



Programme Specification

With effect from: September 2021

A programme specification is the definitive record of your programme of study at the University. It sets out the aims, learning outcomes, and indicative content of the programme. You should read this programme specification alongside the relevant module descriptors and the University's Taught Programme Academic Regulations.

This specification only applies to the delivery of the programme indicated below. The details in this specification are subject to change through the modifications or periodic review processes.

1 Programme name and award

This programme specification relates to the following award(s)

BSc (Hons) Exercise, Health and Nutrition

2 Aims of the programme

Rationale and general aims, including what is special about this programme

At a time when the promotion of well-being and holistic health is becoming increasingly high profile, the BSc (Hons) Exercise, Health and Nutrition programme provides an in-depth and multidisciplinary understanding of a range of relevant exercise and health sciences to achieve the first steps in a career in exercise (e.g. personal trainer or exercise referrer), nutrition (e.g. dietetics) and/or health (e.g. health promotion).

Through a comprehensive programme of study, you will be provided with an advanced understanding of contemporary and theoretical knowledge in a number of disciplines (such as exercise physiology, nutrition and exercise psychology), and a range of investigative and research skills enabling you to undertake research and applied practice in your chosen area of study in both an ethical and socially inclusive way. This applied programme aims to enable you to become employment-ready in a range of exciting exercise science, nutrition and physical activity-promotion careers, incorporate a range of nationally-recognised vocational qualifications, whilst also preparing you for a range of post-graduate study and research opportunities.

In addition, the programme is partially mapped to recognised professional governing bodies' professional core standards, bodies such as the Association for Nutrition (AfN) and The Chartered Institute for the Management of Sport and Physical Activity (CIMPSA), and the programme team will help and guide you in developing a portfolio for accreditation within these governing bodies.

The Programme Aims are to:

- Develop theoretical, research and evidence-based knowledge and understanding of the role of exercise and nutrition in the maintenance of good health and in the prevention and control of disease.
- Develop multidisciplinary students who have the ability to analyse, synthesise, problem solve, critically evaluate and reflect on information, concepts and processes that underpin exercise, health and nutrition.
- Develop the professional skills of an exercise practitioner to enable the application of scientific principles in exercise, nutrition and fitness in the context of health, and to support the acquisition of vocationally relevant qualifications, thereby developing graduate employability.
- Develop a broad range of transferable personal, intellectual and business skills that are essential for lifelong learning and career development, including the ability to adopt ethically safe working practices, the ability to think globally and consider issues from a variety of perspectives and the ability to adhere to relevant legislation and professional codes of conduct.
- Develop and maintain industrial networks and links with professional bodies through appropriate work placements.

3 Level Learning Outcomes and Employability Outcomes

Learning outcomes are expressed in terms of:

- Knowledge and understanding (K)
- Intellectual / cognitive / 'thinking' skills (I)
- Practical skills specific to the subject (P)
- Employability skills (E)

We design assessment tasks to enable you to demonstrate the Level Learning Outcomes and relevant Employability Outcomes for your level of study. To a greater or lesser extent, all Level Learning Outcomes at each level of your study are embedded in the assessment task(s) at that level. This means we can take a more integrated view of your overall performance at a level.

To progress to the next level, or to receive an award, you will need to satisfy the Level Learning Outcomes below and relevant Employability Outcomes and achieve credit as per the Taught Programme Academic Regulations.

Level Learning Outcomes	
Level 4 – at the conclusion of Level 4 (focus on foundation and breadth of knowledge and skills) you should be able to demonstrate:	
K1	An appreciation and foundation knowledge of the evidence within a range of exercise, health and nutrition subject areas.
K2	A basic understanding of the research process and how the collection, analysis and use of data, as well as literature-based evidence, can support exercise, health and nutrition interventions.
K3	A basic understanding of the role of exercise, health and nutrition for a range of populations through both empirical evidence and professional practice.

K4	Foundation knowledge of the moral and ethical issues encountered in exercise, health and nutrition industries and recognition of issues related to professional practice.
I1	A capability to compare a range of sources of evidence in exercise, health and nutrition and discern strengths and weaknesses.
I2	An appreciation of the role of theory in research and professional practice.
I3	An understanding of ethics as relating to research and professional practice in exercise, health and nutrition.
I4	A developing understanding of the application of reflective practices in exercise, health and nutrition settings.
P1	Basic use of a subject-related skills within laboratory, field and gym-based environments.
P2	A capability to undertake a basic needs analysis pertaining to an individual who is partaking in physical activity or nutrition interventions.
P3	An ability to plan and instruct a range of practical activities, using appropriate techniques and procedures, with regards to safety, ethics and risk assessment.
P4	An ability to communicate exercise, health and nutrition ideas to a range of third parties (e.g. sport and exercise professionals, nutritionists, individuals within the fitness industry, clients).
Level 5 – at the conclusion of Level 5 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) and you should be able to demonstrate:	
K1	Detailed knowledge of a range of exercise, health and nutrition subject areas embedded throughout the programme and their application to the subject area.
K2	Detailed understanding of the research design process (both qualitative and quantitative), as well as embedding literature-based evidence into planning and designing exercise, health and nutrition-based interventions.
K3	A detailed understanding of the role of exercise, health and nutrition through both evidence-based and professional practice for a range of populations.
K4	A critical knowledge of the moral and ethical issues encountered in exercise, health and nutrition industries and recognition of issues such as 'inclusion' and 'equality' related to professional practice within the subject area.
I1	The ability to apply a range of analytical skills to better understand issues in the field of exercise, health and nutrition.
I2	The ability to locate and apply a range of sources of evidence to the areas of exercise, health and nutrition both in the role of theory and professional practice.
I3	A detailed understanding of ethics as relating to research and professional practice in exercise, health and nutrition
I4	The ability to reflect critically on one's own and others' practices in exercise, health and nutrition settings.

P1	Advanced use of a range of subject-related skills within laboratory, field and gym-based environments.
P2	Capability to undertake a detailed needs analysis pertaining to an individual who is partaking in physical activity or nutrition interventions for a range of population groups.
P3	The ability to plan, design and execute a range of practical activities, using appropriate techniques and procedures, with regards to safety, ethics and risk assessment for a range of population groups.
P4	The ability to use a range of research skills to communicate exercise, health and nutrition ideas and interventions to a range of third parties (e.g. sport and exercise professionals, nutritionists, individuals within the fitness industry, clients).
Level 6 – at the conclusion of Level 6 (focus on synthesis and integration, and real-world application, in-depth evaluation and reflective practice) you should be able to demonstrate:	
K1	A critical knowledge of a range of exercise, health and nutrition subject area, embedded throughout the programme and application to the subject area.
K2	Critical analysis of exercise, health and nutrition information and qualitative and quantitative data, that may be drawn from a wide range of disciplines and embedding literature-based evidence into planning and designing exercise, health and nutrition-based interventions for a range of populations.
K3	A critical evaluation of the role of exercise, health and nutrition interventions, with synthesis of coherent arguments and application of an evidence-based and professional practice to a range of populations.
K4	A critical evaluation of the diversity and changing nature of determinants of exercise, health and nutrition and ability to analyse contemporary issues at the forefront of health and physical well-being.
I1	The ability to evaluate a range of sources in demonstrating a critical awareness of the moral and social issues faced within the field of exercise, health and nutrition.
I2	The ability to critically analyse and synthesise a range of evidence in the areas of exercise, health and nutrition.
I3	Critical evaluation of ethics relating to research and professional practice in exercise, health and nutrition.
I4	Critical reflection on the links between individual experiences of exercise, health and nutrition issues and the wider structural elements relevant to the field of health and physical well-being.
P1	The ability to critically evaluate and apply the use of subject-related skills within laboratory, field and gym-based environments.
P2	The ability to conduct a detailed needs analysis and create interventions for individuals in relation to physical activity or nutrition for a range of population groups.
P3	The ability to plan, design, execute and evaluate a range of practical activities, using appropriate techniques and procedures, with critical regard to safety, ethics and risk assessment for a range of population groups.

P4	The ability to analyse, evaluate and articulate a range of exercise, health and nutrition ideas and interventions to a range of third parties (e.g. sport and exercise professionals, nutritionists, individuals within the fitness industry, clients).
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Employability Outcomes	
Employability skills are embedded and assessed throughout your programme. Therefore, we use a generic set of employability outcomes at all levels of study.	
E1	Self-management – the ability to plan and manage time; readiness to accept responsibility and improve their own performance based on feedback/reflective learning; the ability to take initiative and be proactive, flexible and resilient;
E2	Team-working – the ability to co-operate with others on a shared task and to recognise and take on appropriate team roles; leading, contributing to discussions and negotiating; contributing to discussions; awareness of interdependence with others;
E3	Business and sector awareness – an understanding of the key drivers for business success, including the importance of customer/client satisfaction and innovation; understanding of the market/sector in which an organisation operates; the ability to recognise the external context and pressures on an organisation, including concepts such as value for money, profitability and sustainability;
E4	Problem-solving – a capacity for critical reasoning, analysis and synthesis; a capacity for applying knowledge in practice; an ability to retrieve, analyse and evaluate information from different sources;
E5	Communication – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes;
E6	Application of numeracy – a general awareness of mathematics and its application in practical contexts; the ability to carry out arithmetic operations and understand data, to read and interpret graphs and tables and to manage a budget;
E7	Application of information technology – the ability to identify and use the appropriate IT package for a given task; familiarity with word-processing, spreadsheets and file management; the ability to use the internet and email effectively;
E8	Entrepreneurship/enterprise – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities;
E9	Social, cultural & civic awareness – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures and customs in the wider community.

4 External Benchmarks

Statement of congruence with the relevant external benchmarks
All Leeds Trinity University programmes are congruent with the Framework for HE Qualifications (FHEQ) and, where appropriate, the Qualifications and Credit Framework (QCF) / National Qualification and Credit Framework (NQF).

The programme is congruent with the QAA Benchmark Statement in QAA Biomedical Sciences (October 2019), QAA Health Studies (November 2019) and QAA Events, Hospitality, Leisure, Sport and Tourism (November 2019).

In addition, the programme content is partially mapped to recognised governing bodies' core standards within the field, such as Association for Nutrition (AfN) and The Chartered Institute for the Management of Sport and Physical Activity (CIMPSA).

5 Indicative Content

Summary of content by theme

The programme is modular based and includes core themes: exercise, health, anatomy and physiology, nutrition, psychology and academic/graduate skills.

At Level 4, you will select and describe theories and concepts relevant to the understanding of the field. Both theory and practice in key sciences are addressed throughout all modules at this level. On completion, you will be expected to communicate knowledge in situations of limited complexity, in order to provide a foundation for further study in the subject.

Level 5 builds upon Level 4 content and you are expected to apply knowledge of exercise, health and nutrition to develop solutions to problems. You will analyse and apply selected theories and concepts to examine exercise in relation to nutrition and health.

At Level 6, you will be able to synthesis and critically evaluate key theories, concepts, principles and policies and be able to develop a reasoned argument relating to interventions. Modules at this level enable students to consolidate their learning pathways and demonstrate the skills highlighted.

Subject specific skills and the importance of adopting ethically and morally safe and non-discriminatory working practices and adherence to relevant legislation and professional codes of conduct will be evident throughout all years of study.

