

Sport and Exercise Sciences (Sports Nutrition) (SPESNSH)

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

Total credit rating: 360

Course code: C6B4

Award Aim: BSc (Hons) – 360 credits

Subsidiary awards: Dip HE – 240 credits

Cert HE – 120 credits

Level 4

Core: Candidates are required to take:

SHN4232	Introduction to Food and Nutrition	Sem 1	
SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4302	Sport and Exercise Psychology	Sem 2	20 credits
SHN4312	Performance Analysis	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, including a pass in SHN4000;

Core: Candidates are required to take:

SHN5222	Biomechanical Analysis of Performance	Sem 1	20 credits
SHN5192	Sport and Performance Nutrition	Sem 1	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits
SHN5262	Sport Psychology: Theory to Practice	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 Levels 4 and 120 credits from level 5.

Core: Candidates are required to take:

SHN6122	Applied Sport Nutrition	Sem 1 & 2	20 credits
SHN6164	Dissertation	Sem 1 & 2	40 credits

and are required to select a further 60 credits from:

SHN6212	Performance Physiology	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis	Sem 2	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6252	Advanced Sport and Performance Nutrition	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 1	20 credits
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits