

**BSc (Hons) EXERCISE, HEALTH AND NUTRITION****EXHLNUT**

<b>Duration:</b>	3 years full-time / 6 years part-time
<b>UCAS Code:</b>	C6Y9
<b>Award:</b>	BSc (Hons) - 360 credits
<b>Subsidiary awards:</b>	DipHE - 240 credits CertHE - 120 credits

**Level 4**

Please refer to the Prospectus for entry requirements

<b>Core:</b>	<b>Students are required to take:</b>		
SHN4232	Introduction to Nutrition	Sem 1	20 credits
SHN4282	Anatomy and Physiology	Sem 1	20 credits†
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN4142	Research Methods 1	Sem 2	20 credits
SHN4292	Health and Wellbeing	Sem 2	20 credits
SHN4502	Health and Fitness	Sem 2	20 credits†
SHN4000	Programme Level Assessment	Sem 2	0 credits

† Students are required to take for the Level 2 Gym Instructing professional qualification

**Level 5**

Progression requirements: 120 credits from Level 4

<b>Core:</b>	<b>Students are required to take:</b>		
SHN5132	Promoting and Communicating Public Health Messages	Sem 1	20 credits
SHN5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN5102	Nutritional Biochemistry	Sem 2	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits
SHN5302	Advanced Training Methods	Sem 2	20 credits†
<b>Either:</b>			
SHN5152	Professional Development and Placement 2	Sem 1 & 2	20 credits
<b>Or:</b>			
SHN5162	Volunteering in Sport, Health, Nutrition	Sem 1 & 2	20 credits

† Students are required to take for the Level 3 Personal Training professional qualification

**Level 6**

Progression requirements: 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
SHN6164	Dissertation	Sem 1 & 2	40 credits
SHN6402	Exercise Referral	Sem 2	20 credits†
<b>Options:</b>	<b>Students are required to choose 60 credits from:</b>		
PSY6052	Aspects of Health Psychology	Sem 1	20 credits
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
BMM6302	Entrepreneurship and Creativity	Sem 1 & 2	20 credits
SHN6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN6122	Applied Sport Nutrition	Sem 2	20 credits

† Students are required to take the Level 3 Exercise Referral professional qualification.