

# Population Health and Physical Activity

Delivery: 8 days face to face | Start date: December 2026



## Course Aim

**To develop knowledge, understanding and practical applied skills of activity and exercise prescription to improve the physical and mental health and wellbeing of individuals and communities with a variety of health needs.**

This 20 credit UK Level 7 module addresses population health and the social, psychological, environmental, cultural and economic determinants of health and health inequalities. Students will critically evaluate how these factors influence decision making in the context of person centred and individualised care. Students will explore the principles of physical activity and exercise prescription within varied populations, with a focus on both mental and physical health and wellbeing.

Theoretical principles and models of behavioural psychology will be discussed and applied within the current physical activity prescription guidelines to demonstrate how goals can be achieved for groups and individuals from a range of populations. The application of physical activity prescription will be further supported by exploring the principles of nutrition and complemented by reviewing aspects of rehabilitation and injury prevention. Students will apply this learning to Musculoskeletal (MSK) practice in order to improve the physical and mental health and wellbeing of individuals and populations.

## Learning Expectations

- Demonstrate critical understanding of the determinants of health and health inequalities and apply to health promotion, prevention and management of MSK health of populations.
- Demonstrate a sound understanding of behaviour change theory and application to MSK assessment and management, including physical activity, exercise and nutrition.
- Apply theoretical knowledge and understanding of physical activity and exercise prescription/ counselling to applied scenarios and different populations, while demonstrating an understanding of the process of working within an interdisciplinary team.
- Demonstrate competency of working with specialist equipment and software for laboratory and field assessment of physiological, biomechanical, and behavioural measures.



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and Sport Sciences

## Delivery

Delivery will be 1 day per week for 8 weeks at our Hope Park campus and will comprise (per week): lectures, tutorials, practical workshops and elearning.

## Assessment

Assessment will comprise a group presentation (100%). Upon successful completion, students will receive 20 credits at Masters Level (UK Level 7).

## Dates and Duration

Starts December 2026 with 8 weeks of taught sessions. Final assessment to be submitted in February 2027.

## Entry requirements

### Standard Entry Requirements:

- Normally a First or Second Class Honours Degree in a relevant healthcare profession such as physiotherapy, occupational therapy, podiatry, medicine, osteopathy, British Association of Sport Rehabilitators and Trainers (BASRaT) approved sports rehabilitation.
- Students whose first language is not English are normally required to have an IELTS 7 or other equivalent recognised English language qualification. In certain circumstances the University also permits study that students have already carried out at Postgraduate level to be taken into account.
- Interview may be required.
- Students building towards Musculoskeletal Association of Chartered Physiotherapists (MACP) must be qualified physiotherapists registered with the HCPC.

### Additional Entry Requirements for students building towards an MSc Advanced Musculoskeletal Practice:

- Applicants should be at least 3 years qualified as a healthcare professional.

- Applicants should be working in a musculoskeletal setting with a suitable mentor in clinical practice.
- Applicants should hold an active registration with the HCPC (Health and Care Professions Council) and CSP (Chartered Society of Physiotherapy) or equivalent professional registration.

## Progression

Successful participants may be able to progress to further 20 credit modules, either taken as stand-alone Professional Learning and Development (PLD), or built towards a Postgraduate Certificate Musculoskeletal Practice (FCP) (60 credits), an MSc Musculoskeletal Practice (180 credits) or an MSc Advanced Musculoskeletal Practice (180 credits). Progression to the MSc Advanced Musculoskeletal Practice is dependent on meeting the Additional Entry Requirements.

A route to membership of the MACP may be available to physiotherapists with HCPC registration. Students wishing to gain MACP membership must be qualified physiotherapists registered with the HCPC.

## Cost

### Home Students:

£1,110

### International Students:

£1,944

## How to apply

### To apply or for more information please contact:

Tel: 0151 291 3006

Email: [healthsciences@hope.ac.uk](mailto:healthsciences@hope.ac.uk)

[www.hope.ac.uk/healthandsportsciences/studywithus/](http://www.hope.ac.uk/healthandsportsciences/studywithus/)

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