

BSc (Hons) SPORT AND EXERCISE SCIENCES**SPXSCSH**

Duration:	3 years full-time / 6 years part-time
UCAS Code:	C600
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	DipHE - 240 credits CertHE - 120 credits

Level 4 – with effect from September 2019

Please refer to the Prospectus for entry requirements

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 2019

Progression requirements: minimum of 120 credits from Level 4

Core:	Students are required to take:		
SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN 5172	Physiology of Training*	Sem 2	20 credits
Option:	Students are required to choose 20 credits from the following:		
SHN 5202	Coaching and Assessment of Performance	Sem 1	20 credits
SHN 5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 5302	Advanced Training Methods*	Sem 2	20 credits
Option:	Students are required to choose either of the following:		
SHN 5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 6 – with effect from September 2019

Progression requirements: minimum of 120 credits from Level 5

Core:	Students are required to take:		
SHN 6164	Dissertation	Sem 1 & 2	40 credits
Option:	Students are required to choose 20 credits from the following:		
SHN 6292	Applied Sport Psychology	Sem 2	20 credits
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN 6122	Applied Sport Nutrition*	Sem 2	20 credits

Option:	Students are required to choose 60 credits from the following:		
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis*	Sem 1	20 credits
SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 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:		
SHN 6164	Dissertation	Sem 1 & 2	40 credits

Option:	Students are required to choose 20 credits from the following:		
SHN 6292	Applied Sport Psychology	Sem 2	20 credits
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits

Option:	Students are required to choose 60 credits from the following:		
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN 6402	Exercise Referral*	Sem 2	20 credits

**Modules with a pre-requisite*