

**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

**Full-time study****Level 4** – Not available for study 2023/24**Level 5** – with effect from September 2022

Progression requirements: 120 credits from Level 4

<b>Core:</b>	<b>Students are required to take:</b>		
SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits
SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5153	Applying Principles of Physical Activity and Nutrition to Health and Wellbeing	Sem 2	30 credits

**Level 6** – with effect from September 2023

Progression requirements: 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits
SHN6193	Prescribing Exercise Programmes for Special Populations	Sem 1 & 2	30 credits
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Sem 1 & 2	30 credits

**Part-time study****Level 4 Year 1**– Not available for study 2023/24**Level 4 Year 2**– With effect from: September 2023

<b>Core:</b>	<b>Students are required to take the following modules:</b>		
SHN4065	Introduction to Sport Psychology	Sem 1	15 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

**Level 5 Year 3** – With effect from: September 2024

<b>Core:</b>	<b>Students are required to take the following modules:</b>		
SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits

SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 2	30 credits
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Level 5 Year 4 – With effect from: September 2025

<b>Core:</b>	<b>Students are required to take the following modules:</b>		
SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5153	Applying Principles of Physical Activity and Nutrition to Health and Wellbeing	Sem 1 & 2	30 credits

Level 6 Year 5 – With effect from: September 2026

<b>Core:</b>	<b>Students are required to take the following modules:</b>		
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Sem 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits

Level 6 Year 6 – With effect from: September 2027

<b>Core:</b>	<b>Students are required to take the following modules:</b>		
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6193	Prescribing Exercise Programmes for Special Populations	Sem 1 & 2	30 credits