

**BSc (Hons) SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION) WITH
FOUNDATION YEAR IN SPORT AND HEALTH**
SPXSNFY

Duration:	4 years full-time
UCAS Code:	CC60
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

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

Progression Requirements: 120 credits from Foundation Year

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	Sport and Performance Nutrition	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

**Modules with a pre-requisite*