

Career destinations

BSC (Hons) Health, Exercise and Physical Activity

Percentage of leavers in known destinations (2009)

The first students to complete this course will be in 2011, surveys of graduates from this course will therefore begin then.

An insight into the sorts of options available to students at the end of this course can be gained by looking at destinations of leavers from similar courses. Follow the links below to view the destinations of students graduating from:

- BSC (Hons) Fitness and Personal Training

Knowledge and skills

Graduates from this degree gain the practical skills and theoretical knowledge needed to design exercise and activity programmes for a wide range of clients. They will understand the scientific basis behind exercise for a range of clients with specific health conditions. Graduates also develop skills in communication, research, team working, and in appraisal and assessment.

Professional accreditation

Students will gain entry to the Register of Exercise Professionals (REP). They will also gain accreditation towards the British Association of Sport and Exercise Scientists (BASES) qualifications.

Career opportunities

This degree enables graduates to consider careers in the fitness and leisure industries, for example as personal trainers, gym instructors, or as sports therapists or sports coaches. Graduates could also consider roles as health promotion specialists for a local health authority, or could choose to study to become health specialists, such as chiropractors or osteopaths. Graduates could also opt to set up on their own as consultants and receive referrals from GP practices for patients with specific conditions.

Graduates can enhance their industry related experience by participating in additional sports activities, or be gaining voluntary or additional work experience alongside their degree. There is a growing interest in health and fitness activities in the UK, fuelling the growth in the number of available jobs.