

Physical Activity and Health

Abertay University

Content

Getting people more active is an urgent public health priority. This vocational Physical Activity and Health degree gives you all the skills and knowledge you need to help address this complex challenge. As a physical activity specialist, you'll learn how to make a positive impact on individual and community health.

This hands-on degree draws on the core disciplines of physiology, psychology and sociology, while you learn about the effects of physical activity and inactivity on individual health. This includes exploring the needs of general and special populations (e.g. those experiencing pregnancy, obesity and type 2 diabetes) and how to incorporate and increase physical activity at the individual, community and population levels.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

C601

Course Length

4 years

Faculty

Faculty of Social and Applied Sciences

Department

Health, Sport and Wellbeing

Entry Requirements

2026 entry requirements

Standard entry: 4 Highers at BBBC including 1 from Maths, Biology, Chemistry, Physical Education or Physics plus English and Maths or Applications of Maths at National 5.

Widening access entry: 3 Highers at BBC including 1 from Maths, Biology, Chemistry, Physical Education or Physics plus English and Maths or Applications of Maths at National 5.

For entry to second year, you must have 3 Advanced Highers at ABB including Biology, Chemistry or Physics and Physical Education.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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Website

www.abertay.ac.uk