

BSc (Hons) Strength and Conditioning Science**STRCONS**

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

Level 4 – with effect from September 2021

Please refer to prospectus for entry requirements

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 – with effect from September 2022

Progression requirements: 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
SHN5125	Strength and Conditioning in Action	Sem 2	15 credits

Level 6 – with effect from September 2023

Progression requirements: 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
SHN6153	Applied Strength and Conditioning	Sem 2	30 credits
Option:	Students are required to choose 30 credits from:		
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

Core: Students are required to take:

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

Core: Students are required to take:

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
SHN5125	Strength and Conditioning in Action	Sem 2	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1&2	30 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
SHN6153	Applied Strength and Conditioning	Sem 2	30 credits