6 Programme Structure

Programme Structure – BSc (Hons) Exercise, Health and Nutrition			
Duration	3 years full-time		
Total credit rating	360 (180 ECTS)		
Level 4 – With effect from: September 2021			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits

SHN4093	Assessing Psychological and Physiological Needs in Sport and, Exercise and Health	Semester 1	30
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30
SHN4153	Applying Principles of Physical Activity to Health	Semester 2	30
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30

Level 5 – With effect from: September 2022

Core: You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15
SHN5015	Sport and Exercise Psychology	Semester 1	15
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30
SHN5105	Nutrition for Sport, Health and Exercise	Semester 1	15
SHN5055	Research Methods and Enquiry	Semester 2	15
SHN5153	Applying Principles of Physical Activity and Nutrition to Health and Wellbeing	Semester 2	30

Level 6 – With effect from: September 2023

Core: You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 2	30
SHN6193	Prescribing Exercise Programmes for Special Populations	Semester 1 & 2	30
SHN6033	Independent Project	Semester 1 & 2	30
SHN6143	Professional Learning Through Work	Semester 1 & 2	30

Programme Structure – BSc (Hons) Exercise, Health and Nutrition

Duration	<u>6 years part-time</u>		
Total credit rating	<u>360 (180 ECTS)</u>		
Level 4 Year 1 – With effect from: September 2021			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits
Level 4 Year 2 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
Level 5 Year 3 – With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15 credits
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
Level 5 Year 4 – With effect from: September 2024			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5105	Nutrition for Sport, Health and Exercise	Semester 1	15 credits

SHN5055	Research Methods and Enquiry	Semester 2	15 credits
SHN5153	Applying Principles of Physical Activity and Nutrition to Health and Wellbeing	Semester 1 & 2	30 credits
Level 6 Year 5 – With effect from: September 2025			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6143	Professional Learning Through Work	Semester 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 2	30 credits
Level 6 Year 6 – With effect from: September 2026			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6193	Prescribing Exercise Programmes for Special Populations	Semester 1 & 2	30 credits

7 Pre-requisites

Modules students must study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award

N/A

8 Learning, Teaching and Assessment

The University's Learning, Teaching and Assessment Strategy informs the design of your programme. You can find more information about learning, teaching and assessment for your programme (including information on Integrated Assessment) within the relevant Assessment Handbooks.

9 Entry requirements

Do the University's standard entry requirements apply?

Yes

Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable)	N/A
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10 Additional support needs

Students with disabilities or other support needs are welcome and are expected to be able to participate fully in this programme. Arrangements will be made, via the normal University support systems, to accommodate students with additional support needs wherever possible, with reasonable adjustments made to accommodate individual needs. This extends to practical activities within the sport & exercise science laboratories and practical spaces.

Programme-specific requirements / unavoidable restrictions on participation in the programme
N/A

11 Technical Information

Awarding Body / Institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Parent School	School of Social and Health Sciences
Department	Department of Sport, Health and Physical Education
Professional accreditation body	N/A
Final award	BSc (Hons)
Title of programme(s)	Exercise, Health and Nutrition
Subsidiary award(s)	Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree.
Honours type	Single
Duration and mode(s) of study	3 years full-time; 6 years part-time
Month/year of approval of programme	June 2021
Periodic review due date	2025/26

HECoS subject code(s)	100247 (human nutrition) 33% 100433 (sport and exercise science) 34% 100246 (health sciences) 33%
UCAS course code(s)	C6Y9
SITS route codes	EXHLNUT
Delivery venue(s)	Leeds Trinity University

12 Level Learning Outcomes

The grids below demonstrate where Level Learning Outcomes are assessed at module level and ensures that students are assessed in all Level Learning Outcomes at each level of their study.

Level 4	Assessed level learning outcomes											
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3	P4
	Foundation Knowledge	Understanding of the research process	Role of Exercise, Health and Nutrition	Moral and Ethical Issues	Capability to compare sources	Role of theory	Understanding of Ethics	Application of Reflective practice	Subject related skills	Basic Needs Analysis	Plan and Instruct	Communication
SHN4093 Assessing Psychological and Physiological needs in Sport, Exercise and Health												
SHN4103 Fundamentals in Sport, Exercise and Health												
SHN4153 Applying Principles of Physical Activity to Health												
SHN4143 Professional Skills in Sport, Exercise and Health												

Level 5	Assessed level learning outcomes											
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3	P4
	Detailed Knowledge	Understanding of research design	Role of Exercise, Health and Nutrition	Moral and ethcial issues	Analytical skills	Range of sources	Ethcis	Critically reflect	Subject skills	Detailed needs analysis	Plan, design and execute practicals	Communication
SHN5035 Physiology of Training												
SHN5015 Sport and Exercise Psychology												
SHN5105 Nutrition for Sport, Health and Exercise												
SHN5103 Applying Professional Skills in Sport, Exercise and Health												
SHN5055 Research Methods and Enquiry												
SHN5153 Applying Principles of Physical Activity and Nutrition to Health and Wellbeing												

Level 6	Assessed level learning outcomes											
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3	P4
	Critical Knowledge	Critical analysis	Evaluation of interventions	Diversity and changing nature	Moral and social awareness	Range of evidence	Evaluation of Ethics	Critical reflection	Subject related skills	Needs analyse and interventions	Plan design and evaluate practicals	Communication
SHN6183 Advanced Nutrition for Sport and Exercise												
SHN6193 Prescribing Exercise Programmes for Special Populations												
SHN6033 Independent Project												
SHN6143 Professional Learning Through Work												

13 Employability Outcomes

The grid below shows where Employability Outcomes are assessed. Students might not be assessed in all Employability Outcomes at each level of study. However, all Employability Outcomes will have been assessed by the end the programme.

