

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

Full-time study**Level 4** – not available for study 2023-24

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

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 Psychology: Working with Stakeholders	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 – 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 in Sport and Exercise Sciences	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
PSY6033	Sport Psychology in Context	Sem 1 & 2	30 credits

Part-time study

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 in Sport and Exercise Sciences	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
PSY6033	Sport Psychology in Context	Sem 1 & 2	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