



**BSc (Hons) in Physical Activity
and Health Science (US957)
&
BSc in Exercise and Health
Science (US788)**



Course Description

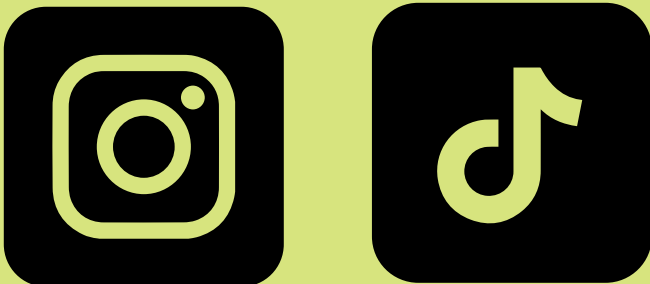
The BSc (Hons) in Physical Activity and Health Science (Level 8) and BSc in Exercise and Health Science (Level 7) are delivered jointly in the Department of Sport and Health Sciences on the Athlone Campus. These programmes are focussed on developing graduates who can support everyone across society to be healthy through engaging in physical activity and healthy eating. Students learn about behaviour change through a dedicated psychology pillar on the programme, which leaves them uniquely placed to support people to make healthier choices. Students also receive specific guidance on, and are subsequently well positioned to work with older adults and the youth as well as individuals who have chronic disease, or are living with a disability and with general community groups.

Click for Full Course Details

Physical Activity and Health Science (US957) 

Exercise and Health Science (US957) 

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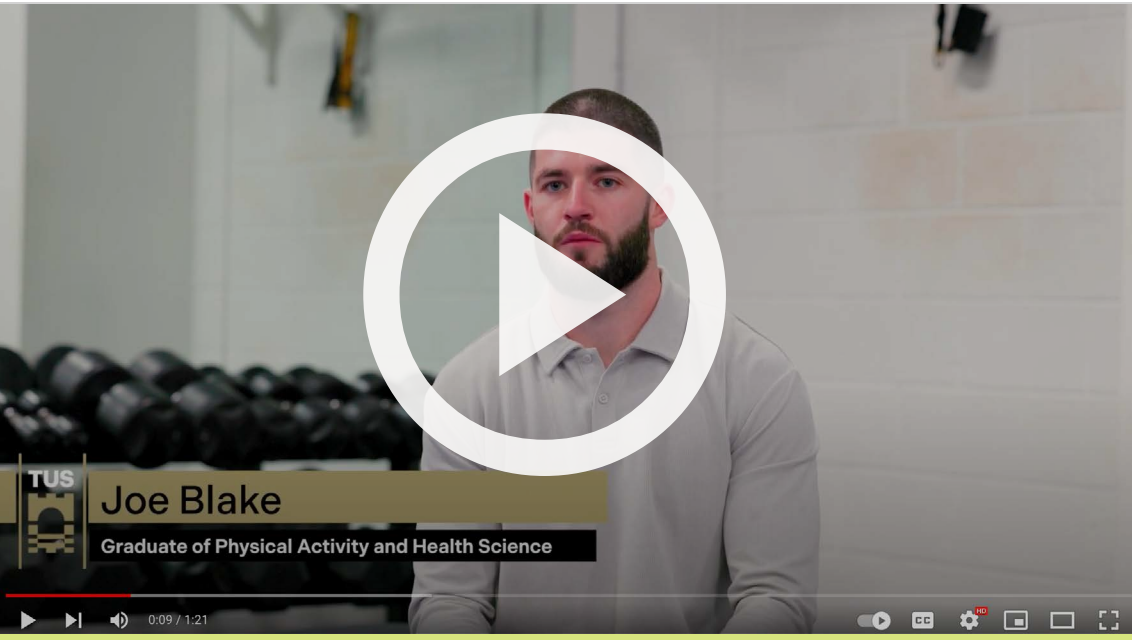
Graduate Videos