	Assessed Employability Skills								
	E1	E2	E3	E4	E5	E6	E7	E8	E9
	Self-management	Teamworking	Business & sector awareness	Problem-solving	Communication	Application of numeracy	Application of IT	Entrepreneurship / enterprise	Social, cultural & civic awareness
Level 4									
SHN4093 Assessing Psychological and Physiological needs in Sport, Exercise & Health									
SHN4103 Fundamentals in Sport, Exercise and Health									
SHN4153 Applying Principles of Physical Activity to Health									
SHN4143 Professional Skills in Sport, Exercise and Health									
Level 5									
SHN5035 Physiology of Training									
SHN5015 Sport and Exercise Psychology									
SHN5105 Nutrition for Sport, Health & Exercise									
SHN513 Applying Professional Skills in Sport, Exercise and Health									
SHN5055 Research Methods and Enquiry									
SHN5153 Applying Principles of Physical Activity and Nutrition to Health and Wellbeing									

Level 6									
SHN6183 Advanced Nutrition for Sport and Exercise									
SHN6193 Prescribing Exercise Programmes for Special Populations									
SHN6033 Independent Project									
SHN6143 Professional Learning Through Work									

PROGRAMME SPECIFICATION

1. General information

Awarding body / institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Professional accreditation body <i>(if applicable)</i>	The programme has been mapped to Level 2 and Level 3 NOS standards and on completion students can apply to join the Register of Exercise Professionals (REPS)
Final award <i>(eg. BA Hons)</i>	BSc (Hons)
Title of programme(s)	Exercise, Health and Nutrition
Subsidiary award(s) <i>(if any)</i>	CertHE and DipHE (fallback awards)
Duration and mode(s) of study	3 years Full-time 6 years Part-time
Start date <i>(this version) (month and year)</i>	September 2019
Periodic review next due <i>(acad. year)</i>	
UCAS course code & code name	C6Y9
Delivery venue(s)	Leeds Trinity University

2. Aims of the programme

Rationale and general aims
The Exercise, Health and Nutrition programme aims to provide you with a diverse range of knowledge and skills for developing a career in the nutrition, exercise and health industries. You will be provided with a secure understanding of contemporary issues with appropriate regard to ethical and sustainable practice(s). Through a comprehensive programme of study, you will develop theoretical understanding of exercise, health and nutrition, as well as acquire fitness

qualifications, which are essential for any fitness professional. All students will be given the opportunity to gain qualifications in instructing exercise and fitness, as well as exercise referral, at no extra cost. These qualifications are recognised by the Register of Exercise Professionals (REPS), thereby enhancing graduate employability skills. The programme is partially mapped to the core competency requirements for registration as an Associate Nutritionist with the Association for Nutrition (AfN) and the programme team will help and guide students in developing a portfolio to apply for accreditation as an Associate Nutritionist.

To complement and build upon the knowledge gained whilst studying, students are required to undertake two six-week industry placements in Levels 4 and 5.

Throughout your period of study, you will be challenged to develop to your full potential across a varied diet of content and assessment(s).

The general aims of the programme are to:

1. Develop theoretical, research and evidence-based knowledge and understanding of the role of exercise and nutrition in the maintenance of good health and in the prevention and control of disease.
2. Develop multidisciplinary students who have the ability to analyse, synthesise, problem solve, critically evaluate and reflect on information, concepts and processes that underpin exercise, health and nutrition.
3. Develop the professional skills of an exercise practitioner to enable the application of the scientific principles of exercise, nutrition and fitness in the context of health and to encourage the acquisition of vocationally relevant qualifications in fitness, thereby developing graduate employability.
4. Develop a broad range of personal and business transferable skills that are essential for lifelong learning and career development, including the ability to adopt ethically safe working practices, the ability to think globally and consider issues from a variety of perspectives and the ability to adhere to relevant legislation and professional codes of conduct.
5. Develop and maintain industrial links through appropriate work placements and links with professional bodies.

The Exercise, Health and Nutrition and Exercise, Health and Fitness programmes form part of a suite. However, there are key differences between the programmes. Although both programmes share some core modules across each level, a greater number of modules in Level 5 and 6 of the Exercise, Health and Nutrition programme focus on nutrition and the related fields.

3. Student learning outcomes of the programme

Learning outcomes in terms of:

- knowledge and understanding (K)
- intellectual / cognitive / 'thinking' skills (I)
- physical skills specific to the subject (P)
- employability skills (E)

The 'K1', etc codes are used in section 7c) and module descriptors to refer to each of these learning outcomes.

On successful completion of the programme, students will have demonstrated:

- K1 Coherent and detailed knowledge and understanding of exercise, health and nutrition for a range of special populations;

Module modifications - change of title of SHN6402 and change of semester delivery to 2; removal of SHN6412 and addition of SHN6222 and SHN6122 as options; change of title of SHN5302 (AG 4 July 2018)

SHN6202 – change from core to option – AG 4.7.18

SHN4232 – change of title – AG 25.1.19

IA – May 2019

- K2 An understanding of exercise, health and nutrition through both evidence-based and professional practice, including reference to recent scholarly resources and evidence and the accurate use of scholarly conventions, within a framework of critical evaluation and synthesis;
- K3 A critical understanding of the moral and ethical issues encountered in exercise, health and nutrition industries and to recognise intercultural issues relevant to professional practice;
- I1 Secure use of analytical research methods related to the discipline area of nutrition, exercise and health;
- I2 The ability to acquire, interpret, critically evaluate and challenge knowledge, concepts and evidence from a range of sources appropriate to nutrition, exercise and health and integrate these into a coherent, structured argument;
- I3 Effective and sustained communication of results and arguments taking into account the intended audience;
- P1 The ability to utilise subject-related skills within nutrition, laboratory, field and gym environments;
- P2 Competence in the planning, design and execution of practical activities using appropriate techniques and procedures, with due regard for safety, ethics and risk assessment;
- P3 A capacity to plan, design and undertake a piece of independent research;
- P4 An ability to plan, implement and evaluate a community health programme;

