

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 1 & 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:		
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits
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
Options:	Students are required to choose 15 credits from the following:		
SHN4055	Introduction to Nutrition	Sem 1	15 credits
SHN4025	Fundamentals in Strength and Conditioning	Sem 1	15 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
SHN5125	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:
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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*