

BSc (Hons) 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

Full-time study**Level 4** – not available for study from 2023/24**Level 5** – not available for study from 2024/25**Level 6**

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 in Sport and Exercise Sciences	Sem 1 & 2	30 credits

Part-time study**Level 4 Year 1**– Not available for study 2023/24**Level 4 Year 2**– With effect from: September 2023

Core:	Students are required to take the following modules:		
SHN4065	Introduction to Sport Psychology	Sem 1	15 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

Level 5 Year 3 – With effect from: September 2024

Core:	Students are required to take the following modules:		
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 2	30 credits

Level 5 Year 4 – With effect from: September 2025

Core:	Students are required to take the following modules:		
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 1 & 2	30 credits

Level 6 Year 5 – With effect from: September 2026

Core:	Students are required to take the following modules:		
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Sem 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits

Level 6 Year 6 – With effect from: September 2027

Core:	Students are required to take the following modules:		
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6193	Prescribing Exercise Programmes for Special Populations	Sem 1 & 2	30 credits