Employability skills

- E1 **Self-management** – the ability to plan and manage time; readiness to accept responsibility and improve their own performance based on feedback/reflective learning; the ability to take initiative and be proactive, flexible and resilient;
- E2 **Teamworking** – the ability to co-operate with others on a shared task and to recognise and take on appropriate team roles; leading, contributing to discussions and negotiating; contributing to discussions; awareness of interdependence with others;
- E3 **Business and sector awareness** – an understanding of the key drivers for business success, including the importance of customer/client satisfaction and innovation; understanding of the market/sector in which an organisation operates; the ability to recognise the external context and pressures on an organisation, including concepts such as value for money, profitability and sustainability;
- E4 **Problem-solving** – a capacity for critical reasoning, analysis and synthesis; a capacity for applying knowledge in practice; an ability to retrieve, analyse and evaluate information from different sources;
- E5 **Communication** – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes;
- E6 **Application of numeracy** – a general awareness of mathematics and its application in practical contexts; the ability to carry out arithmetic operations and understand data, to read and interpret graphs and tables and to manage a budget;
- E7 **Application of information technology** – the ability to identify the appropriate IT package for a given task; familiarity with word-processing, spreadsheets and file management; the ability to use the internet and email effectively;
- E8 **Entrepreneurship/enterprise** – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities;
- E9 **Social, cultural & civic awareness** – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures

Module modifications - change of title of SHN6402 and change of semester delivery to 2; removal of SHN6412 and addition of SHN6222 and SHN6122 as options; change of title of SHN5302 (AG 4 July 2018)

SHN6202 – change from core to option – AG 4.7.18

SHN4232 – change of title – AG 25.1.19

IA – May 2019

and customs in the wider community.

See also the generic learning outcomes for subsidiary awards set out in section 4 below.

3a External benchmarks

Statement of congruence with the relevant published subject benchmark statements

(including appropriate references to the FHEQ and any PSRB, employer or legislative requirements)

Programme and modules objectives have been mapped against available benchmark statements. The programme objectives have been cross-referenced to, and are consistent with, the QAA Subject Benchmark Statements for Biosciences (2015), Health Studies (2008) and Hospitality, Leisure Sport and Tourism (2008). The programme objectives have been cross-referenced to, and are consistent with, the Further and Higher Education qualification descriptors and the University Learning, Teaching and Assessment Strategy.

Consideration was also given to the National Occupational Standards for Level 2 Instructing Gym-based Exercise, Level 3 Personal Training and Level 3 Exercise Referral.

The programme is partially mapped to the core competency requirements for registration as an Associate Nutritionist with the Association for Nutrition (AfN) and the programme team will help and guide students in developing a portfolio to apply for accreditation as an Associate Nutritionist.

4. Learning outcomes for subsidiary awards

Guidance	
<p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.</p>	<p>Generic learning outcomes for the award of <u>Certificate of Higher Education</u>: On successful completion of 120 credits at Level 4, students will have demonstrated an ability to:</p> <ul style="list-style-type: none">i) interpret and evaluate data appropriate to the discipline;ii) make sound judgements in accordance with basic disciplinary theories and concepts;iii) evaluate the appropriateness of different approaches to solving problems within the discipline;iv) communicate the results of their work coherently; <p>and will have had specific opportunities to display transferable skills relevant to employment related to the discipline.</p>
<p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4 & 5.</p>	<p>Generic learning outcomes for the award of <u>Diploma of Higher Education</u>: On successful completion of 240 credits, including 120 at Level 5, students will have demonstrated, in addition to the outcomes for a Certificate:</p> <ul style="list-style-type: none">i) critical understanding of disciplinary principles;ii) application of concepts outside their initial context;iii) use of a range disciplinary techniques;iv) proficient communication of the results of their work;

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SHN6202 – change from core to option – AG 4.7.18

SHN4232 – change of title – AG 25.1.19

IA – May 2019

The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 & 6.

and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of at least one professional placement or school-based training component.

Generic learning outcomes for the award of an Ordinary Degree:

On successful completion of 300 credits, including 60 at Level 6, students will have demonstrated, **in addition to the outcomes for a Diploma:**

- i) an ability to make flexible use of disciplinary concepts and techniques;
- ii) critical evaluation of approaches to solving problems in a disciplinary context;
- iii) an ability to work autonomously within a structured learning experience;
- iv) effective communication of the results of their work in a variety of forms;

and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of two professional placements or school-based training placements.

5. Content

Summary of content by theme

The programme is modular based and includes seven core themes: exercise (fitness), health, anatomy and physiology, nutrition, business, instructor/practitioner skills and academic/graduate skills. All modules at Level 4 and 5 are core. At Level 6, you will study two core modules (60 credits) and are required to choose three modules (60 credits) from a selection of designated options. These options allow you to focus on specific subjects of interest or to broaden your knowledge base, further enhancing graduate employability and career potential.

At Level 4, you will select and describe theories and concepts relevant to the understanding of exercise, health, nutrition and fitness. Modules at this level cover all core themes: exercise (fitness), health, anatomy and physiology, nutrition, instructor/practitioner skills and academic/graduate skills. Both theory and practice in key science are addressed in SHN 4232 *Introduction to Nutrition* and SHN 4282 *Anatomy and Physiology*. The broader issues relating to public health are covered in SHN 4292 *Health and Wellbeing*. Instructor/practitioner skills are covered in SHN 4502 *Health and Fitness* and academic/graduate skills in SHN 4992 *Ethics, Society and Employability* and SHN 4142 *Research Methods 1*. The consideration of ethics is articulated in a variety of contexts including health, behaviour and research. On completion of Level 4, you will be expected to communicate knowledge of exercise, health, nutrition and fitness in situations of limited complexity, in order to provide a foundation for further study in the subject. Subject specific skills and the importance of adopting ethically safe working practices and adherence to relevant legislation and professional codes of conduct will be introduced and developed in anatomy, physiology and nutrition modules. Personal transferable skills are developed in core modules including critical thinking and fitness. The SHN 4502 Health and Fitness module covers the knowledge and skills needed to design and instruct a gym-based exercise programme. Over the year, you will be given the opportunity to gain the Level 2 Gym-based instruction qualification and subsequent entry on to the Register for Exercise Professionals. In addition, vocational skills are enhanced via a five-week industry based placement.

