

Students ▼

Staff

Alumni

New students

Current students

Graduating students



MSc

## APPLIED EXERCISE AND HEALTH SCIENCE

**Year of entry** 2020/21

This programme is for those that wish to enhance both academic knowledge and advance their practical skills in the field of Exercise and Health.

The MSc in Applied Exercise and Health Science provides students with an extensive applied and practical experience. We want to fully utilise your skills and expertise, and provide you with further opportunities whilst studying on this programme.

**The Section of Sport and Exercise Sciences has allocated a minimum of 200 hours of paid work that will be delivered by MSc students that are studying on this programme.**

The aim of this work is to support the activities of the Section, and will enhance your profile and experiences whilst studying with us at CCCU. If you wish to be considered for this work, once registered there will be an 'expression of interest' process which will require you to indicate your skills and attributes that would be useful to the Section.

## WHY MSC APPLIED EXERCISE AND HEALTH SCIENCE?

The MSc in Applied Exercise and Health Science builds on expertise at Canterbury Christ Church University to deliver a programme of academic and practical study. Drawing upon cross School, Faculty, and University expertise, as well as our industry links, the programme aims to produce graduates with a detailed academic knowledge, which is supported by an advanced practical skill set that has the potential to expand employment opportunities within the industry.

The MSc is set in the context of the current health climate, where there is an emphasis on the need to develop quality health services for all ages across the health and social sector. Poor lifestyle habits including physical inactivity are associated with the prevalence of certain chronic diseases and this programme aims to develop graduates who can critique current thinking in these areas and, through advanced scholarship, develop ideas to progress this field. The technical skill sets that are required in this field will also be fully explored by you on the programme. The technical and practical work should be viewed on the programme as part of an advanced academic experience, developing the abilities to plan, collect, analyse and interpret advanced data in this field.

Some examples of the laboratory practical work you will engage with include cardiac and vascular scanning, respiratory physiology, heart rate variability, ECG interpretation, body composition, and cellular level physiological investigation. The practical application of psychological strategies involved in behaviour change, intervention and counselling will be explored.

On the programme you will be expected to understand concepts associated with how health and wellbeing are considered and reflected in models of health promotion. This will also encompass the challenges of establishing criteria to define and measure health which are both key underpinning themes associated with the programme.

This broad spectrum of activities will allow for you to engage with the material; from those progressing directly from a theory based undergraduate programme to those that have extensive work related experience. In lectures, seminars and practical sessions you will be expected to bring your experiences to these learning events to explore some of the key concepts in this field.

You will study: a broad Research Methods module; the promotion of health (with health professionals from the Faculty of Health and Wellbeing); and exercise scientists will deliver modules on physical activity, disease, and behavioural change based on both a case study approach and the investigation of specific populations. With the exercise scientists you will study concepts and evidence from single, multi and an interdisciplinary approach using expertise in physiology, psychology, biomechanics and sociology.

The integration of practical work with academic study will help you to increase potential employment outcomes, and is also aimed at supporting ambition if you wish to go on to study at a higher level.

### **20% Alumni discount**

UK and EU Christ Church alumni are eligible for a 20% discount on self-funded Postgraduate Taught Masters and Masters by Research.

## WHO IS THIS COURSE FOR?

The course is designed for those who wish to work or undertake further study in the exercise and health industry.

Specifically, the course offers you the opportunity to study a breadth of topic areas, but also an element of self direction in the topics and practical skills that you would wish to enhance and be assessed on.

The course is of particular relevance, though not exclusive, to recent graduates of sport and exercise science, health science, or related disciplines.

*"I felt the MSc content and the staff contributing the programme allowed our own personal interests to be nurtured through engaging lectures and hands-on practicals. If you want to take your work in a more research direction, there are contacts and staff available to assist in publication and you can work on areas which can even influence public health guidelines. Likewise, if you are looking towards a more clinical practice, unparalleled first hand clinician experience, innovative clinical techniques and diagnostics are used regularly in the session content and practicals. This masters is diverse and really can support you towards whatever your personal goal"*

**William Newman**, class of 2018/19

## WHAT WILL I STUDY?

You will study six (20 credit) core modules, and a 60 credit dissertation in the final term of study.

Level	Module Title
7	RESEARCH METHODS IN SOCIAL AND APPLIED SCIENCES
7	PROMOTING HEALTH AND WELLBEING
7	PSYCHOLOGY OF EXERCISE AND HEALTH BEHAVIOUR CHANGE
7	PHYSICAL ACTIVITY IN HEALTH AND DISEASE

7	HEALTH AND EXERCISE WITH SPECIAL POPULATIONS
7	ADVANCED LABORATORY TECHNIQUES
7	DISSERTATION

### Research Training

The structure of the MSc Applied Exercise and Health Science will provide an interaction of both applied practical skills and academic knowledge. You will develop research methods skills associated with the broad field of exercise and health science with the support of Faculty expertise at Christ Church, where both qualitative and quantitative tools and methods of data collection and interpretation will be explored.

