

BSc (Hons) SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION)**SPESNSH**

Duration:	3 years full-time / 6 years part-time
UCAS Code:	C6B4
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	DipHE - 240 credits CertHE - 120 credits

Level 4

Please refer to the Prospectus for entry requirements

Core:	Students are required to take:		
SHN4232	Introduction to Nutrition	Sem 1	20 credits
SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
SHN4472	Exercise Psychology	Sem 2	20 credits
Option:	Students are required to choose 20 credits from the following:		
SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN4502	Health and Fitness	Sem 2	20 credits

Level 5

Progression requirements: minimum of 120 credits from Level 4

Core:	Students are required to take:		
SHN5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN5142	Research Methods	Sem 2	20 credits
SHN5172	Physiology of Training*	Sem 2	20 credits
Option:	Students are required to choose either of the following:		
SHN5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 6

Progression requirements: minimum of 120 credits from Level 5

Core:	Students are required to take:		
SHN6164	Dissertation	Sem 1 & 2	40 credits
SHN6122	Applied Sport Nutrition*	Sem 2	20 credits
Option:	Students are required to choose 60 credits from the following:		
SHN6212	Performance Physiology	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis*	Sem 1	20 credits
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
SHN6402	Exercise Referral*	Sem 2	20 credits

Duration: 6 years part-time

Total credit rating: 360 credits

Level 4

Please refer to the Prospectus for entry requirements.

Year 1

Core: Students are required to take:

SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits

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

SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
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Year 2

Core: Students are required to take:

SHN4232	Introduction to Nutrition	Sem 1	20 credits
SHN4472	Exercise Psychology	Sem 2	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits

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

SHN4502	Health and Fitness	Sem 2	20 credits
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Level 5

Progression requirements: minimum of 120 credits from Level 4

Year 3

Core: Students are required to take:

SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits

Option: Students are required to choose either of the following:

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

Year 4

Core: Students are required to take:

SHN5192	Sport and Performance Nutrition	Sem 1	20 credits
SHN5142	Research Methods	Sem 2	20 credits
SHN5172	Physiology of Training*	Sem 2	20 credits

Level 6

Progression requirements: minimum of 120 credits from Level 5

Year 5

Core: Students are required to take:

SHN6122	Applied Sport Nutrition*	Sem 2	20 credits
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Option: Students are required to choose 60 credits from the following Level 6 option modules:

SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN6212	Performance Physiology	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis*	Sem 1	20 credits
SHN6252	Advanced Sport and Performance Nutrition	Sem 1	20 credits
SHN6402	Exercise Referral*	Sem 2	20 credits

Year 6

Core:

SHN6164

Students are required to take:

Dissertation

Sem 1 & 2

40 credits

Option:

SHN6222

Sports Injury

Sem 1

20 credits

SHN6202

Physical Activity and Behaviour Change

Sem 2

20 credits

SHN6182

Healthy Weight: Practical Strategies

Sem 2

20 credits