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Level 5 builds upon Level 4 and you are expected to apply knowledge of exercise, health, nutrition and fitness to the solution of problems. You will analyse and apply selected theories and concepts to examine exercise in relation to nutrition and health. Assessment at this level has an emphasis on comparative analysis of more complex concepts and application of knowledge and understanding. Modules at this level cover all the core themes: exercise (fitness), health, nutrition, instructor/practitioner skills and academic/graduate skills. Issues relating to health and nutrition are covered in SHN 5132 *Promoting and Communicating Public Health Messages* and SHN 5192 *Nutrition for Sport and Exercise*. Instructor/practitioner skills are covered in SHN 5302 *Advanced Training Methods* and academic/graduate skills in SHN 5152 *Professional Development and Placement 2* and SHN 5142 *Research Methods 2*.

You will further improve personal transferable skills through health promotion and fitness modules. The Level 5 *Advanced Training Methods* module covers the knowledge and skills needed to design, manage and adapt a personal training programme in healthy individuals. Vocational skills are further progressed in a second six-week industry based placement. Over the year, students will be given the opportunity to gain the Level 3 Personal Trainer qualification and subsequent entry at Level 3 on the Register for Exercise Professionals.

At Level 6, students will be able to synthesise and critically evaluate key theories, concepts, principles and policies and be able to develop a reasoned argument. Modules at this level enable students to consolidate their learning pathways through a combination of two core modules and the remaining three modules being optional. The modules cover six of the core themes: exercise (fitness), health, nutrition, business, instructor/practitioner skills and academic/graduate skills. Students will develop knowledge, understanding and professional skills related to exercise referral in the core module SHN 6402 *Exercise Referral for Special Populations*, which integrates the opportunity to gain the Level 3 Exercise Referral qualification. The SHN 6164 Dissertation module requires students to plan, design, execute and communicate a sustained piece of independent work, which provides evidence of critical engagement. The multidisciplinary nature of the project means that, in addition to employing academic/graduate skills, the module could address one or more of the core themes. Students will then continue their study of the key themes for the programme through selection of three modules from a range including SHN 6202 *Physical Activity and Behaviour Change* which further explores the health theme. Nutrition for health is available in SHN 6182 *Healthy Weight: Practical Strategies*, SHN6252 *Advanced Nutrition for Sport and Exercise*, and SHN6122 *Applied Sports Nutrition*. Students who want to focus on health can choose PSY 6052 *Aspects of Health Psychology* or SHN6202 *Physical Activity and Behaviour Change*, or SHN6182 *Healthy Weight Practical Strategies*. Professional, business and marketing skills are further developed in Level 6 *Entrepreneurship and Creativity*, and through SHN6192 *Professional Learning Through Work*. Finally, sports performance can be pursued through selection of SHN6222 *Sports Injury*, or SHN6252 *Advanced Nutrition for Sport and Exercise*.

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6. Structure

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 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†
Programme Level Assessment (Integrated Assessment)		Sem 2	
† 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	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
SHN6122	Applied Sport Nutrition	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

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

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7. Learning, teaching and assessment

7a) Statement of the strategy for learning, teaching and assessment for the programme

Leeds Trinity University's Learning, Teaching and Assessment Strategy states that learning will be applied, collaborative and engaged (ACE, 2015). The content of the programme modules are industry driven and will provide graduates with the knowledge and skills relevant to the role of an exercise practitioner working in a variety of health, nutrition and fitness settings (Goal D, LTA strategy, 2015). The programme integrates the acquisition and application of research knowledge, theory and practice and equips graduates with advanced knowledge and skills in the scientific study of sport and exercise.

The programme is modular based and includes seven core themes: exercise (fitness), health, anatomy and physiology, nutrition, instructor/practitioner skills, business and academic/graduate skills. All modules at Levels 4 and 5 are core. Progression in these core themes develop from Level 4 through to Level 6. Exercise (fitness and referral) skills are introduced in Level 4 *Health and Fitness*, and then progressed and built on in Level 5 *Advanced Training Methods* and Level 6 *Exercise Referral*. Health is embedded in Level 4 *Health and Wellbeing* and progressed in Level 5 *Promoting and Communicating Public Health Messages* and Level 6 *Aspects of Health Psychology*. Aspects of nutrition are covered in Level 4 *Introduction to Nutrition* and then subsequently developed in Level 5 *Nutritional Biochemistry* and Level 5 *Nutrition for Sport and Exercise* and further progressed in Level 6 *Advanced Nutrition for Sport and Exercise* and Level 6 *Healthy Weight: Practical Strategies*. *Anatomy and Physiology* is introduced in Level 4 and then progressed further in *Advanced Training Methods*. Instructor/ practitioner skills are embedded in Level 4 *Health and Fitness* and developed further in Level 5 *Advanced Training Methods* and Level 6 *Exercise Referral*. Academic and graduate skills are embedded in Level 4 *Ethics and employability Skills*, Level 5 *Professional Development and Placement 2* and Level 6 *Dissertation*.

The programme content will be delivered by a wide variety of teaching methods e.g. lectures, seminars, tutorials, laboratory classes, workshops, problem-based learning, case studies, directed and self-directed activities. Using this diverse approach to learning encourages students to develop problem-solving, communication and personal skills. Practical work, in the form of laboratory classes, fitness instruction, exercise referral or workshop activities, forms an essential part of the programme, which reflects the practical nature of the health and fitness industry. Practical work enables you to reinforce deeper understanding of topics as well as developing specific skills (Goal D, LTA strategy, 2015). At Level 4, SHN 4282 *Anatomy and Physiology* and SHN 4502 *Health and Fitness* cover the knowledge and skills needed to measure cardiorespiratory fitness and design and instruct a gym-based exercise programme. At Level 5, you will further improve practical transferable skills through SHN 5302 *Advanced Training Methods*, which develops the knowledge and skills needed to design, manage and adapt a personal training programme in healthy individuals.

