

BSc (Hons) SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION)**SPESNSH**

Duration: 3 years full-time / 6 years part-time
UCAS Code: C6B4
Award: BSc (Hons) - 360 credits
Subsidiary awards: DipHE - 240 credits
 CertHE - 120 credits

Level 4 – with effect from September 2022

Please refer to the Prospectus for entry requirements

Core:	Students are required to take:		
SHN4045	Introduction to Anatomy and Physiology	Sem 1	15 credits
SHN4035	Fundamentals of Human Movement	Sem 1	15 credits
SHN4065	Introduction to Sport Psychology	Sem 1	15 credits
SHN4055	Introduction to Nutrition	Sem 1	15 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: minimum of 120 credits from Level 4

Core:	Students are required to take the following modules:		
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
SHN5115	Nutrition for Sport Performance	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
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
(Not available for study 2022/23)			
SHN6402	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

Core: Students required to take the following modules

SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits

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

Part-Time

Level 4

Year 1– with effect from: September 2022

Core: Students are required to take the following modules :

SHN4045	Introduction to Anatomy and Physiology	Sem 1	15 credits
SHN4055	Introduction to Nutrition	Sem 1	15 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits

Year 2 – with effect from: September 2023

Core: Students are required to take the following modules

SHN4035	Fundamentals of Human Movement	Sem 1	15 credits
SHN4065	Introduction to Sport Psychology	Sem 1	15 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

Level 5

Year 3 – with effect from: September 2024

Core: Students are required to take the following modules

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 2025

Core: Students are required to take the following modules

SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5115	Nutrition for Sport Performance	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 2026

Core:	Students are required to take the following modules		
SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits

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 2027

Core:	Students are required to take the following modules		
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits