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.

Removal of two 30 credit modules at Level 4 and replacement by 15 credit modules – School Board Approval January 2022
Level 6 Placement Changes – Central Scrutiny Group approval May 2022.

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).

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 4 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15
SHN4065	Introduction to Sport Psychology	Semester 1	15
SHN4055	Introduction to Nutrition	Semester 1	15
SHN4153	Applying Principles of Physical Activity to Health	Semester 2	30
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30
Options: You are required to choose 15 credits from the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4035	Fundamentals of Human Movement	Semester 1	15
SHN4025	Fundamentals in Strength and Conditioning	Semester 1	15
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 in Sport and Exercise Sciences	Semester 1 & 2	30

Programme Structure – BSc (Hons) Exercise, Health and Nutrition	
Duration	6 years part-time
Total credit rating	360 (180 ECTS)

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 4 Year 1 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15 credits
SHN4055	Introduction to Nutrition	Semester 1	15 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits
Level 4 Year 2 – With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4065	Introduction to Sport Psychology	Semester 1	15 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
Options: You are required to choose 15 credits from the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4035	Fundamentals of Human Movement	Semester 1	15 credits
SHN4025	Fundamentals in Strength and Conditioning	Semester 1	15 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 in Sport and Exercise Sciences	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

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	Faculty of Social and Health Sciences
Department	School of Health, Sport and Life Sciences
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**
	Foudnation Knowledge	Understanding of the research process	Role of Exercise, Health and Nutrition	Moral and Ethical Issues	Capability to compare sources	Role of theory	Undertstanding of Ethics	Appliciation of Refelective practice	Subject related skills	Basic Needs Analyss	Plan and Instruct	Communication
SHN4093 Assessing Psychological and Physiological needs in Sport, Exercise and Health												
SHN4103 Funadmentals in Sport, Exercise and Health												
SHN4153 Applying Principles of Physical Activity to Health												
SHN4143 Professional Skills in Sport, Exercise and Health												
SHN4045 Introduction to Anatomy and Physiology												
SHN4055 Introduction to Nutrition												
SHN4065 Introduction to Sport Psychology												

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	Crictally reflect	Subject skills	Detailed needs analysis	Plan, design and execute pracicals	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	Critcial analysis	Evaluation of interventions	Diversity and changing nature	Moral and social awareness	Range of evidence	Evaluation of Ethcis	Critcal reflection	Subject realated skills	Needs analyse and interventions	Plan design and evaluate praticals	Communciation
SHN6183 Advanced Nutrition for Sport and Exercise												
SHN6193 Prescribing Exercise Programmes for Special Populations												
SHN6033 Independent Project												
SHN6143 Professional Learning Through Work in Sport and Exercise Sciences												

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	■	■	■	■	■		■	■	■
SHN4045 Introduction to Anatomy and Physiology	■			■	■	■	■		
SHN4055 Introduction to Nutrition	■			■	■	■	■		
SHN4065 Introduction to Sport Psychology		■		■	■				
SHN4035 Fundamentals of Human Movement	■								
SHN4025 Fundamentals in Strength and Conditioning									
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 Professinal Learning Through Work									