

Health & Wellbeing

UCAS Code: Combined Honours only (please see website for details)

Duration: 3 years | Full-time | Hope Park | 2025/2026

Placement year opportunities available



Course Overview

Recent years have seen widespread recognition of the need to move beyond medicine, with a greater emphasis on the promotion of health and wellbeing. New government initiatives and policies are giving this greater priority than ever before. Health and Wellbeing is a vibrant, multidisciplinary degree in which you will explore a range of issues and debates relevant to health and wellbeing in contemporary society.

The degree draws upon a range of disciplines, including sociology, social policy and psychology, to understand the key challenges to health and wellbeing in the 21st century. Throughout your studies, you will be considering key questions such as what factors influence health and wellbeing? How do social experiences impact upon health and wellbeing? Why do different social groups experience health and wellbeing differently? Alongside this, you develop the practical skills necessary for work in the field, through work on case studies and opportunities for applied research projects within the local community.

With its strong emphasis on social justice and welfare, you will be enabled to develop as critical social scientists who, as a graduate, will be able to use your skills and knowledge to the benefit of your local community and society more broadly.

Entry Requirements

This course follows the standard University entry requirements. Please see the website for further information.

Fees and Additional Costs

The tuition fees for 2025/2026 are £9,535 for full-time undergraduate courses.

On top of your tuition fees, you also need to purchase core texts for the degree, which we estimate to cost around £100 each year.

You will also need to consider the cost of your accommodation each year whilst you study at university.

Visit our accommodation webpages for further details about our Halls of Residence: www.hope.ac.uk/halls

Applicants will need access to a computer if course delivery is switched to online. The University has a laptop lending service if remote study is necessary.



**LIVERPOOL
HOPE
UNIVERSITY**

1844

CONTACT

T: +44 (0)151 291 3000

E: enquiry@hope.ac.uk

www.hope.ac.uk

Health & Wellbeing Curriculum

Year One

Your first year introduces you to a broad range of issues, debates and theoretical perspectives that underpin Health and Wellbeing.

You will study:

Approaches to Health and Wellbeing

You will consider the merits and limitations of a range of approaches to health and wellbeing including the biomedical model, the psychology of health and wellbeing and sociological approaches to health and wellbeing.

Equality and Diversity in Health and Wellbeing

You will then move on to focus more specifically on social divisions and inequalities in health and wellbeing.

Key issues and debates in Health and Wellbeing

You will learn about some of the contemporary issues at the forefront of the subject. You will use your knowledge of different approaches to Health and Wellbeing and inequalities in health to consider the complexity of issues such as obesity, mental health and sexual health.

Year Two

Your second year will build on what you have learned in first year applying your knowledge to ideas around the Public Health, the promotion of Health and Wellbeing and researching Health and Wellbeing.

Public Health and Health Promotion: Theory and Practice

You will consider the history of Public Health and health promotion and explore how key drivers and priorities have changed over time. You will consider some of the key Public Health challenges we are currently facing and how these are being addressed.

Researching Health and Wellbeing

You will develop your knowledge and understanding of quantitative and qualitative approaches to undertaking Health and Wellbeing research. You will learn about research ethics as well as the process of critically reviewing previous research literature on a given topic.

Year Three

You will bring together your previous learning and explore in depth 3 key themes in Health and Wellbeing. You will also have the opportunity to study two Advanced Research Courses.

Contemporary Issues in Global Health and Wellbeing

You will consider a range of key debates at a global level. You will extend your knowledge and understanding of health inequalities moving beyond the consideration of inequalities within societies to inequalities between societies and countries.

Health and Wellbeing across the Life-course

You will consider the importance of the life-course as a framework for understanding Health and Wellbeing. You will explore how socially patterned health damaging exposures and health enhancing opportunities shape health and wellbeing outcomes.

Ethics in Health and Wellbeing

Students will examine theoretical frameworks through which ethical issues can be considered and then use these to analyse specific health-related case studies.

Advanced Research Courses

Advances research courses are offered on a range of topics each year within the School of Social Sciences. Each research course is led by an individual member of staff and is based upon their area of research interest and expertise.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, seminars of smaller groups of around 20-25 students, and tutorials which typically have no more than 15 students. You will also have the opportunity to have a one-to-one meeting with your tutor each week.

For the Health & Wellbeing part of your Combined Honours degree, there are approximately 6 teaching hours each week, which reduces to approximately 5 hours in your second and third years. On top of teaching hours, you are also expected to spend a number of hours studying independently each week, as well as group study to prepare for any group assessments you may have.

ASSESSMENT AND FEEDBACK

Throughout your three years of study, you will have a variety of assessments including essays, portfolios and written exams. You will also undertake a community based health promotion project, and in your final year you will complete a dissertation or research project.

You will be given written feedback on your assessments, and you will have the opportunity to discuss this with your tutor in more detail.



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