All Level 4 modules adopt a single semester delivery. Timetabled meetings with the Development Tutor will be scheduled as part of the ESE module to support the transition from Level 3 to Level 4. These meetings facilitate regular contact between students and tutors and provide an opportunity to discuss progress, offer support where needed and encourage students to start thinking about career plans beyond university.

Alongside taught sessions and directed activities, you will be expected to undertake a significant quantity of unsupervised study in the form of self-directed activities and directed reading. Self-directed activities are a formal element of Level 4 modules and students who complete 75% of the

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activities are granted 10% towards the module mark. At Level 4, all students are required to undertake Programme Level Assessment, a multidisciplinary project based on the programme objectives.

All Level 5 modules, with the exception of *Professional Development and Placement 2*, adopt a single semester delivery. In Level 6, almost half of the modules run across two semesters. In the final two years, you will have greater responsibility for your learning. All students will undertake a substantial independent dissertation in the final year of study, which enables them to enhance graduate and professional skills.

Graduate skills will be developed through learning tasks, which require them to either work independently or in small groups, present in a written or oral format, organise and present numerical and other forms of data and undertake tasks that require problem-solving (Goal E, LTA strategy, 2015). The programme will also promote group work, which reflects a normal working environment, where it is important to be able to cooperate and collaborate with others.

Practical skill competencies are aligned to the Skills Active National Occupational Standards and the Register of Exercise Professionals (REPS). REPS qualified exercise professionals also have access to the **International Confederation of Registers of Exercise Professionals (ICREPS) which is an international partnership between registration bodies around the world that register exercise professionals**. The purpose of ICREPS is to promote portability of qualified exercise professionals through the co-operation and affiliation of national registration schemes. ICREPS exists to serve the worldwide community of exercise professionals through an agreed framework of knowledge and competency standards, which are set for professionals and agreed nationally. These standards have been mapped and form the basis of reciprocal agreements. They are recognised through an independent registration process.

Practical skills in Level 4 Anatomy and Physiology and Health and Fitness modules give students the opportunity to work with clients, providing scientific support to the general population or sports performers to improve health and fitness. This develops students' graduate skills, professional experience and employability, as well as fulfilling the competencies required for the Level 2 Gym Instructing qualification. In a similar manner, practical competencies developed in Level 5 nutrition and personal training modules give students the professional experience required, should they wish to apply for the Level 3 Personal Trainer qualification. In Level 6 modules, students undertake *Exercise Referral* to apply for the Level 3 Exercise Referral qualification (Goal D, LTA strategy, 2015).

In SHN 6182 *Healthy Weight: Practical Strategies*, students will undertake Nutritional Assessment involving anthropometric assessment using skinfold callipers, stadiometer and BIA, providing hands on experience in applying their knowledge and understanding of anthropometry to various population groups i.e. overweight, obese, young adults and ethnic minority. Students will also learn Dietary assessment techniques including the design and implementation of Food frequency questionnaires and Diet diaries. Nutritional Analysis will be by the industrial standard software NETWISP4.0/Diet Plan 7.X, which enables student analysis of person and population specific diet as well as the interpretation of results in relation to dietary related non-communicable diseases (DR-NCDs) and current Public Health England guidance. The software also supports the design of new products based on manufacturer guidelines and presentation in the traffic light system, which promotes understanding of the EU-FSA guidelines for food labelling and food law.

Students on the module will be presented with clinical cases and will work independently to examine the cases in relation to pathogenesis and pathophysiology of the disease, disease infectivity, virulence and attack rates and in development of prevention and management

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strategies to reduce morbidity and mortality.

Other modules included on the programmes show evidence of good practice. For example, SHN 5132 *Promoting and Communicating Public Health Messages* has a strong practical focus on health promotion. In this module, students work in groups to run stalls at a health promotion event for the University community. This year 'Eat well, Be well, Do well' focused on achieving goals related to aspects of health e.g. weight management, good mental health or improved fitness. In their reports, the students evaluate the success of their stalls, taking into account their self-reflections, feedback from their peers, SHN staff (working as health professionals) and mystery shoppers who visit the stalls.

Students on the BMM 6302 Entrepreneurship module are involved in the Leeds Trinity University Business Start-up Masterclass, which offers sessions in marketing, business finance, web development and developing an online business, social values in business, generating publicity and telling your story and Dragons Den, all delivered by successful business leaders and entrepreneurs. Students are also provided opportunities to network with our guest speakers.

Moodle is the virtual learning environment used by the University and provides online access and support through a range of teaching, learning and assessment materials. Modules have individual Moodle pages providing further support via discussion boards, additional reading materials, recommended websites, news forums, multimedia, multiple choice questions and quizzes and online assessments (Goal B, LTA strategy, 2015). Teaching activities will involve a variety of digital resources including SPSS, NetWisp, Dartfish and Panopto, as well as physiological equipment (online gas analysis, Reflotron biochemical analysis, MicroOsmometer hydration assessment, Wingate testing).

Assessment serves three purposes: summative, formative and diagnostic and these different types of assessment are included in the programme. Summative assessment details are provided in advance in the Module Handbooks and details of the assessment criteria, the submission date and the date of expected feedback are included. Formative assessment forms a key part of the assessment strategy, particularly at Level 4, via compulsory self-directed activities, through practical laboratory sessions, fitness instruction, Moodle activities and written work. All Level 4 students are given the opportunity to undertake a diagnostic essay and feedback is provided by the Development Tutor. This supports the transition from Level 3 and gives the student a benchmark of standards at degree level.

