming, safe environment and all sports facilities and services are in one location, accessible through excellent transport links.

A number of sports agencies are based on campus, attracted by our sporting outlook:

- » Commonwealth Games Council for Scotland
- » Falkirk FC Academy
- » Fitness Scotland
- » Scottish FA National Performance Centre
- » Scottish Gymnastics
- » Scottish Swimming
- » **sportscotland** institute of sport
- » **triathlonscotland**

Facilities

Stirling is ranked the best university in Scotland and second in the UK for its sports facilities and services (*Times Good University Guide, 2012*), with:

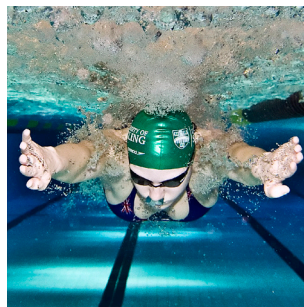
- » A six-lane, **50m swimming pool**, home to the **Scottish National Swimming Academy** and designated a British Gas Intensive Training Centre (ITC) and a performance centre for disability swimmers.
- » The **Gannochy Scottish National Tennis Centre**, comprising six indoor and two outdoor clay courts, where Andy Murray used to train.
- » **Airthrey Golf Course**, a nine-hole, par three course and golf centre, with a large practice area consisting of target greens, bunkers, an artificial putting green, medium distance driving range and video analysis facilities.
- » The **MP Jackson Fitness Centre**, with 80 fitness and resistance training machines, and two strength and conditioning centres with Olympic weightlifting platforms.
- » **Seven grass pitches** for football and rugby and two **artificial pitches** for football, hockey, lacrosse and American Football.
- » **Sports hall** the size of eight badminton courts.
- » **Airthrey Loch** for angling and canoeing.
- » Floodlit, all weather polymeric, four-lane 400m **athletics track** with a six-lane straight.
- » **Fitness studio** for health classes, including aerobics, Pilates and yoga.
- » **An indoor cycling studio.**
- » Two **squash courts** with a viewing gallery.
- » **Multi Use Games Area (MUGA).**
- » The **Stirling Management Centre**, an ideal venue to host sports meetings and AGMs.

Sports science

Lab facilities for research and performance include:

- » **Active rehabilitation** laboratory for biomechanical analysis.
- » **Analytical** laboratories.
- » **Body composition** room and **DEXA scanner.**
- » Consultancy rooms for **doctors** and **nutritionists.**
- » **Exercise intervention** laboratory.
- » **Muscle biopsy** room.
- » **Neuromuscular function** laboratory.
- » **Nutrition** laboratory.
- » **Performance Assessment** laboratory.
- » **Physiology** laboratory.
- » **Physiotherapy** treatment areas.
- » **Pilates reformer** room.
- » **Resistance training** room.





WinningStudents



Talented student athletes can benefit from Winning Students, the national student sports scholarship programme, which is managed by the University of Stirling.

www.winningstudents-scotland.ac.uk

Performance

Stirling is the perfect place for performance athletes to hone their skills, with national centres in:

- » Football
- » Swimming
- » Tennis
- » Triathlon

- » The **International Sports Scholarship Programme** is Scotland's largest student sports scholarship programme, supporting around 90 athletes each year across: **football, golf, swimming, tennis and triathlon.**
- » An additional **performance sport programme** supports athletes in other sports, providing training schedules, conditioning and nutritional advice.
- » State-of-the art performance assessment facilities shared jointly with the **sportscotland** institute of sport.
- » Sports science support services on campus:
 - » Physiological Testing
 - » Performance Analysis
 - » Sports Psychology Support
 - » Strength and Conditioning
 - » Sports Nutrition
 - » Sports Medicine
 - » Physiotherapy

Participation

Sports facilities at Stirling are open to students, staff and the public. With excellently priced sports centre memberships and health classes for every age and stage, the University values 'sport for all'.

- » There are **1,500 members** of the University Sports Union, which has almost 50 sports clubs covering athletics to water polo and everything in between.
- » On average, **20,000** people take part in fitness activities at the University each year.
- » **600** children attend our weekly sports classes, with further seasonal holiday programmes giving young people the chance to try all sorts of activities.
- » The Young at Heart programme for people aged 50+ has led to the establishment of the Stirling University Physical Education and Recreation for Seniors (SUPERS) club, now more than 20 years young in organising social events.
- » Each year we train more than **100** people to become fitness instructors and leaders while a wide variety of coach education courses are created and delivered at Stirling.
- » More than **1,000** people each year participate in friendly competitive staff and student sport.
- » Stirling is classed as a hub for volunteering by the Youth Sport Trust and is part of **Lead 2014**, a volunteer leadership programme for school pupils and students ahead of Glasgow 2014.
- » A Personal Training Academy provides dedicated one-to-one support and tailored health programmes to members of the community.

International partnerships

- » The University of Stirling has a number of international partnerships, working closely with sports hubs worldwide on research collaborations and academic exchange projects.
- » Stirling is part of The Zambia Project, a UK Sport initiative which sees student sports leaders, media students and trainee nurses using sport to educate young people about health and welfare issues in capital city Lusaka.
- » Sports scholarship students benefit from partnerships with sporting institutions and centres worldwide, including golfing links with Humber College in Canada.

Stirling viewpoints

"The natural environment of the campus makes Stirling an inspiring place to be, whether for sport or academic research."

Sir Bill Gammell, Founder and Non-Executive Chairman of Cairn Energy and former Scotland rugby international

"The excellent sporting facilities and support services make Stirling ideal for ensuring our athletes have the best available preparation in the build-up to 2014 and beyond."

Louise Martin, Chair of **sportscotland**

"My game improved considerably during my time at Stirling and with their support I was able to fulfil my dream of competing at Wimbledon and becoming a full-time professional player."

Colin Fleming, ATP Tour player and 2010 Commonwealth Games gold medallist

"When I studied at University, Stirling was already synonymous with Scottish sport and now, recognised as Scotland's University for Sporting Excellence, I am sure it will continue to develop the nation's sporting talent."

Catriona Matthew, LPGA Tour golfer and former British Open Champion

"I chose to come to Stirling because of the world-class facilities, top-level coaching and opportunities available. It proved to be the best decision I have ever made."

Todd Cooper, Double Olympian swimmer



Davis Cup team-mates Colin Fleming and Andy Murray

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