



## **BSc with Honours in Fitness, Nutrition and Health – 2020 entry**

**Duration of programme:** 4 years (where students join the programme in year 1)

**Award on successful completion:** Bachelor of Science with Honours

**Location of delivery:** Abertay University, Bell Street, Dundee

**Composition of the programme:** 120 SCQF (Scottish Credit and Qualifications Framework) credits in each academic year, delivered in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each year. Work placements are available during the programme. All students complete a 40 credit individual research project in the final year.

**Contact hours and workload:** Each academic year typically requires 1200 hours of student effort; on average across the 4 years of this programme, 22% of that time is in lectures, seminars, practicals and similar activities; the remainder is independent study, which will include time on placement.

**Assessment methods:** The programme is assessed using a combination of examination and course work to help students develop a variety of intellectual and practical skills, such as being able to put forward a position based on evidence, or being able to discuss and promote ideas within a group.

**Additional costs:** Students have to cover the cost of obtaining membership of the PVG scheme in order to be able to work with children and vulnerable adults (cost £59 for a new application, £18 for update). They also have to purchase Abertay branded sports kit for use in practical sessions and placements. The cost of the basic kit is approximately £60. All costs stated are correct at September 2019.

**Academic staff:** This programme is delivered by staff in the Divisions of Food Science, and Sport and Exercise Sciences in the School of Applied Sciences. Staff profiles can be viewed at <https://www.abertay.ac.uk/staff-search>

| <b>Core modules in the programme:</b>                           |
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| Fundamentals of Nutrition                                       |
| Introduction to Anatomy and Biomechanics for Sport and Exercise |
| Nutrition and the Consumer                                      |
| Psychology of Exercise and Health                               |
| Nutrition Through the Lifespan                                  |
| Social Science of Physical Activity and Health                  |
| Work Placement  |
| Public Health Nutrition and Health Promotion                    |
| Key Concepts in Sport and Exercise Physiology                   |
| Clinical Nutrition  |
| Physical Activity and Health Promotion                          |
| Research Methods  |
| Physiology of Obesity and Non-communicable Diseases             |
| Physical Activity for Special Populations                       |
| Individual Research Project                                     |
| Lifestyle Management  |

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| <b>Other modules that may be offered, but are subject to change over time:</b> |
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| Public Health and Physical Activity |
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| Health Related Fitness Assessment and Programming |
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| Science: Principles and Practice |
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**Developments in the discipline:** The curriculum may evolve in response to change in legislation, government led health initiatives, consumer trends, professional body requirements, industry training demands and technological innovations. This keeps the curriculum relevant and maintains a real world connection as new policy, practice, employability and professional approaches come to the forefront. These new developments are readily incorporated into the curriculum and module content without having to fundamentally change the module structure.