

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

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

**Level 4 – no longer available for study****Level 5 – available for study 2016/17 only**

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

**Core:** 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 – available for study 2016/17 and 2017/18 only**

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

**Core:** 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