

SPORT , HEALTH, EXERCISE AND NUTRITION

Duration: 3 years full-time/6 years part-time

Total credit rating: 360

UCAS code: CB64

Level 4 (formally Level 1)

Please refer to the Prospectus for entry requirements.

Core:	Candidates are required to take:		
SHL 4302	Sociology/Psychology of Sport	Sem 1&2	20 credits
SHN 4612	Health and Well-being	Sem 1&2	20 credits
SHN 4622	Introduction to Food and Nutrition	Sem 1&2	20 credits
SHN 4702	Professional Development and Placement 1	Sem 1&2	20 credits
SHN 4662	Research Methods and Exercise Physiology	Sem 1&2	20 credits

and are required to choose 20 credits from:

SHL 4372	Active Children/Sport Development	Sem 1&2	20 credits
SHN 4812	Food Choice	Sem 1&2	20 credits
SHN 4722	Performance Analysis & Enhancement	Sem 1&2	20 credits

NOTE: Students identified as requiring specialist language support will take the following module in place of SHN4702

SML 4012	English Language, professional and Academic Development (international)	Sem 1&2	20 credits
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Level 5 (formally Level 2)

Progression requirements: minimum of 100 credits from Level 4 including SHN4702 or SML4012 or equivalent

Core:	Candidates are required to take:		
SHN 5622	Promoting Nutrition/Community Fitness	Sem 1&2	20 credits
SHN 5662	Research Methods/Nutrition and Exercise	Sem 1&2	20 credits

and are required to choose 20 credits from:

SHN 5722	Professional Development and Placement II	Sem 1&2	20 credits
FAS 5002	Volunteering	Sem 1&2	20 credits

and are required to choose 20 credits from:

SHN 5682	Food Culture and Behaviour	Sem 1&2	20 credits
SHL 5362	Sport, Politics and History	Sem 1&2	20 credits
SHL 5372	Sports Psychology and Coaching	Sem 1&2	20 credits
SHN 5602	Nutritional Biochemistry	Sem 1&2	20 credits
SHN 5672	Physiology of Training 1 & 2	Sem 1&2	20 credits
SHN 5732	Leisure Facility Analysis/Lifestyle Research	Sem 1&2	20 credits

Level 6 (formally Level 3)

Progression requirements: minimum of 100 credits from Level 4 including SHN4702 (SHN1702) or equivalent, and a minimum of 100 credits from Level 5 including SHN5722 (SHN2722) or FAS5002 (FAS2002), or equivalent.

Candidates are required to choose one of the following Core modules:

SHN 6602	Research Project	Sem 1&2	20 credits
SHN 6734	Dissertation	Sem 1&2	40 credits

Candidates who select SHN6602 must select a further 100 credits from:

Candidates who select SHN6734 must select a further 80 credits from:

SHL 6472	Community Health Promotion	n/a 10/11	Sem 1&2	20 credits
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SHL 6342	Sport in Society		Sem 1&2	20 credits
SHL 6352	Community Sport Development/Special Populations		Sem 1&2	20 credits
SHL 6362	Community Sport Development/Leisure Management		Sem 1&2	20 credits
SHN 6612	Nutrition and Health Policies		Sem 1&2	20 credits
SHN 6622	Food Production and Manufacture	n/a 10/11	Sem 1&2	20 credits
SHN 6642	Eating Disorders/Nutrition and Performance		Sem 1&2	20 credits
SHN 6662	Elite Physiology/Nutrition and Performance		Sem 1&2	20 credits
SHN 6702	Eating Disorders/Gender, Age and Nutrition		Sem 1&2	20 credits
SHN 6712	Applied Sport Psychology		Sem 1&2	20 credits
SHN 6722	Physical Activity & Health Trainer		Sem 1&2	20 credits
SHN 6742	Sport Injury/Sport Therapy		Sem 1&2	20 credits
SHN 6902	Professional Learning Through Work		Sem 1&2	20 credits
PSY 6052	Aspects of Health Psychology		Sem 1&2	20 credits
PSY 6422	Biopsychology of Stress and Health		Sem 1&2	20 credits

NOTE:

SHN 6702 may not be taken with SHN6642

SHN6642 may not be taken with SHN6662

SHL 6362 may not be taken with SHL 6352

Candidates are eligible for SHN6902 only if they gain a good pass in SHN5722 or FAS5002