



Durham  
University

Department of Sport  
and Exercise Sciences

Inspiring the extraordinary

# MSc in Physical Activity, Health and Society



# Welcome to the Department of Sport and Exercise Sciences

Durham University's Department of Sport and Exercise Sciences is a welcoming and vibrant community of world-leading academics, delivering a cutting-edge curriculum.

Our taught programmes are consistently ranked in the top 10 best sport-related degrees in the country. We work out of our lab facilities based within the £30 million purpose-built facility at Maiden Castle as well as our brand-new office and research space located at Green Lane. In the Department of Sport and Exercise Sciences, we strive for excellence in research, teaching and the employability of our students.

**Our MSc in Physical Activity, Health and Society programme is taught across Faculties and specifically in conjunction with the Department of Anthropology, one of the largest anthropology departments in the UK that spans social anthropology, evolutionary anthropology and the anthropology of health.**

## Postgraduate Study

We have a vibrant and diverse community of postgraduate students, comprising individuals from a range of international contexts and professional backgrounds. Our postgraduates work in, and across, disciplines including applied sport, sociology, psychology, anthropology, public health, political sciences, physiology and nutrition.

## Student Life

Our postgraduate student community is fully embedded into the academic and social life of the Department. We encourage you to be proactive members of our community and to develop your own experience. We strive to provide a supportive environment, working with students to personalise their training and career development.

It is important to us that our postgraduate students contribute to developing the values and ethos of the Department. We encourage students to engage with wider activities and campaigns within the University and the local community, to form new and impactful partnerships, to volunteer, and to develop their wider interests alongside their studies.

**Come study with us at the *Sports University of the Year in The Times and Sunday Times Good University Guide 2023***



# MSc in Physical Activity, Health and Society

**Explore the physiological, psychological, social and political role of physical activity in our society and its impact on health.**

Our Physical Activity, Health and Society programme examines social and health inequalities and explores how we might use physical activity to improve equity. Our world-leading academics deliver the programme, offering a cutting-edge curriculum and building on our collaborative expertise in these areas and associated research methods.

The programme explores the vital role of physical activity in society, from policy and public health to the spaces and places which enhance, shape and curtail movement.

## What will I study?

We've developed this programme to allow flexibility and choice together with academic rigour and coherence. Along with a dissertation, you'll undertake compulsory modules which will critically examine key challenges associated with physical activity to improve health and wellbeing, and consider strategies to tackle health inequalities and social injustice.

Indicative content includes Physical Activity, Health and Inequalities, Exercise as Medicine: Critical Perspectives, Ethics in Sporting Policy and Practice and a research-based Dissertation.

You will also study modules from a suite of advanced research methods, which consider quantitative and qualitative methods and analysis.

Finally, you will select from a range of optional modules to explore in-depth and specific aspects of health as influenced by physical activity and the wider social, anthropological and life sciences.

## What can I do with my degree?

The course is designed to prepare you for jobs in a variety of different areas, including physical activity promotion and policy-based settings.

We specifically looked at over 600 job advertisements and consulted with employers to determine what skills they are looking for. Not only will you be able to work directly in subject-specific fields, but these skills are highly desirable and transferable to other sectors as well.

Key skills include:

- Relationship Building and Collaborative Working
- Persuasive and Tactical Communication Skills
- Complex Critical Thinking and Problem Solving
- Targeted Knowledge Mobilisation and Application

These skills were repeatedly identified as important by potential employers and were repeatedly listed in relevant job postings. We incorporated these skills into the foundation of this programme and integrated them throughout the modules to ensure you have what it takes to be successful once you have completed your studies. We are confident that as a graduate of this programme you will be a highly desirable candidate for a variety of positions.



# Contact

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## Open Days

Join us for our postgraduate open days this year!

With the choice to join us in person, online or both, our postgraduate Open Days are the best way to explore your study options.

**[Visit the link to book your spot!](#)**

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