

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

STCOSFY

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

**Foundation Year** – not available for study from 2023/24

**Level 4** – not available for study from 2024/25

**Level 5**

Progression requirements: 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
SHN5125	Strength and Conditioning in Action	Sem 2	15 credits

**Level 6**

Progression requirements: 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 and Exercise Sciences	Sem 1 & 2	30 credits
SHN6153	Applied Strength and Conditioning	Sem 2	30 credits
<b>Option:</b>	<b>Students are required to choose 30 credits from:</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