

Physical Activity, Nutrition & Health BSc (Hons)

UCAS Code: C605 | **Duration: 3 years** | **Full-time** | **Hope Park** | **2021/2022**

Placement year opportunities available



Course Overview

Our Physical Activity, Nutrition & Health degree is a programme of study that will give you the skills and knowledge to make a real-life impact on improving the health and wellbeing of individuals in our communities. The course will give you an in-depth understanding of the role of physical activity and nutrition on obtaining optimal health and wellbeing.

Based within the School of Health Sciences, you will have full access to the multi-million pound Health Sciences Building and its dedicated and well-equipped teaching labs and research spaces. You will be taught by widely published, research-active academics, who will bring you an enhanced learning experience and facilitate your scholarly development. Small-sized, student-centred teaching sessions are a feature at Liverpool Hope and you will benefit from this through greater opportunities for practical work and the application of knowledge to real-world scenarios.

Entry Requirements

The standard offer level is 112 UCAS tariff points. Applicants should be studying towards a Science A Level or equivalent; Maths GCSE; English GCSE; Science Double or Individual Biology GCSE.

Fees and Additional Costs

The tuition fees for 2021/2022 are £9,250 for full-time undergraduate courses.

On top of your tuition fees, you also need around £250 to purchase key textbooks throughout your degree.

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



**LIVERPOOL
HOPE
UNIVERSITY**

1844



CONTACT

T: +44 (0)151 291 3000

E: enquiry@hope.ac.uk

www.hope.ac.uk

Physical Activity, Nutrition & Health BSc (Hons) Curriculum

Year One

Introduction to Physical Activity, Nutrition & Health

Your first year introduces you to the key disciplines that underpin physical activity, health and nutrition science. You will study functional anatomy and exercise physiology, and learn about the measurement of physical activity and its relationship with health. You will also study nutritional biochemistry, gastrointestinal anatomy and physiology, macronutrients and micronutrients, fluid and energy balance, alcohol and non-nutritive substances, food labelling, nutrient composition of foods, food safety and hygiene and, theoretical and practical aspects of dietary modifications.

Your first year also introduces you to essential transferable skills for success in your degree and future careers. By the end of the first year, you will have gained skills in researching information, problem solving, academic writing, referencing, numeracy and data analysis.

Year Two

Explorations in Physical Activity, Nutrition & Health

Your second year of studies advances your knowledge on the relationships between physical activity, nutrition and health. You will study the psychology of behaviour change and health psychology; there will be a focus on physical activity health promotion and strategies to engage inactive individuals and populations in physical activity. You will also study assessment of nutritional status, nutrition and lifecycle, nutrition in relation to socioeconomic factors, ethnicity, religion, and basic nutritional epidemiology and public health nutrition.

You will continue to extend your practical development of laboratory and practical skills, including measurement and data interpretation, and will study research methods/statistics to prepare you for the Honours-level research project.

Year Three

Advanced Studies in Physical Activity, Nutrition & Health

Your third year of studies focuses on clinical disease in relation to physical activity and nutrition. You will study aetiology and epidemiology of non-communicable diseases and the role that physical activity and nutrition play on prevention and treatment of disease. You will have the option to study specialist seminars in topics related to physical activity, nutrition and health such as 'exercise and cardiovascular health' and 'psychology of health and exercise'.

You will continue developing the more advanced core skills including laboratory and research techniques. You will also complete a supervised research dissertation.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, seminars of smaller groups of around 15-20 students, and tutorials which typically have no more than 10 students. You will also have the opportunity to have a one-to-one meeting with your tutor each week. On top of teaching hours, first year students have a fieldwork placement for three days at our Plas Caerdeon outdoor education facility in North Wales.

In your first year of study, there are approximately 12 teaching hours each week, which reduces to approximately 10 teaching hours in your second and third years. On top of usual teaching hours, you are also expected to spend approximately 30 hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

ASSESSMENT AND FEEDBACK

During your degree, you will have a number of coursework assessments with two exams in the summer term being taken at the end of each academic year (Years 1, 2 and 3). These exams are worth 33% of the first year and 25% of the second and third years.

Assessments are wide-ranging in design and format, enabling you as the learner to excel. Assessment types include scientific/laboratory reports, critiques, essays, individual and group oral presentations, portfolios, case studies, and practical laboratory tests. We provide comprehensive online feedback for all coursework and future support for every piece of coursework, with the opportunity to discuss this further with academics if required. In your third year, you will complete an independent research dissertation (worth 25% of your final year), allowing you to specialise in a particular topic of interest, whilst being guided through the process by an expert in the field.



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