

## **BA (HONS) EXERCISE, PHYSICAL ACTIVITY & HEALTH**



This programme bridges the domains of public health and sport with a focus on exercise, physical activity, health and wellbeing in which health as a contested concept in the context of exercise and physical activity is critiqued.

There are three distinct progressive and complementary strands in Public Health, Community Health, Individual Lifestyle Behaviour and Disease Prevention which complements the central focus and ethos around the concepts of health improvement, protection and services. An enhanced specialism in the area of public health is available through the accessing of key public health modules from within the Faculty of Health and Science

A strong focus on individual population groups, inequalities, policy and health promotion reflects current health policy and strategies; leading to distinct employment opportunities in the health and fitness industry, clinical exercise settings and GP Referral, also public health and community health both in the public, private and academic sectors. The programme has a strong vocational focus providing opportunities for students to not just undertake vocational placements but to apply theory learnt through voluntary work and the running of physical activity initiatives and events taking advantages of strong industry connections.

**MODULES STUDIED:**

HSPG4000	Research Methods I
HSPG4001	Health and Society
HSPG4002	Introduction to Physical Activity, Health and Wellbeing
HSPG4003	Health, Exercise and Fitness Assessment
HSPG4004	Introduction to Sport Development (O)
HSPG4006	Participant and Talent Development in Sport (O)
HSPG4008	Introduction to Sport and Exercise Physiology (O)
HMFA4040	Young People in Focus (O)
HSPG5000	Research Methods II
HSPG5001	Physical Activity, Public Health and Health Inequalities
HSPG5002	Delivering Healthy Communities
HSPG5003	Nutrition for Health, Physical Activity and Sport
HSPG5004	Development of Communities through Sport (O)
HSPG5006	Coaching for Strength, Conditioning and Performance (O)
HSPG5008	Sport and Exercise Physiology (O)
HPHO5010	Mental Health in the Workplace (O)
HSPG6000	Dissertation
HSPG6010	Vocational Placement
HSPG6001	Contemporary Issues in Health and Wellbeing (O)
HSPG6002	Managing Community Events
HSPG6003	Exercise for Health and Disease Prevention
HPHG6028	Facilitating Health Behaviour Change (O)