

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

<b>Duration:</b>	4 Years full-time
<b>UCAS Code:</b>	CF15
<b>Award:</b>	BSc (Hons) - 360 credits
<b>Subsidiary awards:</b>	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

<b>Core:</b>	<b>Students are required to take:</b>		
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

<b>Core:</b>	<b>Students are required to take:</b>		
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

<b>Option:</b>	<b>Students are required to choose 40 credits from the following:</b>		
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

<b>Core:</b>	<b>Students are required to take:</b>		
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

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

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

\*Modules with a pre-requisite

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

Progression requirements: minimum of 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
SHN6164	Dissertation	Sem 1 & 2	40 credits
<b>Option:</b>	<b>Students are required to choose 20 credits from the following:</b>		
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
<b>Option:</b>	<b>Students are required to choose 60 credits from the following:</b>		
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