

**SPORT, HEALTH, EXERCISE AND NUTRITION***(SHENUSH)*

<b>Duration:</b>	3 years full-time / 6 years part-time
<b>Total credit rating:</b>	360
<b>Code:</b>	CB64
<b>Award Aim:</b>	BSc (Hons) – 360 credits
<b>Subsidiary awards:</b>	Dip HE – 240 credits Cert HE – 120 credits

**Level 4**

Please refer to the Prospectus for entry requirements;

<b>Core:</b>	Candidates are required to take:		
SHN 4142	Research Methods 1	Sem 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
SHN 4000	Programme Level Assessment	Sem 1&2	0 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**

Progression requirements: 120 credits from Level 4, including a pass in SHN4000;

<b>Core:</b>	Candidates are required to take:		
SHN 5102	Nutritional Biochemistry 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**

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

<b>Core:</b>	Candidates are required to take:		
SHN 6102	Nutrition Across the Life Span	Semester 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Semester 2	20 credits
SHN 6164	Dissertation	Semester 1&2	40 credits

and are required to choose 40 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&2	20 credits

