

BA (Hons) EXERCISE, HEALTH AND NUTRITION WITH FOUNDATION YEAR IN SPORT AND HEALTH**EXHNWFY**

Duration:	4 years full-time
UCAS Code:	C6Y1
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	Ordinary Degree (with Foundation Year) - 300 credits DipHE (with Foundation Year) - 240 credits CertHE (with Foundation Year) - 120 credits Foundation Certificate

Foundation Year

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 2	30 credits
SHN3013	Being Healthy in a Modern World	Sem 1 & 2	30 credits
SHN3003	Introduction to Sport and Exercise	Sem 1 & 2	30 credits

Level 4 – with effect from September 2021

Progression Requirements: 120 credits from Foundation Year

Core:	Students are required to take:		
SHN4093	Assessing Psychological and Physiological Needs in Sport and, Exercise and Health	Sem 1	30 credits
SHN4103	Fundamentals in Sport, Exercise and Health	Sem 1	30 credits
SHN4153	Applying Principles of Physical Activity to Health	Sem 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

Level 5

Progression requirements: 120 credits from Level 4

Core:	Students are required to take:		
SHN5132	Promoting and Communicating Public Health Messages	Sem 1	20 credits
SHN5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN5102	Nutritional Biochemistry	Sem 2	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits
SHN5302	Advanced Training Methods	Sem 2	20 credits†
Option:	Students are required to choose either:		
SHN5152	Professional Development and Placement 2	Sem 1 & 2	20 credits
	Or:		
SHN5162	Volunteering in Sport, Health, Nutrition	Sem 1 & 2	20 credits

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

Level 5 – with effect from September 2022

Progression requirements: 120 credits from Level 4

Core:	Students are required to take:		
SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits
SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits

SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5153	Applying Principles of Physical Activity and Nutrition to Health and Wellbeing	Sem 2	30 credits

Level 6

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

Core:	Students are required to take:		
SHN6164	Dissertation	Sem 1 & 2	40 credits
SHN6402	Exercise Referral	Sem 2	20 credits†
Options:	Students are required to choose 60 credits from:		
PSY6052	Aspects of Health Psychology	Sem 1	20 credits
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
BMM6302	Entrepreneurship and Creativity	Sem 1 & 2	20 credits
SHN6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN6122	Applied Sport Nutrition	Sem 1 & 2	20 credits

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

Level 6 – with effect from September 2023

Progression requirements: 120 credits from Level 5

Core:	Students are required to take:		
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits
SHN6193	Prescribing Exercise Programmes for Special Populations	Sem 1 & 2	30 credits
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits