

BSc (Hons) Strength and Conditioning with Foundation Year in Sport and Health**SGACDFY**

Duration:	4 years full-time
Total credit rating:	360
Course code:	H1FY
Award Aim:	BSc (Hons) - 360 credits
Subsidiary awards:	Ordinary Degree (with Foundation Year) - 300 credits Dip HE (with Foundation Year) - 240 credits Cert HE (with Foundation Year) - 120 credits Foundation Certificate

Foundation Year – with effect from September 2018

Please refer to the Prospectus for entry requirements

Core:	Students are required to take:		
SHN3113	Academic Skills and Studying with Confidence	Sem 1 & 2	30 credits
SHN3103	Project	Sem 2	30 credits
SHN3013	Being Healthy in a Modern World	Sem 1 & 2	30 credits
SHN3003	Introduction to Sport and Exercise	Sem 1 & 2	30 credits

Level 4 – with effect from September 2019

Progression requirements: 120 credits from Foundation Year

Core:	Students are required to take:		
SHN4302	Introduction to Sport Psychology	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
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits

Option: **Students are required to choose 20 credits from the following:**

SHN4472	Exercise Psychology	Sem 2	20 credits
SHN4502	Health and Fitness	Sem 2	20 credits

Level 5 – with effect from September 2019

Progression requirements: 120 credits from Level 4

Core:	Students 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	Sem 2	20 credits
SHN5172	Physiology of Training*	Sem 2	20 credits

Option: **Students are required to choose 20 credits from the following:**

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

Level 6 - with effect from September 2020

Progression requirements: 120 credits from Level 5

Core:	Students are required to take:		
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN6164	Dissertation	Sem 1 & 2	40 credits
Option:	Students are required to choose 40 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
SHN6402	Exercise Referral*	Sem 2	20 credits