

**Exercise, Health and Nutrition (Single Honours)**

EXHLNUT

**Duration:** 3 years full-time/6 years part-time  
**Total credit rating:** 360 (180 ECTS)  
**Course code:** C6Y9  
**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:

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&2	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

In addition, all 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
SHN 5102	Nutritional Biochemistry	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 20 credits from:

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

SHN 6164	Dissertation	Sem 1 & 2	40 credits
SHN 6182	Healthy Weight: Practical Strategies	Sem 1	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 40 credits from:

BMM 6302	Entrepreneurship and Creativity	Sem 1 & 2	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6412	Exercise Referral	Sem 1 & 2	20 credits
PSY 6052	Aspects of Health Psychology	Sem 1	20 credits
SHN 6252	Advanced Nutrition for Sport and Exercise	Sem 2	20 credits

**Note:** students are required to take both SHN6402 and SHN6412 for the Level 3 Exercise Referral external qualifications.