### Disciplines of Study

The disciplines of psychology, biomechanics, sociology and physiology will be investigated within a number of health and exercise contexts both independently and in an interdisciplinary context; specifically in relation to health promotion, culture and policy, behaviour change, interaction of physical activity and disease (analysis, manifestation and progression). You will also explore these issues and their varied approaches to dealing with special populations and individual case studies.

### Practical Experience

You will study a module on developing laboratory techniques which is associated with precise measurement. This module will evaluate your practical skills associated with essential techniques within this field of study. Practical engagement and laboratory use will also be a key feature of other modules on the programme ensuring that you are exposed to technology and techniques to enhance knowledge at this level of academic study. The practical focus of study will mean you are involved in practice scenarios, with both participant and experimenter responsibilities which are expected from all students.

### Dissertation

The dissertation module will engage you in a substantive research investigation with an aligned supervisor negotiated with the programme team. It is envisaged that your topic area of the dissertation is aligned with your future intentions and ambitions.

*“A thoroughly enjoyable course exploring a range of current health conditions. The course provides the opportunity for the student to develop a range of valuable skills required to progress in this field. Staff are friendly and supportive throughout. After completing this MSc I have obtained work as an exercise therapist for the Multiple Sclerosis Society.”*

**Victoria Whorlow, class of 2018/19****WHAT CAN I DO NEXT?**

This programme is designed to enhance the employment prospects of those that want to work in applied exercise and health sciences by developing both academic knowledge and an advanced practical skill set for varied roles within this industry.

The course is suited for those interested in careers such as exercise rehabilitators, exercise physiologists, health care scientists, health improvement specialists, or various roles in the health and fitness industry or further study.

Our recent graduates have secured roles across such as assistant clinical physiologists, rapid response care workers, specialised laboratory technicians, fully funded PhD students, teachers and specialised exercise therapists.

*One such potential career path is described by a local Community Health Foundation Trust employee:*

*"My job as Team Lead for the Exercise and Lifestyle team in the Community Cardiac Rehabilitation Service is varied and rewarding. The role allows me to contribute to the recovery of service users that have had a recent cardiac event, by facilitating them in making positive lifestyle changes, increasing habitual exercise and physical activity. Often the service users' quality of life is also substantially increased."*

**LEARNING AND TEACHING**

97% of our Applied Exercise and Health Science students were satisfied with the teaching quality of their course.

**Postgraduate Taught Experience Survey 18/19**

You will be taught on the MSc in Applied Exercise and Health Science using a range of different learning events. These will include group lectures, seminars, and laboratory classes. Lectures may consist of tutor led sessions, and internal and external speakers who are research and/or practice active. The learning schedule and methods of delivery are designed to build a learning community around the topics of discussion, draw in student experience as a partner in the learning and teaching process, and will provide significant support for the transition to this level of study. The variety should allow you to maximise your potential in an environment stimulated by research and research enhanced delivery.

Materials for sessions will include University produced electronic material designed to enhance your experience, consider different perspectives, and allow you to consider views and approaches in varied virtual and physical environments.

As a partner in the process of learning seminars you will lead these sessions alongside staff. These events will focus on reading, dissemination of key ideas, theory, and critical reflection and will require significant interaction and debate. Sessions will allow you to enhance your understanding, give you the opportunity to explore and reflect, and develop academic resilience in an arena of support and challenge. Again in this context relevant active staff and external expertise will be a feature of these learning events to ensure relevant research and industry related currency, thus integrating themes aligned with your graduate employability.

Laboratory classes and practical work will be used to plan, demonstrate, measure and evaluate various key aspects of your study. These physical environments could represent the future workplace for some individuals; the laboratory work will be flexible and responsive enough to consider your individual and class interests.

The term 'laboratory' in the context of this programme will reflect the environment in which you can collect robust data for analysis, so this will include both explicit facilities and the context of data collection in the social

environment. In both academic learning and practical classes, you will experience approaches from cellular function to more holistic whole body interaction in the process of learning. Industry relevant technology and IT packages will also be utilised in the teaching process to ensure currency for future employment. Indeed, technological support will be a key feature of your programme from the use of the University's virtual learning environment (VLE) for e lecture notes and video material, key reading and both programme and module information.

It is anticipated that other study support mechanisms may also be found on the VLE such as interactive lectures, web based links to relevant data sources, e discussion boards, alongside institutional regulatory documents and programme management processes. Beyond the use of the VLE to enhance learning, the offsite availability of this resource will enable some flexibility in engagement with key materials for this programme. Although 'work based learning' is not an explicit route of delivery of material for this programme, the utilisation of staff active in practitioner roles will allow you to engage with industry driven policy and process, and engage in applied work with industry staff supervision.

