

BA (Hons) EXERCISE, HEALTH AND NUTRITION WITH FOUNDATION YEAR IN SPORT AND HEALTH**EXHNWIFY**

Duration:	4 years full-time
UCAS Code:	C6Y1
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	Ordinary Degree (with Foundation Year) - 300 credits DipHE (with Foundation Year) - 240 credits CertHE (with Foundation Year) - 120 credits Foundation Certificate

Foundation Year – not available for study 2023-24**Level 4**

Progression Requirements: 120 credits from Foundation Year

Core:	Students are required to take:		
SHN4045	Introduction to Anatomy and Physiology	Sem 1	15 credits
SHN4055	Introduction to Nutrition	Sem 1	15 credits
SHN4065	Introduction to Sport Psychology	Sem 1	15 credits
SHN4153	Applying Principles of Physical Activity to Health	Sem 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits
Options:	Students are required to choose 15 credits from the following:		
SHN4025	Fundamentals in Strength and Conditioning	Sem 1	15 credits
SHN4035	Fundamentals of Human Movement	Sem 1	15 credits

Level 5

Progression requirements: 120 credits from Level 4

Core:	Students are required to take:		
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

Core:	Students are required to take:		
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