

2013/14 Programme of Study

BSc (Hons) Sport and Exercise Sciences (Strength and Conditioning)

(SPESCSH)

Duration: 3 years full-time / 6 years part-time

Total credit rating: 360

Level 4 – with effect from September 2013

Please refer to the Prospectus for entry requirements:

Core:	Candidates are required to take:		
SHN4402	Motor Performance and Development	Sem 1	20 credits
SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN4142	Research Methods 1	Sem 1 & 2	20 credits
SHN4272	Professional Development and Placement 1	Sem 1 & 2	20 credits

Level 5 – with effect from September 2014

Progression requirements: 120 credits from Level 4, or equivalent.

Core:	Candidates are required to take:		
SHN5222	Biomechanical Analysis of Performance	Sem 1	20 credits
SHN5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN5262	Sport Psychology: Theory to Practice	Sem 2	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits
SHN5172	Physiology of Training	Sem 2	20 credits

and are required to choose 20 credits from:

SHN5152	Professional Development and Placement 2	Sem 1	20 credits
SHN5162	Volunteering in SHN	Sem 1	20 credits

Level 6 – with effect from September 2015

Progression requirements: 120 credits from Level 4 and 120 credits from level 5, or equivalent.

Core:	Candidates are required to take:		
SHN6302	Applied Strength and Conditioning	Sem 1 & 2	20 credits

and are required to choose 20 or 40 credits from::

SHN6152	Research Project	Sem 1 & 2	20 credits
(SHN6164	<i>Dissertation* see note below</i>	<i>Sem 1 & 2</i>	<i>40 credits</i>)

Students who have selected SHN6152 are required to choose 80 credits from:

Students who have selected SHN6164 are required to choose 60 credits from:

SHN6212	Performance Physiology	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis	Sem 2	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits

SHN6192 may not be taken with SHN6164

SHN6164 may not be taken with SHN6192

SHN6164 may not be taken without permission from the Module Leader, following approval candidates will be required to Drop SHN6152 and a further 20 credits.

*Students should normally have 60% for all components of Research Methods at Level 5 and an overall 2i mean score for all Level 5 modules is required.