TUS
Elle Mae Coen
Graduate of Physical Activity and Health Science

0:05 / 1:50

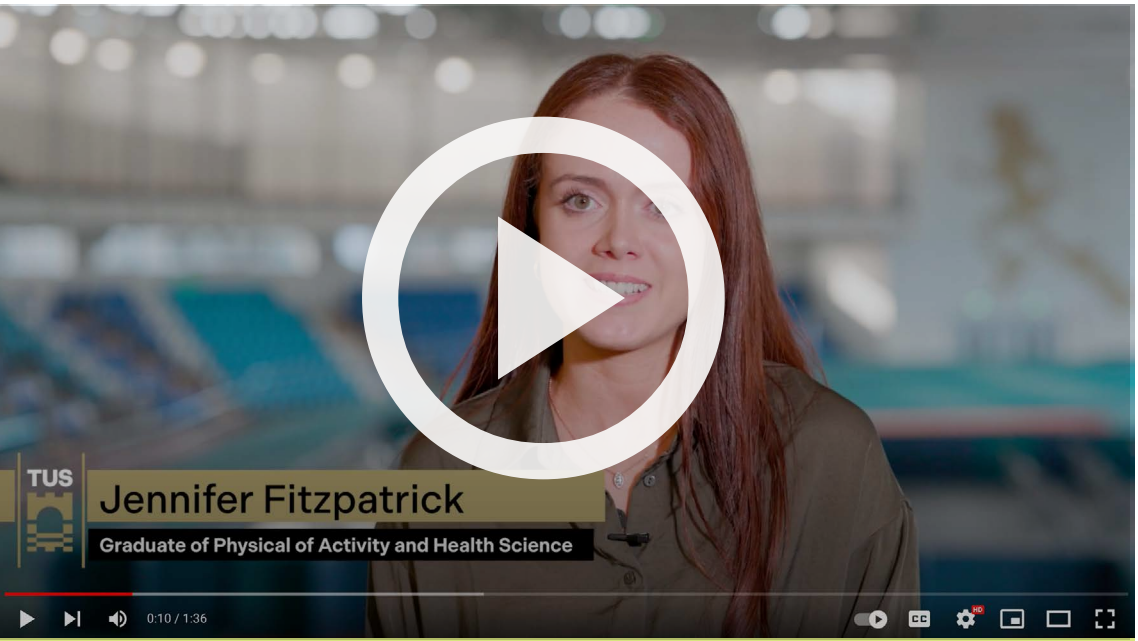
View Elle Mae’s story



TUS
Joe Blake
Graduate of Physical Activity and Health Science

0:09 / 1:21

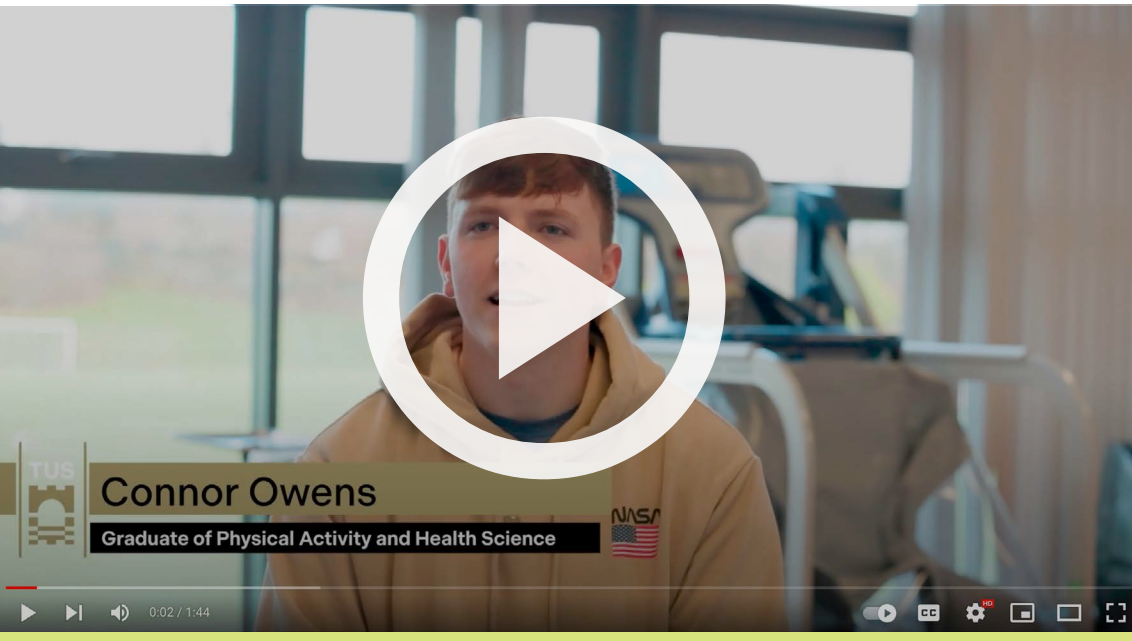
View Joe’s story



TUS
Jennifer Fitzpatrick
Graduate of Physical of Activity and Health Science

0:10 / 1:36

View Jennifer’s story



TUS
Connor Owens
Graduate of Physical Activity and Health Science

0:02 / 1:44

View Owen’s story





Podcast



Listen to TUS student Sarah Dillon share her experience at TUS Athlone campus.

Click on icon to listen

Programme Lecturers





Dr Kieran Dowd



Dr Clare McDermot



Dr Lewis King

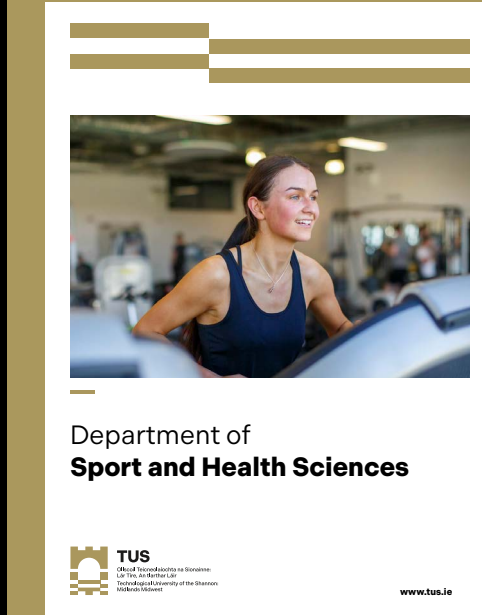


Dr Fiona Skelly



Dr Mairéad Cantwell


Our lecturers embody a wealth of knowledge, expertise, and passion in their respective fields. From seasoned industry professionals to accomplished academics, each lecturer brings a unique perspective to our classrooms, enriching the learning experience and inspiring academic excellence. **Click the icon to read more about the programme lecturers.**




 **The Department of Sport and Health Sciences:** Our departmental brochure invites you into a world of discovery and innovation. Discover our diverse range of programmes designed to nurture the next generation of leaders in sport and health sciences. Dive into cutting-edge research projects that push the boundaries of knowledge and drive positive change in our communities. Meet our esteemed lecturers, whose expertise and passion ignite inspiration in our students every day. Explore our state-of-the-art on-campus facilities, where theory meets practice, and dreams become reality. **Click the icon to access the brochure.**

Research Projects


The Development, Implementation and Evaluation of a Health Behaviour Change Intervention for Adolescents who have Completed Active Cancer Treatment




The Effectiveness of a Co-Created Sit Less - Move More Home-Office Intervention to Modify Activity Behaviours




Efficacy and Feasibility of a Dance Exercise Intervention through ExWell Medical on Physical, Emotional and Brain Health



Role Models and Participation in Sport and Physical Activity



Feasibility of A Full Time PE Teacher Role in Primary Schools



Discover the groundbreaking research initiatives underway in the dynamic field of sport and health science. Our faculty and students are at the forefront of innovation, investigating diverse topics that span human performance, athlete well-being, and public health. Delve into the following selection of research projects, each poised to revolutionize our understanding and application of sport and health science. **Click the icon to read more about recent research projects.**