

**EXERCISE, HEALTH AND FITNESS****EXHLFTN**

<b>Duration:</b>	3 years full-time / 6 years part-time
<b>UCAS Code:</b>	C6B7
<b>Award:</b>	BSc (Hons) 360 credits
<b>Subsidiary awards:</b>	DipHE 240 credits CertHE 120 credits

**Level 4**

<b>Core:</b>	<b>Students are required to take:</b>		
SHN 4232	Introduction to Food and Nutrition	Sem 1	20 credits
SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN 4142	Research Methods 1	Sem 2	20 credits
SHN 4292	Health and Wellbeing	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits
SHN4000	Programme Level Assessment	Sem 1 & 2	0 credits

**Level 5**

Progression requirements: 120 credits from Level 4.

<b>Core:</b>	<b>Students are required to take:</b>		
SHN 5132	Promoting and Communicating Public Health Messages	Sem 1	20 credits
SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
BMM 5292	Services Marketing	Sem 2	20 credits
SHN 5142	Research Methods 2	Sem 2	20 credits
SHN5302	Advanced Personal Training	Sem 2	20 credits
<b>Either:</b>			
SHN 5152	Professional Development and Placement 2	Sem 1 & 2	20 credits
<b>Or:</b>			
SHN 5162	Volunteering in Sport, Health and Nutrition	Sem 1 & 2	20 credits

**Level 6 – with effect from September 2018**

Progression requirements: 120 credits from Level 4 plus 120 credits from Level 5.

<b>Core:</b>	<b>Students are required to take:</b>		
SHN 6164	Dissertation	Sem 1 & 2	40 credits
SHN 6412	Exercise Referral	Sem 1 & 2	20 credits
SHN 6402	Exercise for Special Populations	Sem 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits

<b>Options:</b>	<b>Students are required to choose 20 credits from:</b>		
BMM 6302	Entrepreneurship and Creativity	Sem 1 & 2	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6182	Healthy Weight: Practical Strategies	Sem 1	20 credits
SHN 6222	Exercise and Sports Injury	Sem 1	20 credits