

DEGREE OF BACHELOR OF SCIENCE IN EXERCISE AND HEALTH SCIENCE (04C60070)

DESIGNATED DEGREE OF BACHELOR OF SCIENCE IN EXERCISE AND HEALTH SCIENCE (04C60089)

Students must also comply with the University General Regulations and the Supplementary Regulations for the Degree of Bachelor of Science

All the courses listed below are prescribed for this degree

PROGRAMME YEAR 1 – 120 Credit Points					
First Half Session			Second Half Session		
Course Code	Course Title	Credit Points	Course Code	Course Title	Credit Points
PD 1001	Professional Skills Part 1	0			
SM 1001	Introduction to the Medical Sciences	15	SM 1501	The Cell	15
SR 1002	Introduction to the Science of Sport, Exercise and Health	15	SR 1503	Fitness, Performance and Survival	15
EITHER:					
CM 1020	Chemistry for the Life Sciences 1	15	AND: CM 1512	Chemistry for the Life Sciences 2	15
OR:					
PS 1009	Introductory Psychology 1: Concepts and Theory	15	AND: PS 1509	Introductory Psychology II: Concepts and Theory	15
Plus 30 credit points from courses of choice.					

PROGRAMME YEAR 2 – 120 Credit Points					
First Half-Session			Second Half-Session		
Course Code	Course Title	Credit Points	Course Code	Course Title	Credit Points
BI 20B2	Physiology of Human Cells	15	BI 25B2	Physiology of Human Organ Systems	15
SR 2002	The Science of Sports Performance	15	SR 2501	Exercise And Health	15
SM 2001	Foundation Skills for Medical Sciences	15	SM 2501	Research Skills for Medical Sciences	15
Plus a minimum of one course from the following 3:					
PS 2017	Advanced Psychology A: Concepts and Theory	15	BI 25M7	Energy for Life	15
			PS 2517	Advanced Psychology B: Concepts and Theory	15
Plus credits from courses of choice to reach a total of 120.					

PROGRAMME YEAR 3 – 120 Credit Points					
First Half-Session			Second Half-Session		
Course Code	Course Title	Credit Points	Course Code	Course Title	Credit Points
SR 3022	Sports Psychology	30	SR 3508	Clinical Exercise Physiology	30
			SR 3511	Nutrition, Health and Disease	30
Plus 30 credit points from courses of choice.					

PROGRAMME YEAR 4 – 120 Credit Points HONOURS YEAR					
First Half-Session			Second Half-Session		
Course Code	Course Title	Credit Points	Course Code	Course Title	Credit Points
BM 4301	The Science of Ageing – From Cradle to Grave	15	BM 4901	Biomedical Sciences Honours General Essay Paper	0
SR 4008	Nutrition, Obesity and Metabolic Health	15	BM 4902	Biomedical Sciences Honours Exam Data Analysis Paper	0
SR 4007	Research Topics in Sports Science and Studies	30	SR 4501	Exercise Science Project	60

Notes	
1.	Honours programme may only be taken by full-time study.
2.	Honours candidates are required to take both a two hour general examination (BM 4901) and a three hour problem solving examination (BM 4902) at the end of the Final Honours Year.
3.	For Honours students the examinations for courses taken in the Final Honours Year will be held at the end of the session.
4.	Designated Programme: See Supplementary Regulation 1.