



Durham  
University

# MSc in Physical Activity, Health and Society

Department of Sport and  
Exercise Sciences



# Who am I?



**Dr Katie Di Sebastiano**

Director of Postgraduate Taught Programmes

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# Welcome to the Department of Sport and Exercise Sciences!

A welcoming, collegiate, 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 and our department has also been ranked in the Top 100 in the QS World Rankings for 2022 for sport-related subjects.

## Top 10

Sports degrees in the UK

World Top 100 Sports-related degree

**GOLD** Teaching Excellence Framework

**BRONZE** Athena Swan Award

# Sport University of the Year!

**We believe that inspiring our people to do outstanding things at Durham enables Durham people to do outstanding things in the world!**

Top 3 BUCS table University since 2012.

One of Britain's largest student participation programmes in sport.

£47 million invested in sporting facilities since 2012.



# Our Staff

- ✓ World leaders in the field.
- ✓ Publish highly cited books, journal articles.
- ✓ Cited in the media.
- ✓ Contribute to Government Policy.
- ✓ Networked locally, nationally, globally.
- ✓ Committed to the shared values and ethos of the Department.



# Our Facilities

We work out of our lab facilities based within the £30 million purpose-built facility at Maiden Castle.

We have also just opened our brand new office and research space located at Green Lane.



# 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.*

## Programme Aims:

- Examine social and health inequalities
- Explore how to use physical activity to improve equity
- Explore 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?

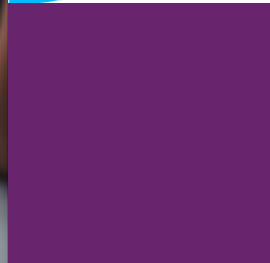
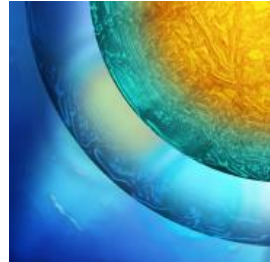
This programme was designed to allow flexibility and choice together with academic rigour and coherence.

## Core content will include

- Physical activity, health and inequalities
- Critical perspectives in exercise as medicine
- Ethics in sporting policy and practice
- Research dissertation

## Additional content will include

- Advanced quantitative and qualitative research methods and analyses
- Health as influenced by physical activity and wider social, anthropological and life sciences





# What will my day-to-day activities look like?

## Classes Types:

- Lectures
- Seminars
- Workshops
- Laboratory Practicals

***Smaller class sizes!***



# Frequently Asked Questions

How much does the programme cost?

Home: £12,000 International: £24,500

Do I have to have studied Sport in undergrad to apply?

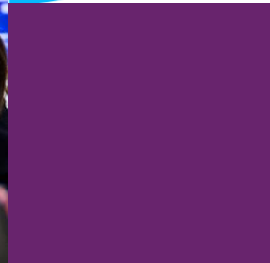
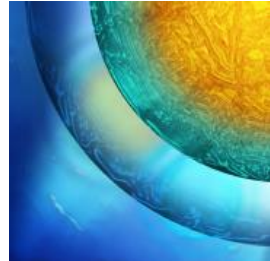
**No!** All you need is an interest in Sport and Physical Activity

Can I do the degree part-time?

**Yes!**

What do I need to apply?

- 2:1 Honours degree, or equivalent
- Academic CV
- Personal Statement



# 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.

## Key skills include

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



# Example careers

- University academics
- Post-doctoral research positions (national/international)
- Senior Research Officer, Office of National Statistics
- Manager, Scottish Racing Academy
- Director of Education, Professional Golfers Association
- Further training (Medicine)



# Any questions?

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**Visit the course  
webpage [here!](#)**

