

BSc (Hons) Health and Exercise Science (UHHL-AFB21)

Course and Award Details

Course title	BSc (Hons) Health and Exercise Science
Route(s)	BSc(Hons) Health and Exercise Science
Awarding body	University of Bath
Award	Undergraduate Degree with Honours
Award name	Bachelor with Honours
Course mode of delivery	Full time
Course length	3 years
Entry point	September 2024
Main location of study	University of Bath, Main Campus, Claverton Down
Course-owning school/department	Health

Course Description

Course Summary How we can get people more active and making healthy choices? Prepare yourself for a range of careers, promoting health at an individual or population level.

Course Description This course combines science, social science and public health. Through learning about how the human body works, you will understand the impact that physical activity, diet and other lifestyle choices have on health and wellbeing.

Throughout this degree, you'll focus on three core themes:

- **Exercise Science** provides a fundamental, interdisciplinary understanding of human function
- **Behavioural Medicine** explores how we can use the principles of exercise science to promote health, or treat and prevent disease
- **Public Health** investigates the determinants of population health, focusing particularly on the role of physical activity and lifestyle in the health of a population

Through these core themes, you will apply your knowledge to health and exercise settings. This will help you to understand their relevance in current practice.

Some of the topics you will cover include:

- epidemiology
- exercise prescription
- health technologies
- nutrition
- social health inequalities
- sports medicine
- research methods

In Year 1, you'll build on your knowledge of human physiology, biomechanics and psychology, and develop your understanding of the role of physical activity on public health. You'll develop skills in research design and statistics.

In Year 2, you'll gain more in-depth understanding of exercise, health and nutrition at different stages of life, for various clinical groups, and at the individual, community and population level. You'll explore how we communicate these health messages to different audiences.

In your final year, you'll carry out a year-long research project and study advanced units in areas such as nutrition, health technologies, sociology and exercise prescription.

This course will prepare you for a range of careers including public health, rehabilitation, physician's assistant, community sports, health promotion, health policy and exercise science.

Use specialist facilities

You'll have access to facilities that support your learning. These contain specialist equipment and the latest technology, including:

- Applied Biomechanics Suite
- Applied Physiology Laboratory
- Biochemistry Laboratory
- Metabolic Research Laboratory
- A dedicated movement analysis suite

Develop your professional skills

We work to provide you with the skills and support to prepare you for employment and further study, such as:

- communication and interview skills
- CV and cover letter writing
- networking
- career planning

Informed teaching to advance your learning

You'll learn from experts in public health and epidemiology, sports science, and sport performance. Their passion, knowledge and research shape their teaching to enhance your learning experience.

Staff across our Department for Health(/departments/department-for-health) have specialisms in areas such as:

- sport and exercise science
- nutrition and metabolism
- sport management, marketing and media
- coaching and sport performance
- sport policy and international development
- health and physical activity
- research methods

Prepare for your future

Many of our health and exercise science graduates have gone on to work in public health, exercise medicine and rehabilitation, sports management and sports coaching.

They've worked for organisations such as:

- BUPA
- Cambridge Medical Robotics
- Coaches Voice
- Hawk-Eye Innovations
- MoveGB
- Department of Health & Social Care
- professional rugby union and football clubs

Find out what our graduates go on to do([guides/what-do-first-degree-bath-graduates-do](#))

Contact hours

Contact hours

Timetabled contact hours, which may be made up of laboratory sessions, lectures, practical sessions, seminars, tutorials and workshops, vary throughout your course and between courses but are typically around 10 and 15 hours a week in your first year.

Our teaching for this course is delivered through in-person learning on campus, supported by high quality online provision. A small proportion of these contact hours may be delivered online, with the significant majority taught on campus. This may be supplemented by additional activities such as a small number of online learning sessions (not live), skills development sessions, and personal tutorials.

The amount of timetabled sessions on campus in later years may vary based on the options you choose, with a greater emphasis on independent learning. Project and dissertation units will generally have fewer scheduled sessions to allow you time for your independent work - this may also mean the number of hours of timetabled sessions each week will vary within a year.

Independent learning

In addition to timetabled contact hours, you are expected to undertake independent learning and assessment activities. Typically, this might be around 20 to 30 hours per week in your first year, and include individual research, reading journal articles and books, working on individual and group projects, preparing coursework assignments, presentations, or revising for exams. After your first year, the emphasis on independent learning becomes greater, for example, you may do a final year project in the final year. You'll be expected to work both on your own and as part of a group.

Delivery methods

Laboratory sessions
Lectures
Practical sessions
Seminars
Tutorials
Workshops

Assessment summary

You will be assessed in a range of methods designed to develop and test your skills and knowledge.

30% to 40% of your course will be assessed through examinations.

60% to 70% will be assessed through coursework, reports, and presentations.

The balance of assessment methods may vary throughout your degree.

The final degree classification is determined by your second and final year marks and each contributes 32% and 68% respectively.

