

**BSc (Hons) Strength and Conditioning****STRGCON**

<b>Duration:</b>	3 years full-time / 6 years part-time
<b>Total credit rating:</b>	360
<b>Course code:</b>	C6C3
<b>Award Aim:</b>	BSc (Hons) - 360 credits
<b>Subsidiary awards:</b>	Dip He - 240 credits Cert HE - 120 credits

**Level 4** – with effect from September 2019

Please refer to the Prospectus for entry requirements

<b>Core:</b>	<b>Students are required to take:</b>		
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
<b>Option:</b>	<b>Students are required to choose 20 credits from the following:</b>		
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

<b>Core:</b>	<b>Students are required to take:</b>		
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
<b>Option:</b>	<b>Students are required to choose 20 credits from the following:</b>		
SHN5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN5162	Volunteering in SHN	Sem 1 & 2	20 credits

**Level 6** - Available to study 2019/20 only

Progression requirements: 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
SHN6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN6164	Dissertation	Sem 1 & 2	40 credits
<b>Option:</b>	<b>Students are required to choose 60 credits from:</b>		
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
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

**Level 6** - with effect from September 2020

Progression requirements: 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
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
<b>Option:</b>	<b>Students are required to choose 40 credits from:</b>		
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

## Part-Time Structure – with effect from September 2019

**Duration:** 6 years part-time

**Total credit rating:** 360

### Level 4 – with effect from September 2019

**Core: Students are required to take:**

**Year 1**

SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4992	Ethics Society and Employability	Sem 1 & 2	20 credits
SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits

**Year 2**

SHN 4302	Introduction to Sport Psychology	Sem 1	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits
SHN 4000	Programme level assessment		0 credit

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

**Year 2**

SHN 4472	Exercise Psychology	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits

### Level 5 – with effect from September 2021

Progression requirements: minimum of 120 credits from Level 4

**Core: Students are required to take:**

**Year 3**

SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits

**Year 4**

SHN 5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5172	Physiology of Training	Sem 2	20 credits

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

**Year 3**

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 2023

Progression requirements: minimum of 120 credits from Level 5

**Core: Students are required to take:**

**Year 5**

SHN 6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits

**Year 6**

SHN 6164	Dissertation	Sem 1 & 2	40 credits
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**Option:**            **Students are required to choose 40 credits from the following:**

**Year 5**

SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6402	Exercise Referral	Sem 2	20 credits

**Year 6**

SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits