

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

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

**Level 4** – with effect from September 2021

Please refer to the Prospectus for entry requirements

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

<b>Core:</b>	<b>Students are required to take:</b>		
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
<b>Option:</b>	<b>Students are required to choose 20 credits from the following:</b>		
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
<b>Option:</b>	<b>Students are required to choose either of the following:</b>		
SHN 5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits

**Level 5** – with effect from September 2022

Progression requirements: minimum of 120 credits from Level 4

<b>Core:</b>	<b>Students are required to take:</b>		
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
<b>Option:</b>	<b>Students are required to choose 15 credits from the following:</b>		
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

<b>Core:</b>	<b>Students are required to take:</b>		
SHN 6164	Dissertation	Sem 1 & 2	40 credits
<b>Option:</b>	<b>Students are required to choose 20 credits from the following:</b>		
SHN 6292	Applied Sport Psychology	Sem 1 & 2	20 credits
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits
<b>Option:</b>	<b>Students are required to choose 60 credits from the following:</b>		
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*

## **Level 6** – with effect from September 2023

Progression requirements: minimum of 120 credits from Level 5

<b>Core:</b>	<b>Students are required to take:</b>		
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
<b>Option:</b>	<b>Students are required to choose 30 credits from the following:</b>		
SHN6163	Applied Physiology	Sem 1	30 credits
SHN6173	Applied Performance Testing	Sem 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Sem 1	30 credits

## **Part-Time**

### **Level 4**

Year 1 – with effect from: September 2021

<b>Core:</b>	<b>Students are required to take:</b>		
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Sem 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits

Year 2 – with effect from: September 2022

<b>Core:</b>	<b>Students are required to take:</b>		
SHN4103	Fundamentals in Sport, Exercise and Health	Sem 1	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

## **Level 5**

Year 3 – with effect from: September 2023

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

SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits
SHN5065	Biomechanical Analysis of Movement	Sem 2	15 credits

Year 4 – with effect from: September 2024

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

SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits

**Options: Students are required to choose 15 credits from:**

SHN5115	Nutrition for Sport Performance	Sem 2	15 credits
SHN5123	Strength and Conditioning in Action	Sem 2	15 credits

## **Level 6**

Year 5 – with effect from: September 2025

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

SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits
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**Options: Students are required to choose 30 credits from the following modules:**

SHN6163	Applied Physiology	Sem 1	30 credits
SHN6173	Applied Performance Testing	Sem 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Sem 1	30 credits

Year 6 – with effect from: September 2026

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

SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6223	Case Studies in Sport and Exercise Science	Sem 2	30 credits