

MDX Dubai — the BSc Honours Sport and Exercise Science, starting in September 2025

About the Programme:

The **BSc Honours Sport and Exercise Science** is designed for students who are passionate about **sports performance, physical fitness, and health**. This programme explores how science can be used to **enhance athletic performance**, prevent injuries, and promote well-being across all levels of physical activity from elite athletes to general population health.

Key areas covered include:

- **Anatomy and Physiology**
- **Biomechanics**
- **Sports Psychology**
- **Nutrition and Health**
- **Strength and Conditioning**
- **Research Methods in Sport Science**

Students will gain practical skills through **hands-on lab work, field-based assessments, and research opportunities**, preparing them for diverse careers in **sports coaching, fitness training, rehabilitation, physical therapy, and more**.

Who is this programme ideal for?

Students with a strong interest in:

- Physical education and sports science
- Human biology and health
- Fitness and athletic performance
- Coaching and rehabilitation sciences

The programme is highly aligned with the growing demand in the **UAE's sports, fitness, and wellness sectors**, making it a highly employable and future-focused degree choice.

For more information, refer to the programme page:



[BSc Honours Sport and Exercise Science](#)