

**Sport and Exercise Sciences (Strength and Conditioning)** (SPESCSH)

**Note:** from AY 2017/18 the course title will be: *Strength & Conditioning*

**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:

<b>Core:</b>	Candidates are required to take:		
SHN4402	Motor Performance and Development	<b>16/17 only</b>	Sem 1 20 credits
SHN4472	<i>Exercise Psychology</i>	<b>from 17/18</b>	Sem 2 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	Ethics, Society and Employability		Sem 1&2 20 credits
SHN 4000	Programme Level Assessment		Sem 1&2 0 credits

**Level 5**

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

<b>Core:</b>	Candidates are required to take:		
SHN5222	Biomechanical Analysis of Performance		Sem 2 20 credits
SHN5272	Strength and Conditioning in Practice		Sem 1 20 credits
SHN5262	Sport Psychology: Theory to Practice		Sem 1 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&2 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.

<b>Core:</b>	Candidates are required to take:		
SHN6302	Applied Strength and Conditioning		Sem 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 1 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