Programme Specification

Award and title: Master of Research in Science and Health

School:	Health Sciences
Subject area:	Health, Bioscience, and Sport and Exercise Science
Entry from academic year:	2026-2027
in the month(s) of	September
Awarding institution:	York St John University
Teaching institution:	York St John University
Delivery location:	York
Programme/s accredited by:	Not applicable
Exit awards:	Postgraduate Certificate in Research Methods in Science and Health
Mode/s of study:	Full time (1 year) Part time (2 years)
Language of study:	English

Introduction and special features

The MRes in Science and Health is a research-based programme that provides you with the necessary research training, skills, and experience to carry out a substantial piece of independent research and take the first steps in pursuing a research career. It is particularly aimed at those with backgrounds in health, bioscience, and sport, or related profession or relevant subject. The programme has been flexibly designed with the needs of professionals in mind, to allow you to access the content whilst working in a related field.

Through two taught 30-credit modules, the programme will provide you with an in-depth understanding of research skills and the research process whilst also improving your ability to understand, critique, and apply contemporary research in a range of settings.

A strong emphasis is placed on rigorous research practices and careful consideration of the key problems researchers face when planning and conducting high-quality research. This includes topics such as the importance of sound research design, successfully navigating ethical approval processes, governance of research in a range of settings, and engaging with the public, special populations, and third-sector organisations.

The programme emphasises collaborative engagement between yourself and the university research community. You will conduct your own 120-credit research project with the opportunity to collaborate with our Institute for Health and Care Improvement (IHCI) and/or one of our research groups in health, bioscience, or sport which are concerned with finding solutions to key health challenges currently faced by the region.

The research project will be supported and guided by a qualified research supervisor with appropriate subject specialist knowledge and methodological expertise as applicable to your research topic.

Admissions criteria

You must meet the University's general entry criteria for postgraduate study. In addition, you must have:

A 2:1 in Health, Bioscience, Sport and Exercise Science or a closely-related discipline. Applicants whose first degree is not in Health, Bioscience, or Sport and Exercise Science will be accepted on a case-by-case basis to ensure that they have covered sufficient levels of Health, Bioscience, or Sport and Exercise Science and research methods during their first degree.

Applicants whose first language is not English should have IELTS at grade 6.5 or above (including a minimum of 6.5 in the writing component) or another acceptable English Language qualification.

Programme aim(s)

A1. Equip students with advanced research knowledge, transferable skills, and practical experience to pursue a research career and/or enhance their personal and professional development.

A2. Foster students' essential research literacy skills and capacity to critically interpret and evaluate issues, research, and evidence to be an effective researcher and/or practitioner.

A3. Provide an immersive experience of carrying out research that is rigorous and has potential real-world impact.

Programme learning outcomes –

Upon successful completion of the programme, you will be able to:

Level 7

7.1 Display in-depth, extended, and specialist knowledge and understanding of a range of contemporary research methods concepts, information, and techniques in relation to your field of study.

7.2 Critically appraise, communicate, and discuss current issues, research, and evidence in your field of study so to identify strengths and weaknesses, rigour, quality, bias, and areas of novel research.

7.3 Plan, manage, and complete novel, independent research by deploying appropriate designs and methods, considering research ethics, applying principles of research governance, and adhering to regulatory standards.

7.4 Communicate original research findings through proficient structuring, writing, and presenting of complex ideas, analyses, and results, while meeting contemporary standards for open, transparent, and high-quality research.

Programme structure

Full-time

Code	Level	Semester	Title	Credits	Module status	
					Compulsory (C) or optional (O)	non-compensable (NC) or compensable (X)
STR7001M	7	1	Advanced Research Methods and Practice	30	C	NC
STR7002M	7	1	Boundaries of Research	30	C	NC
STR7003R	7	2&3	Thesis in Science and Health	120	C	NC

Part-time: Year 1

Code	Level	Semester	Title	Credits	Module status	
					Compulsory (C) or optional (O)	non-compensable (NC) or compensatable (X)
STR7001M	7	1	Advanced Research Methods and Practice	30	C	NC

Part-time: Year 2

Code	Level	Semester	Title	Credits	Module status	
					Compulsory (C) or optional (O)	non-compensable (NC) or compensable (X)
STR7002M	7	1	Boundaries of Research	30	C	NC
STR7003R	7	2&3	Thesis in Science and Health	120	C	NC

Please note that both 30-credit modules must be passed at the relevant level to progress to the Thesis module.

Learning, teaching and assessment

The programme is offered in a predominantly face-to-face format within a dynamic research and practice environment and its content is informed by the cutting-edge research and practice of the academic staff from across the School of Science, Technology, and Health and associated research institutes and groups at York St John University.

The programme is structured to provide you with advanced knowledge and training in research through predominantly face-to-face learning activities, on-campus study days, and personalised supervisory meetings.

The first two modules on the programme are taught via compulsory predominantly face-to-face learning supported by an on-campus study day at the beginning of the semester to help build peer support and useful networks through establishing a research cohort and community. This format allows for in-depth exploration of contemporary research methods and their application, guided by our expert academic staff in an inclusive and accessible manner.

The thesis module is taught via individual supervisory meetings. You will collaborate closely with a qualified research supervisor who will provide personalised guidance and mentorship throughout the research process. This one-to-one approach ensures tailored support and fosters confidence and independent research skills. You will also have access to regular research meetings held by the many research groups within the school and the university as appropriate to your chosen topic.

The approach to assessment is designed to evaluate both theoretical knowledge and practical research skills, ensuring you're well-prepared for the real-world challenges of research. You will undertake critiques of published work in the style of peer-review, which is common in research and complete a systematic review to gain practical experience of undertaking this essential type of research as well as leveraging the review findings to identify a novel area and important question for your thesis. The final assessment is the production of a thesis that reports the findings of your novel research and showcases your newly acquired research capabilities.

Progression and graduation requirements

The University's regulations for taught postgraduate and research degree awards apply to this programme.

Any modules that must be passed for progression or award are indicated in the Programme Structure section as non-compensable.

Internal and external reference points

This programme specification was formulated with reference to:

- University Mission, Culture and Values
- University 2026 Strategy
- QAA subject benchmark statements
- QAA Master's Degree Characteristics Statement
- Frameworks for Higher Education Qualifications

Date written / revised: June 2024 / 17 June 2026
Programme originally approved: