## **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

#### **Full-time study**

#### **Level 4** – with effect from September 2022

Please refer to the Prospectus for entry requirements

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 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 Healtl	n 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** – 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 in Sport Sciences	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 fo	llowing:	
Option: SHN6163	Students are required to choose 30 credits from the for Applied Physiology	llowing: Sem 1	30 credits
•	•	•	30 credits 30 credits
SHN6163	Applied Physiology	Sem 1	

## Part-time study

# Level 4

	ffect from: September 2022					
Core:	Students are required to take:		C 1	45		
SHN4045	Introduction to Anatomy and Physiology	Com 2	Sem 1	15 credits		
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2		30 credits		
Options:	Students are required to choose 15 credits from the fo	_				
SHN4055	Introduction to Nutrition	Sem 1		15 credits		
SHN4025	Fundamentals in Strength and Conditioning	Sem 1		15 credits		
Year 2 – with e	Year 2 – with effect from: September 2023					
Core:	Students are required to take:					
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		
<u>Level 5</u>						
Year 3 – with e	ffect from: September 2024					
Core:	Students are required to take:					
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 e	ffect from: September 2025					
Core:	Students are required to take:					
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	n 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 e	ffect from: September 2026					
Core:	Students are required to take:					
SHN6143	Professional Learning Through Work in Sport Sciences	Sem 1	& 2	30 credits		
Options	Students are required to choose 30 credits from the fo	llowing	module	s:		
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:					
SHN6033	Independent Project	Sem 1	& 2	30 credits		
SHN6223	Case Studies in Sport and Exercise Science	Sem 2		30 credits		