

EXERCISE, HEALTH AND NUTRITION**EXHLNUT**

Duration:	3 years full-time / 6 years part-time
UCAS Code:	C6Y9
Award:	BSc (Hons) 360 credits
Subsidiary awards:	DipHE 240 credits CertHE 120 credits

Level 4

Core:	Students are required to take:		
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 2	0 credits

† Students are required to take for the Level 2 Gym Instructing professional qualification.

Level 5

Progression requirements: 120 credits from Level 4.

Core:	Students are required to take:		
SHN 5132	Promoting and Communicating Public Health Messages	Sem 1	20 credits
SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 5102	Nutritional Biochemistry	Sem 2	20 credits
SHN 5142	Research Methods 2	Sem 2	20 credits
SHN 5302	Advanced Training Methods	Sem 2	20 credits†

Either:			
SHN 5152	Professional Development and Placement 2	Sem 1 & 2	20 credits

Or:			
SHN 5162	Volunteering in Sport, Health, Nutrition	Sem 1 & 2	20 credits

† Students are required to take for the Level 3 Personal Training professional qualification.

Level 6 – with effect from September 2018

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

Core:	Students are required to take:		
SHN 6164	Dissertation	Sem 1 & 2	40 credits
SHN 6402	Exercise Referral for Special Populations	Sem 2	20 credits†

Options:	Students are required to choose 60 credits from:		
PSY 6052	Aspects of Health Psychology	Sem 1	20 credits
SHN 6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN 6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
BMM 6302	Entrepreneurship and Creativity	Sem 1 & 2	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits

† Students are required to take the Level 3 Exercise Referral professional qualification.