

# Physical Activity and Health Promotion\*

BSc (Hons) Single Honours

\* This course will be renamed **Sport, Physical Activity and Health Promotion** from September 2023 enrolment

YEAR 1		YEAR 2		YEAR 3	
Semester 1	Semester 2	Semester 1	Semester 2	Semester 1	Semester 2
Introduction to Nutrition	Psychology of Food	Enhancing Physical Activity Across the Lifespan	Motivating Health Behaviour	Project/Dissertation	
The Sport and Exercise Practitioner	Physiology for Human Movement	Determinants of Health	Physical Activity and Health	Clinical Populations and Rehabilitation	
Introduction to the Psychology of Sport and Exercise	Fitness and Assessment	Research Methods for Sport and Health Sciences	Exercise Prescription for Health Conditions	Strength and Conditioning	
Anatomy for Sport and Exercise	Health Promotion and Behaviour Change	Nutritional Biochemistry and Metabolism	Applied Human Nutrition	Public Health Policy	Energy Regulation and Obesity
		Principles of Training		Clinical Nutrition	Emerging Technology in Exercise and Health
		Work Experience 1		Work Experience 2	
		Independent Study 1		Independent Study 2	

Compulsory module

Optional module