

**BSc (Hons) PHYSICAL ACTIVITY, EXERCISE AND HEALTH PROMOTION WITH FOUNDATION YEAR IN SPORT AND EXERCISE****PAEHPFY**

<b>Duration:</b>	4 years full-time
<b>UCAS Code:</b>	
<b>Award:</b>	BSc (Hons) - 360 credits
<b>Subsidiary awards:</b>	DipHE - 240 credits CertHE (with Foundation Year) - 120 credits Foundation Certificate

**Foundation Year** – with effect from September 2023

Please refer to the Prospectus for entry requirements

<b>Core:</b>	<b>Students are required to take:</b>		
SHN3113	Academic Skills and Studying with Confidence	Sem 1 & 2	30 credits
SHN3103	Project	Sem 1 & 2	30 credits
SHN3123	Promoting Exercise, Physical Activity and Health	Sem 1 & 2	30 credits
SHN3133	Scientific Principles within Sport	Sem 1 & 2	30 credits

**Level 4** – with effect from September 2024

Progression Requirements: 120 credits from Foundation Year

<b>Core:</b>	<b>Students are required to take:</b>		
SHN4045	Introduction to Anatomy and Physiology	Sem 1	15 credits
SHN4055	Introduction to Nutrition	Sem 1	15 credits
SHN4013	Psychological Perspectives on Health and Wellbeing	Sem 1	30 credits
SHN4153	Foundations of Physical Activity, Health and Wellbeing	Sem 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

**Level 5** – with effect from September 2025

Progression requirements: 120 credits from Level 4

<b>Core:</b>	<b>Students are required to take:</b>		
SHN5135	Public Health Promotion and Interventions	Sem 1	15 credits
SHN5193	Nutrition and Exercise Prescription	Sem 1	30 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5153	Applied Physical Activity and Health	Sem 2	30 credits

**Level 6** - with effect from September 2026

Progression requirements: 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
SHN6243	Health Promotion across the Lifecourse	Sem 1	30 credits
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6193	Physical Activity and Exercise Prescription in Health and Disease	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits