

# Physical Activity and Health

Edinburgh Napier University

## Venues

Sighthill Campus

## Content

This Physical Activity and Health course has been developed with you in mind. It will provide you with the knowledge and skills to study and analyse the various aspects of physical activity/exercise and health in relation to different population groups, ensuring that you'll have both a firm theoretical and vocational grounding in the subjects that underpin the health and exercise industry.

You'll learn about the impact of physical inactivity on health and disease, and the methods for tackling health-related issues in non-exercise populations and the attached benefits.

## Start Date

September

## Qualification

Degree

## Study Method

Full time

## Award Title

BSc Hons

## UCAS Code

C6C8

## Course Length

4 years

## Department

Sport and Exercise Science

## Entry Requirements

2026 entry requirements

Standard entry:

4 Highers at BBBC including one from Biology (or Human Biology), Chemistry, Physical Education, Physics or Psychology plus Maths at National 5 (Applications of Maths not accepted). Higher Applications of Maths accepted if National 5 Maths is not held.

Widening access entry:

4 Highers at BCCC including one from Biology (or Human Biology), Chemistry, Physical Education, Physics or Psychology plus Maths at National 5 (Applications of Maths not accepted). Higher Applications of Maths accepted if National 5 Maths is not held.

For entry to year 2 you require 3 Advanced Highers at BBC including Biology.

## SCQF Level

10

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

«Address»

## Website

www.napier.ac.uk