

Sport and Exercise Sciences (Strength and Conditioning)*(SPESCSH)***Duration:** 3 years full-time / 6 years part-time**Total credit rating:** 360**Course code:** C6C3**Award Aim:** BSc (Hons) – 360 credits**Subsidiary awards:** Dip He – 240 credits

Cert HE – 120 credits

Level 4

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 2	20 credits
SHN4992	Critical Thinking Skills	Sem 1	20 credits
SHN 4000	Programme Level Assessment	Sem 1&2	0 credits

Level 5

Progression requirements: 120 credits from Level 4, or equivalent, including a pass in SHN4000;

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

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
SHN6164	Dissertation	Sem 1 & 2	40 credits

and 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