Assessment methods for the programme have been selected to ensure the range of knowledge, understanding and skills is assessed appropriately. Assessment methods are diverse and typically include oral presentations, seminars, reports, case studies, running an event, laboratory reports, examinations, posters and the assessment of practical and professional skills. Alongside taught sessions and directed activities, students are expected to undertake a significant quantity of unsupervised study in the form of self-directed activities and directed reading. Additionally, to develop students' experience with multi-disciplinary thinking and working, at Level 4, all students undertake an Integrated Assessment, a multidisciplinary project based on the programme objectives and drawing on learning from across Level 4 modules. Programme level assessment is also an integral part of the Level 5 placement module, where students apply their learning from across the programme in a practical environment. At Level 6, students show their understanding and application of programme learning in the final dissertation or work-based learning project.

We have a comprehensive Development Tutoring system at Leeds Trinity. Students meet regularly with their personal tutor over the three years and are supported to develop a clear understanding of their current progress, their strengths and weaknesses and are able to plan their own development. Weekly meetings are timetabled early in Year 1 to help with the transition to

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higher education. Students also undertake practice interviews with their Development Tutor in Semester 2.

The programme team will provide relevant and effective feedback on student summative assessments and this will be provided within 20 working days, in accordance with Leeds Trinity's Assessment and Feedback Strategy.

7b) Programme learning outcomes covered

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	Assessed learning outcomes of the programme										Skills development								
	K1	K2	K3	I1	I2	I3	P1	P2	P3	P4	E1	E2	E3	E4	E5	E6	E7	E8	E9
<i>Adjust LO codes as necessary. → These must match module descriptors.</i>																			
Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these.	Theoretical aspects	Evidence-based and professional	Moral and ethical issues	Analytical research methods	Knowledge, concepts and evidence	Communication of results and arguments	Subject-related skills	Competence	Independent research	Community health programme	Self-management	Teamworking	Business & sector awareness	Problem-solving	Communication	Application of numeracy	Application of IT	Entrepreneurship / enterprise	Social, cultural & civic awareness
SHN 4142 Research Methods 1																			
SHN 4232 Introduction to Nutrition																			
SHN 4282 Anatomy and Physiology																			
SHN 4292 Health and Wellbeing																			
SHN 4992 Critical Thinking Skills																			
SHN 4502 Health and Fitness																			
SHN 5102 Nutritional Biochemistry																			
SHN 5132 Promoting and Communicating Public Health Messages																			
SHN 5142 Research Methods 2																			
SHN 5152 Professional Development and Placement																			

SHN 5162 Volunteering in Sport, Health and Nutrition																			
SHN 5192 Nutrition for Sport and Exercise																			
SHN 5302 Advanced Training Methods																			
PSY 6052 Aspects of Health Psychology																			
SHN 6164 Dissertation																			
SHN 6182 Healthy Weight: Practical Strategies																			
SHN 6192 Professional Learning Through Work																			
SHN 6202 Physical Activity and Behaviour Change																			
SHN 6252 Advanced Nutrition for Sport and Exercise																			
SHN 6402 Exercise Referral																			
BMM 6302 Entrepreneurship and Creativity																			
SHN 6222 Sports Injury																			
SHN 6122 Applied Sport Nutrition																			

8. Entry requirements

Honours degree programmes

Applicants should normally have achieved the following prior to registration for the programme:

5 academic or vocational qualifications, of which at least 2 should be GCE or VCE 'A' levels (or equivalent at level 3) and three should be GCSE English Language, Mathematics and Science at grade C (or equivalent).

Some equivalent qualifications and the current typical offer conditions in terms of UCAS tariff points are detailed in the undergraduate prospectus. For students whose first language is not English, a pass in an approved test in English is needed e.g. the International English Language Testing Service (IELTS) and the Test of English as a Foreign Language (TOEFL).

Applications are welcome from those with few or no formal qualifications. Any previous relevant work experience and learning will be assessed and, where appropriate, accredited as part of the application process. Please see Leeds Trinity's Principles and Guidelines for the Recognition of Prior Learning.

9. Progression, classification and award requirements

Details of requirements for student progression between levels and receipt of the award(s)

Students must pass all components of SHN 5152 *Professional Development and Placement 2* before progression to Level 6.

10. Prerequisites

Details of modules which must be passed before enrolment on a module at a higher level
Include the rationale which justifies imposition of the prerequisite(s) and the mark/grade required.

Students must pass Skills Active Level 2 Gym-based instruction assessments to progress to Level 3 Advanced Training Methods or Level 3 Exercise Referral qualifications.

11. External examining arrangements

External examining arrangements
(eg. joint with another programme – extended duties for someone already in post – or separate, single/multiple examiners; if multiple examiners, which subjects / types of module are to be allocated to each; any PSRB requirements)

A new external examiner will be responsible for the programme.

12. Additional information

Details regarding arrangements in respect of any special features of the programme/scheme,
(eg. a non-standard delivery pattern, study abroad, a field course, specific work placement, opportunities for onward progression from foundation degrees, constraints on out-of-programme optional module choices)

All students will be given the opportunity to undertake the Level 2 Gym-based instruction, Level 3 Personal Training and Level 3 Exercise Referral professional qualifications. Assessment for these awards will involve students undertaking separate and additional assessment(s) to the University modules.

The programme is partially mapped to the core competency requirements for registration as an Associate Nutritionist with the Association for Nutrition (AfN) and the programme team will help and guide students in developing a portfolio to apply for accreditation as an Associate Nutritionist.

13. Additional support needs

Arrangements made to accommodate students with additional support needs and any unavoidable restrictions on their participation in the programme/scheme

Students with disabilities or other support needs are welcome. Arrangements will be made, via the normal University support network, to accommodate students with additional support needs, wherever possible.