You will primarily be assessed as an individual, but may also be assessed as part of a group.

We can make reasonable adjustments to assessment procedures for students with disabilities, take a look at our Disability Service's [pages\(/professional-services/disability-service/\)](#) for information.

Assessment methods

Report
Examinations
Presentations
Coursework

Placement/Study Year Abroad details

We also offer this course with a professional placement([/courses/undergraduate-2024/sport-exercise-and-health/bsc-health-and-exercise-science-with-professional-placement/](#)) in Year 3. This allows you to take advantage of our links with a range of organisations in different sectors.

A professional placement is a great way to get insights into the career path you want; contribute to projects and services; have fun, make friends and build your professional network; and even earn some money or experience a new culture.

Course Assessment Regulations

Applicable Assessment Regulations	Undergraduate assessment regulations - https://www.bath.ac.uk/publications/undergraduate-assessment-regulations/
Exemptions from Regulations	N
Weighting of each Study Year	Stage 1: 0% Stage 2: 32% Final Stage: 68%
Is this Course Standalone or Co-Existent?	SA

Course Structure

Year 1

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL00000	Academic integrity training & test	Extra	Foundation (FHEQ level 3)	0	
AY	HL10521	Human physiology	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10522	Functional anatomy and biomechanics	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10524	Research and study skills for sport, health and exercise scientists	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10525	Sport and exercise psychology	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10526	Public and social health	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	15	
S2	HL10527	Qualitative research in sport, exercise and health	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	5	

Year 2

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL20535	Research skills and statistics for sport, exercise and health scientists	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	5	
AY	HL20536	Sport and exercise medicine	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	10	
AY	HL20539	Psychology and health communication	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	15	
AY	HL20540	Population level public health	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	15	
S1	HL20538	Physiology of exercise, health and nutrition (HES)	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	7.5	
S2	HL20541	Physical activity and health across the lifespan	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	7.5	

Year 3

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL30552	Research project	Part 3 Stage 3 Designated Essential Unit	Honours (FHEQ level 6)	25	
S1	HL30553	Tackling interdisciplinary challenges	Part 3 Stage 3 Compulsory	Honours (FHEQ level 6)	5	

Title Final Year Options

Total credits in this study yr 30

Overview of options in this study yr You will study 30 credits of optional units.

This flexibility and choice will give you the opportunity to study topics that interest you and prepare you for your potential future career.

Optional units will cover areas such as exercise science, behavioural medicine and public health. They may include topics like:

- behavioural science in the context of health and sport
- nutrition, metabolism and general health
- the physiology of exercise, health and disease
- the sociology of sport and exercise
- the use of technology in healthcare and exercise

Learning Outcomes

By the end of the course, you will be able to

	Knowledge and Understanding	Intellectual Skills	Professional and Transferable Skills	Placement	Study Year Abroad
<p>K1 Demonstrate knowledge and a critical understanding of concepts within health and exercise science sub-disciplines</p> <p>K2 Demonstrate an understanding of relevant research techniques in health and exercise science sub-disciplines</p> <p>K3 Apply knowledge and practical understanding to health and exercise science challenges</p> <p>K4 Demonstrate an understanding of the need for an interdisciplinary approach to address complex issues in health and exercise science</p> <p>K5 Use research to create and synthesise knowledge</p> <p>K6 Demonstrate a systematic understanding of knowledge and critically evaluate scientific research</p> <p>K7 Demonstrate systematic understanding of theoretical and professional rationales concerning health interventions and research at the individual and population level</p>	✓				
<p>I1 Apply principles of health and exercise science to solve familiar and unfamiliar problems</p> <p>I2 Assess health and exercise science challenges, and synthesise and interpret information in a professional or vocational context</p> <p>I3 Develop coherent arguments and challenge assumptions</p> <p>I4 With supervision, design, analyse and interpret a research project</p> <p>I5</p>		✓			

Recognise the diversity of values and experience in respect of health and exercise science

E1With supervision, design, implement, and evaluate exercise and health interventionsE2Use information and health technologies appropriate for health and exercise science and for a modern graduate career E3Work effectively both independently and as a part of a team E4Demonstrate proficient numeracy and good written and spoken communication skills appropriate to a variety of audiencesE5Plan, manage and reflect on their own learning and practiceE6Demonstrate ethical and respectful working practices with clients, participants and peers E7Demonstrate skills in measuring and monitoring, relevant to health and exercise professions

✓

Incorporated above, except for the learning outcomes associated with professional placement (PL) and/or study abroad (SA) variants of the course. PL1 Apply knowledge and skills in a particular area of health and exercise science or a related activity PL2 Recognise the value of gained professional experience PL3 Utilise the experiences gained during the placement to enhance individual contributions to work within the final year

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Alternative Courses and Exit Awards

Designated Alternative Courses (DAC) and exit awards

This course has no designated alternative course (DAC).
Exit awards:
Diploma of Higher Education
Certificate of Higher Education

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