AY 2021/22 Programme Structure 7 July 2021

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
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 2021
Progression Requirements: 120 credits from Foundation Year

Core:	**Students are required to take:**		
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Sem 1	30 credits
SHN4103	Fundamentals in Sport, Exercise and Health	Sem 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

Level 5
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 5 – with effect from September 2022
Progression requirements: minimum of 120 credits from Level 4

Core:	**Students are required to take:**		
SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits
SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits
SHN5065	Biomechanical Analysis of Movement	Sem 2	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits

Option:	**Students are required to choose 15 credits from the following:**		
SHN5115	Nutrition for Sport Performance	Sem 2	15 credits
SHN5123	Strength and Conditioning in Action	Sem 2	15 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

Option:	**Students are required to choose 20 credits from the following:**		
SHN6292	Applied Sport Psychology	Sem 1 & 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

Level 6 – with effect from September 2023
Progression requirements: minimum of 120 credits from Level 5

Core:	**Students are required to take:**		
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits
SHN6223	Case Studies in Sport and Exercise Science	Sem 2	30 credits

Option:	**Students are required to choose 30 credits from the following:**		
SHN6163	Applied Physiology	Sem 1	30 credits
SHN6173	Applied Performance Testing	Sem 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Sem 1	30 credits

**Modules with a pre-requisite*