

2013/14 Programme Structure

BSc (Hons) SPORT, HEALTH, EXERCISE AND NUTRITION

(SHENUSH)

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

Total credit rating: 360

Level 4 – with effect from September 2013

Core:	Candidates are required to take:		
SHN 4142	Research Methods 1	Sem 1 & 2	20 credits
SHN 4272	Professional Development and Placement 1	Sem 1 & 2	20 credits
SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4232	Introduction to Food and Nutrition	Sem 1	20 credits
SHN 4292	Health and Wellbeing	Sem 2	20 credits

and are required to choose 20 credits from:

SHN 4302	Sport and Exercise Psychology	Sem 2	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits

Level 5 – available for study 2013/14 only

Progression requirements:

Entry from 2012/13 onwards: 120 credits from level 4, or equivalent

Entry prior to 2012/13: 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

and are required to choose 20 credits from:

SHN 5662	Research Methods/Nutrition and Exercise	Sem 1&2	20 credits
SHN 5852	Research Methods/Assessment of Sport Performance	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
SHN 5692	Volunteering in SHN	Sem 1&2	20 credits

and are required to choose 60 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

Level 5 – available for study 2014/15 onwards

Progression requirements: 120 credits from Level 4;

Core:	Candidates are required to take:		
SHN 5102	Nutrition and Exercise for Health	Sem 1	20 credits
SHN 5142	Research Methods II	Sem 2	20 credits
SHN 5132	Promoting and Communicating Health Issues	Sem 2	20 credits

and are required to choose 20 credits from:

SHN 5152	Professional Development and Placement 2	Sem 1	20 credits
SHN 5162	Volunteering in Sport, Health and Nutrition	Sem 1	20 credits

and are required to choose 20 credits from:

SHN 5182	Sociology of Sport	Semester 1	20 credits
SHN 5192	Sport and Performance Nutrition	Semester 1	20 credits
SHN 5202	Coaching and Assessment of Performance	Semester 1	20 credits
SHN 5172	Physiology of Training	Semester 2	20 credits

and are required to choose 20 credits from:

SHN 5222	Biomechanical Analysis of Performance*	Semester 1	20 credits
SHN 5212	Community Health and Fitness	Semester 2	20 credits

Level 6 – available for study 2013/14 and 2014/15 only

Progression requirements:

Entry from 2013/14 onwards: 120 credits from levels 4 and 5, or equivalent:

Entry prior to 2013/14: minimum of 100 credits from Level 4 including SHN4702 or equivalent, and a minimum of 100 credits from Level 5 including SHN5722 or FAS5002, 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 – see note below)	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 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	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 & Behaviour Change	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
SHN 6822	Healthy Weight: Practical Strategies	Sem 1&2	20 credits
SHN 6802	Sensory Evaluation & New Product Development	Sem 1&2	20 credits
SHN 6812	Functional Foods & Nutritional Supplements	Sem 1&2	20 credits
PSY 6052	Aspects of Health Psychology	Sem 1&2	20 credits

NOTE: **SHN6734** Dissertation cannot be taken without permission from module leader. Following approval candidates are required to Drop SHN6602 and a further 20 Option credits.

Students should normally have 60% for all components of the Research Methods module at level 5 and an overall II.i mean score for all level 5 modules is required to take **SHN6734 Dissertation**.

SHN 6702 may not be taken with SHN6642
SHN6642 may not be taken with SHN6662
SHL 6362 may not be taken with SHL 6352
SHN 6734 may not be taken with SHN6902
SHN 6902 may not be taken with SHN6734

Level 6 – available for study 2015/16 onwards

Progression requirements: 120 credits from Level 4 and 120 credits from Level 5

Core:	Candidates are required to take:		
SHN 6112	Nutrition and Health Policies	Semester 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Semester 2	20 credits

and are required to choose one of the following:

SHN 6152	Research Project	Sem 1 and 2	20 credits
SHN 6164	Dissertation†	Sem 1 and 2	40 credits

candidates must choose 60 or 80 credits in Semester 1 and 60 or 40 new credits in Semester 2.

Option: Candidates are required to choose 20 credits from:

SHN 6212	Performance Physiology*	Semester 1	20 credits
SHN 6222	Sports Injury	Semester 1	20 credits
SHN 6232	Youth Sport and Health	Semester 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis*	Semester 2	20 credits
SHN 6252	Advanced Sport and Performance Nutrition*	Semester 2	20 credits
SHN 6262	Sport in Society	Semester 2	20 credits

SHN 6192 *Professional Learning through Work†*

Semester 1 20 credits

SHN6164 may not be taken with SHN6192

SHN6192 may not be taken with SHN6164