

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

**Duration:** 3 years full-time / 6 years part-time  
**UCAS Code:** C600  
**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

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

<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
SHN5125	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 2022

<b>Core:</b>	<b>Students are required to take:</b>		
SHN4045	Introduction to Anatomy and Physiology	Sem 1	15 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits

<b>Options:</b>	<b>Students are required to choose 15 credits from the following:</b>		
SHN4055	Introduction to Nutrition	Sem 1	15 credits
SHN4025	Fundamentals in Strength and Conditioning	Sem 1	15 credits

Year 2 – with effect from: September 2023

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

<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
SHN5065	Biomechanical Analysis of Movement	Sem 2	15 credits

Year 4 – with effect from: September 2025

<b>Core:</b>	<b>Students are required to take:</b>		
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
SHN5125	Strength and Conditioning in Action	Sem 2	15 credits

**Level 6**

Year 5 – with effect from: September 2026

**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 2027

**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