

BSc (Hons) Strength and Conditioning Science with Foundation Year in Sport and Health**STCOSFY**

Duration:	4 years full-time
Total credit rating:	360
Course code:	C6C3
Award Aim:	BSc (Hons) - 360 credits
Subsidiary awards:	Dip He - 240 credits Cert HE - 120 credits Foundation Certificate

Foundation Year – with effect from September 2020

Please refer to prospectus for entry requirements

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 2022

Please refer to 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
SHN4025	Fundamentals in Strength and Conditioning	Sem 1	15 credits
SHN4065	Introduction to Sport Psychology	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: 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