

Exercise, Health and Fitness (Single Honours)

EXHLFTN

Duration: 3 years full-time/6 years part-time
Total credit rating: 360 (180 ECTS)
Code: C6B7
Award: BSc (Hons) 360 credits
Subsidiary awards: DipHE 240 credits
 CertHE 120 credits

Level 4 – with effect from September 2016

Please refer to the prospectus for entry requirements;

Core: Students are required to take:

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|----------|------------------------------------|-------|------------|
| SHN 4232 | Introduction to Food and Nutrition | Sem 1 | 20 credits |
| SHN 4282 | Anatomy and Physiology | Sem 1 | 20 credits |
| SHN 4992 | Ethics, Society and Employability | Sem 1 | 20 credits |
| SHN 4142 | Research Methods 1 | Sem 2 | 20 credits |
| SHN 4292 | Health and Wellbeing | Sem 2 | 20 credits |
| SHN 4502 | Health and Fitness | Sem 2 | 20 credits |

All Level 4 students will undertake Programme Level Assessment.

Level 5 – with effect from September 2017

Progression requirements: 120 credits from Level 4, or equivalent;

Core: Students are required to take:

| | | | |
|----------|--|-------|------------|
| SHN 5132 | Promoting and Communicating Public Health Messages | Sem 1 | 20 credits |
| SHN 5192 | Nutrition for Sport and Exercise | Sem 1 | 20 credits |
| BMM 5292 | Services Marketing | Sem 2 | 20 credits |
| SHN 5142 | Research Methods 2 | Sem 2 | 20 credits |
| SHN 5302 | Advanced Personal Training | Sem 2 | 20 credits |

and are required to choose one of the following:

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

Level 6 – with effect from September 2018

Progression requirements: 120 credits from Level 4 and 120 credits from Level 5, or equivalent;

Core: Students are required to take:

| | | | |
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| SHN 6164 | Dissertation | Sem 1 & 2 | 40 credits |
| SHN 6412 | Exercise Referral | Sem 1 & 2 | 20 credits |
| SHN 6402 | Exercise for Special Populations | Sem 1 | 20 credits |
| SHN 6202 | Physical Activity and Behaviour Change | Sem 2 | 20 credits |

and are required to choose 20 credits from:

| | | | |
|----------|--------------------------------------|-----------|------------|
| BMM 6302 | Entrepreneurship and Creativity | Sem 1 & 2 | 20 credits |
| SHN 6192 | Professional Learning Through Work | Sem 1 & 2 | 20 credits |
| SHN 6182 | Healthy Weight: Practical Strategies | Sem 1 | 20 credits |
| SHN 6222 | Exercise and Sports Injury | Sem 1 | 20 credits |