## ASSESSMENT

The methods of assessment will also be varied to support the potential for learning. This variety will ensure that you have experience of different forms of assessment, most of which are linked to industry tasks or requirements. In order to support different approaches to learning, there will be opportunity for formative feedback on tasks,

enhancing opportunities to create, test and communicate ideas, which will enhance clarity, quality and confidence in your summative assessment submissions. This is considered a key aspect of the programme assessment design and scheduling to provide an outstanding student experience of learning, teaching and assessment.

Summative assessments will be individual in nature (group work will be conducted in a formative environment), and will comprise 20 credit modules of practical assessment, case study presentation, critical review, oral presentation, examination, essay, portfolio and exam. There is a maximum of two assessments on each of the modules, to ensure a focused assessment timetable. The dissertation module will ensure a wide variety of ethical issues are considered in the proposal assessment phase, with a choice of submission 'type' for the dissertation document (thesis, or paper in the style of an appropriate academic journal). The dissertation module will offer the opportunity for you to co-construct your curriculum. You will individually specialise in a negotiated area, and consider future employment opportunity with the topic, content, and presentation of this work. All students will receive detailed feedback on summative work.

## FEES AND ADDITIONAL COSTS

### Fees

#### 2020/21 tuition fees for this course

	UK/EU	Overseas
<b>Full-time</b>	£7,970	£13,000
<b>Part-time</b>	£3,985	N/A

Alumni of Canterbury Christ Church University are eligible for a 20% discount on this course, subject to terms and conditions.

Tuition fees for all courses which last more than one academic year are payable on an annual basis, except where stated.

There will be an annual inflationary increase in tuition fees for this course where the course lasts more than one academic year. For further information read the 2020/21 Tuition fee statements and continuing fee information.

Government loans of up to £11,222 are available for some postgraduate Master's courses for students starting their course from 1 August 2020. Loans are subject to both personal and course eligibility criteria.

The rules around course eligibility mean that in some cases it may depend on how you are studying (full-time or part-time) as to whether you can apply for a postgraduate loan. To check whether your course is eligible, you can email the Student Fees Team or call **01227 923 948**.

Read more about [postgraduate masters student loans](#).

Students may self-fund their course or a sponsor may fund or part-fund. Bursaries, scholarships and fee discounts may also be available.

### Further information

- See information about financial support available for postgraduate studies
- If you would like information about paying your fees, please contact [accounts.receivable@canterbury.ac.uk](mailto:accounts.receivable@canterbury.ac.uk)
- For specific fee queries, please contact [fees@canterbury.ac.uk](mailto:fees@canterbury.ac.uk)

## Additional course costs

Although we aim to minimise any additional costs to students over and above the course tuition fee, there will be some additional costs which students are expected to meet.

### Costs applicable to all students

Category	Description
Text books	Own purchase text books
Travel to other sites	Where travel to other sites is required, this will be payable by the student
Library Fees and Fines	Where students fail to return loaned items within the required time they will be responsible for the cost of any library fees and fines applicable
Printing & Photocopying	The cost of printing and photocopying undertaken by students to support their individual learning are payable by the student
Graduation ceremonies	It is free for the student to attend the ceremony itself. Guest tickets and robe hire / photography are additional costs payable by the student

### General principle policy

The University's general principles policy for additional course fees are set out here

Category	Is the cost Included in the tuition fee?	Is the cost an additional cost to students?
Field trips (including trips abroad and trips to museums, theatres, workshops etc)	The costs of Field trips are not included in the Tuition fee unless the trip is a compulsory element of the module.	Yes, unless the Field trip is a compulsory element of the module.



<b>Category</b>	<b>Is the cost Included in the tuition fee?</b>	<b>Is the cost an additional cost to students?</b>
Travel and accommodation costs for placements	This varies depending on the Course - please refer to individual course webpages for further information about additional costs of travel and accommodation for placements.	This varies depending on the Course - please refer to individual course webpages for further information about additional costs of travel and accommodation for placements.
Purchase of own text books	No – students are expected to purchase their own text books.	Yes – students are expected to purchase their own text books.
Data & Barring Service (DBS) Checks	This varies depending on the Course - please refer to individual course webpages for further information.	This varies depending on the Course - please refer to individual course webpages for further information.
Occupational Health Checks	This varies depending on the Course - please refer to individual course webpages for further information.	This varies depending on the Course - please refer to individual course webpages for further information.
Professional Body registration	No - students are expected to pay for their own Professional Body registration, if applicable.	Yes - students are expected to pay for their own Professional Body registration, if applicable.
Travel to other sites	No – students are expected to pay for the cost of any travel to other University sites, however a mini bus service is provided free of charge between Old Sessions House and Polo Farm / Hall Place in Canterbury. Visit the shuttlebus webpage for more information.	Yes - students are expected to pay for the cost of any travel to other University sites, however a mini bus service is provided free of charge between Old Sessions House and Polo Farm / Hall Place in Canterbury. Visit the shuttlebus webpage for more information.
Clothing / Kit	Yes, where the clothing / kit is essential for Health & Safety reasons the cost is included in the tuition fee (a maximum of one set of clothing provided per student). Further information can be found on course webpages.	Yes, where the clothing / kit is essential for Health & Safety reasons the cost is included in the tuition fee (a maximum of one set of clothing provided per student). Further information can be found on course webpages.

