

BSc (Hons) SPORT AND EXERCISE SCIENCES WITH FOUNDATION YEAR IN SPORT AND HEALTH**SPEXWFY**

Duration: 4 Years full-time
UCAS Code: CF15
Award: BSc (Hons) - 360 credits
Subsidiary awards: Ordinary Degree (with Foundation Year) - 300 credits
 DipHE (with Foundation Year) - 240 credits
 CertHE (with Foundation Year) - 120 credits
 Foundation Certificate

Foundation Year – with effect from September 2018

Entry requirements: see Undergraduate Prospectus

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:

SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4302	Introduction to Sport Psychology	Sem 1	20 credits
SHN4992	Ethics Society and Employability	Sem 1 & 2	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits

Option: Students are required to choose 40 credits from the following:

SHN4472	Exercise Psychology	Sem 2	20 credits
SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN4502	Health and Fitness	Sem 2	20 credits

Level 5 – with effect from September 2020

Progression requirements: minimum of 120 credits from Level 4

Core: Students are required to take:

SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5142	Research Methods	Sem 2	20 credits
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN5172	Physiology of Training*	Sem 2	20 credits

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

SHN5202	Coaching and Assessment of Performance	Sem 1	20 credits
SHN5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN5302	Advanced Training Methods*	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 – with effect from September 2020

Progression requirements: minimum of 120 credits from Level 5

Core:	Students are required to take:		
SHN6164	Dissertation	Sem 1 & 2	40 credits
Option:	Students are required to choose 20 credits from the following:		
SHN6292	Applied Sport Psychology	Sem 2	20 credits
SHN6302	Applied Strength and Conditioning	Sem 2	20 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
SHN6242	Applied Biomechanics and Movement Analysis*	Sem 1	20 credits
SHN6222	Sport Injury	Sem 1	20 credits
SHN6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6402	Exercise Referral*	Sem 2	20 credits