

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

PAEHPFY

Duration:	4 years full-time
UCAS Code:	
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	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

Core:	Students are required to take:		
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

Core:	Students are required to take:		
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

Core:	Students are required to take:		
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

Core:	Students are required to take:		
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