

Health & Wellbeing

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

Duration: 3 years | Full-time | Hope Park | 2026/2027

Placement year opportunities available



Course Overview

In recent years, many have recognised the need to go beyond medicine. There is now a stronger focus on promoting health and preventing illness. New government initiatives and policies prioritise this like never before. This course aims to develop graduates who understand the root causes of ill health. They will also have the drive to promote health and wellbeing for all.

Our Health and Wellbeing curriculum pulls from various academic fields to keep it challenging and engaging. We value the lived experiences of those who use Health and Wellbeing services. Their voices are woven throughout the curriculum. During your studies, you will explore key questions like: What factors influence health and wellbeing? How do social experiences affect health? Why do different groups experience health differently?

You will also develop practical skills for the field. This involves working on case studies and joining research projects in the local community. The degree equips you with the skills, knowledge, and insight needed to address health issues in today's society. With a strong focus on social justice, our graduates are prepared to use their skills for the benefit of their communities and society at large.

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 2026/2027 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.



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Health & Wellbeing Curriculum

Year One

In your first year of the Health and Wellbeing course, you will explore a wide range of issues, debates, and theoretical perspectives that underpin health and wellbeing.

Approaches to Health and Wellbeing

This module examines the different ways people understand health and wellbeing and how these perspectives shape responses to ill health.

Contemporary Issues in Health and Wellbeing

This module investigates key contemporary issues in health and wellbeing, including obesity, mental health, and sexual health.

Year Two

In your second year of the Health and Wellbeing course, you will build on the knowledge gained in Year One, applying it to Public Health, health promotion, and research in health and wellbeing.

Public Health and Health Promotion: Theory and Practice

This module explores the history of Public Health and health promotion, examining how priorities and key drivers have evolved over time. You will investigate current public health challenges and the strategies used to address them.

Researching Health and Wellbeing

This module develops your understanding of both quantitative and qualitative research methods in health and wellbeing. You will learn about research ethics and critically review existing literature.

Year Three

In your final year of the Health and Wellbeing course, you will bring together your previous learning and explore three key themes in depth.

Contemporary Issues in Global Health and Wellbeing

This module examines major debates in global health and wellbeing, extending your understanding of health inequalities beyond individual societies to differences between countries.

Health and Wellbeing Across the Life-Course

This module uses the life-course framework to understand health and wellbeing outcomes. You will examine how socially patterned exposures and opportunities shape health across different stages of life, including prenatal health, childhood, adolescence, young adulthood, midlife, and old age.

Ethics in Health and Wellbeing

This module explores the moral and ethical implications of health interventions. You will study theoretical frameworks for ethical analysis and apply them to case studies.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, in small group seminars, and tutorials. 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 presentations. 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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