<b>Category</b>	<b>Is the cost Included in the tuition fee?</b>	<b>Is the cost an additional cost to students?</b>
Learning materials	Essential learning materials (excluding text books) in connection with the course are included in the Tuition Fee. Specific course related information can be found on course webpages.	Students must pay for additional materials beyond the standard provision essential for the course, or where the costs are determined by the student's area of interest and the outputs are retained by the student. Specific course related information can be found on course webpages.
Library fees and fines	Yes – all Library fees and fines are an additional cost payable by the student.	Yes – all Library fees and fines are an additional cost payable by the student.
Printing and photocopying	A £15 print / photocopying credit is provided to all students each academic year on their University Smartcard. Any additional print / photocopying costs must be paid for by the student.	A £15 print / photocopying credit is provided to all students each academic year on their University Smartcard. Any additional print / photocopying costs must be paid for by the student.
Social events	The tuition fee does not include the cost of any social events, unless the event forms an essential part of the course.	Yes, the costs of social events are an additional cost payable by the student unless the event forms an essential part of the course.
Graduation ceremonies	The cost of the Graduation ceremony itself is included in the tuition fee for the student to attend the ceremony. However, guest tickets and robe hire/ photography are additional costs payable by the student or their guests.	The cost of the Graduation ceremony itself is included in the tuition fee for the student to attend the ceremony. However, guest tickets and robe hire/ photography are additional costs payable by the student or their guests.

APPLY NOW

### Apply Direct / Part-time study

<b>Location</b>	<b>Length</b>	<b>Start</b>
-----------------	---------------	--------------

Location	Length	Start	
<b>MSc Applied Exercise &amp; Health Science</b>			
Canterbury	1 year full-time	September 2020	APPLY
<b>MSc Applied Exercise &amp; Health Science</b>			
Canterbury	2 years part-time	September 2020	APPLY

The applications and admission arrangement operate in-line with the standard arrangements of the University. Applicants in the first instance should make enquires to [msc.admin@canterbury.ac.uk](mailto:msc.admin@canterbury.ac.uk)

For further information, please read our guidance on how to apply online.

Applicants will be considered by a panel of exercise science academic staff. All applicants will be considered individually and we will take into account academic qualifications and/or relevant experience in addition to paying great detail to the personal statement and references provided.

Applicants will normally be invited for an interview.

## FACT FILE

### UCAS institution code

C10

### Length

1 year full-time  
2 years part-time

### Starts

September 2020

### Typical contact hours per week

12 hours per week

### Entry requirements

Our standard offer for accepting students onto this programme is an undergraduate degree at 2.2 or above. Applicants from a range of undergraduate subjects (health, science, sport and exercise) will be considered.

This is in addition to a brief personal statement outlining interest and areas of specialism being considered, as well as a complete CV. The University has a well-established Accreditation of Prior Certificated Learning (APCL) and Accreditation of Prior Experiential Learning (APEL) structure in operation. Students without previous qualifications may be accepted as part of this process.

If you are unsure whether your qualifications are appropriate you can contact the programme team direct to Dr Hayley Mills.

If English is not your first language you require an IELTS overall score of 6.0 with no element below 5.5 for most standard undergraduate and postgraduate courses. There are some exceptions and if the IELTS requirement differs it will be specified on the course page.

## Location

---

Canterbury

## School

---

Psychology and Life Sciences

Our Staff

*100% of our Applied Exercise and Health Science students were satisfied with the quality of their course.*

**(Postgraduate Taught Experience Survey, 18/19)**

## CONNECT WITH US

---

MSc Applied Exercise and Health Science

Sport and Exercise Science

### Important information

Changes to previously published information

[Legal & Cookies](#) | [Accessibility](#) | [Student Terms & Conditions](#) | [Modern Slavery Act Statement](#)

**Course Enquiries:**

+44 (0)1227 928000

**University Switchboard:**

+44 (0)1227 927700

© 2020 Canterbury Christ Church University

Last edited: 25/08/2020 15:04:00