

**BSc (Hons) SPORT AND EXERCISE SCIENCES WITH FOUNDATION YEAR IN SPORT AND EXERCISE****SPXSCFY**

<b>Duration:</b>	4 Years full-time
<b>UCAS Code:</b>	CF15
<b>Award:</b>	BSc (Hons) - 360 credits
<b>Subsidiary awards:</b>	Ordinary Degree (with Foundation Year) - 300 credits DipHE (with Foundation Year) - 240 credits CertHE (with Foundation Year) - 120 credits Foundation Certificate

**Foundation Year** – with effect from September 2023

Please refer to the Prospectus for entry requirements

<b>Core:</b>	<b>Students are required to take:</b>		
SHN3113	Academic Skills and Studying with Confidence	Sem 1 & 2	30 credits
SHN3103	Project	Sem 1 & 2	30 credits
SHN3123	Promoting Exercise, Physical Activity and Health	Sem 1 & 2	30 credits
SHN3133	Scientific Principles within Sport	Sem 1 & 2	30 credits

**Level 4**

Progression Requirements: 120 credits from Foundation Year

<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**

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 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

<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** – 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 in Sport Sciences	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
PSY6033	Sport Psychology in Context	Sem 1 & 2	30 credits