

## Study sport in the UK

### Where can I study sport in the UK?

The UK is home to the best university for studying sport in the world – University of Loughborough – as well as three more in the top ten: Liverpool John Moores University and University of Birmingham (joint sixth), and University of Bath (eighth).<sup>1</sup> But you'll find world-class teaching and facilities right across the UK, with universities and colleges offering nearly 2,000 undergraduate sport-related courses.

These include around 500 in Sport and Exercise Science, 470 in Sports Management, and more than 200 programmes in Sports Coaching, Physical Education and Health, delivered by over 130 providers.<sup>2</sup>

### How long does it take to graduate?

Typically, undergraduate sports science degrees allow you to graduate in three or four years, with many universities offering a year of study abroad or a year's work experience with affiliated teams or organisations. Postgraduate qualifications usually take one or two years to complete.

### What will I study?

Sports degrees in the UK combine theory and practice across areas such as human anatomy and physiology, exercise science, biomechanics, performance analysis, sports psychology, coaching methods, and sport management. You'll also explore research methods and may have opportunities to gain applied experience through placements or partnerships with professional teams.

### What is the course structure?

Sports science degrees in the UK can vary between universities, but you will be guaranteed to gain a broad understanding of the subject. The modular course structure favoured in the UK allows you to build your knowledge of the subject in the first year, specialising and refining your learning as you go.

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<sup>1</sup> [QS Top Universities, 2025](#)

<sup>2</sup> [UCAS, 2025](#)

Modules can cover everything from physiology and nutrition, to the latest psychological and motivational theory, and the global industry that surrounds sport.

## Why is the UK a good choice to study sport?

UK universities are renowned for the quality of their teaching and facilities. As well as having access to state-of-the-art technology and world-class facilities, you'll benefit from coaching support and collaborative learning with peers. Many universities also have links to teams and companies locally, as well as overseas. Wherever you study you'll cultivate academic rigour under the careful guidance of creative professionals with real sporting expertise, meaning that you graduate with a strong foundation in both practical and theoretical knowledge

## Are there any university sports teams I can join?

You'll have almost 6,000 university sports teams to choose from in the UK. 170 universities compete across 50 different sports, so you'll have many opportunities to pursue your sporting interests.<sup>3</sup>

## What is the sporting culture like in the UK?

Sport is a huge part of life in the UK, and there is a long history of sporting achievements and innovation. Many of the world's best-loved sports – including rugby, cricket, tennis and football – were invented here, and we're home to some of the most popular sports teams in the world.

Whether you want to watch cricket at Lord's, visit the Manchester Velodrome or take part in a big event like the London Marathon, the UK is one of the best possible study destinations for a sports fan.

## Are there any scholarships for sport students?

There are funding options available for international students who want to study sport in the UK. These range from part-funding, for example paying part of your fees, to full-funding which covers programme fees, living expenses, and return flights to the UK.

You can search our database of scholarships at [study-uk.britishcouncil.org/scholarships-funding](https://study-uk.britishcouncil.org/scholarships-funding) and check with individual university websites for institution-specific opportunities.

## What are my career options after I graduate?

Sports degrees in the UK can open doors to all kinds of careers, from becoming a coach or nutritionist to roles in sports therapy or sports psychology, and of course teaching or journalism.

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<sup>3</sup> [British Universities and Colleges Sport, 2025](#)

Whatever career you choose, from playing to commentating, the global sports industry is a growing field that is currently worth over £373bn.<sup>4</sup>

The UK's Graduate route allows international students to apply to stay in the UK and work, or look for work, upon graduation. International students who have successfully completed an undergraduate, master's degree or PhD have the option to apply to stay in the UK for an agreed period, following their studies. The Graduate route does not require you to secure sponsorship.

To find out more about studying sport in the UK and find a course, visit [study-uk.britishcouncil.org](https://study-uk.britishcouncil.org)

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<sup>4</sup> [Market Research.com, 2025](https://www.marketresearch.com)