

Sport and Exercise Sciences (Sports Nutrition) (SPESNSH)

Duration: 3 years full-time / 6 years part-time
Total credit rating: 360
Course code: C6B4
Award Aim: BSc (Hons) – 360 credits
Subsidiary awards: Dip HE – 240 credits
 Cert HE – 120 credits

Level 4

Core: Candidates are required to take:

SHN4232	Introduction to Food and Nutrition	Sem 1	
SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4302	Sport and Exercise Psychology	Sem 2	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
SHN4142	Research Methods 1	Sem 2	20 credits
SHN4272	Professional Development and Placement 1	Sem 1 & 2	20 credits

Level 5

Progression requirements: 120 credits from level 4

Core: Candidates are required to take:

SHN5222	Biomechanical Analysis of Performance	Sem 1	20 credits
SHN5192	Sport and Performance Nutrition	Sem 1	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits
SHN5262	Sport Psychology: Theory to Practice	Sem 2	20 credits
SHN5172	Physiology of Training	Sem 2	20 credits

and are required to choose 20 credits from:

SHN5152	Professional Development and Placement 2	Sem 1	20 credits
SHN5162	Volunteering in SHN	Sem 1	20 credits

Level 6 – available for study 2015/16 onwards

Progression requirements: 120 credits from Levels 4 and 120 credits from level 5.

Core: Candidates are required to take:

SHN6122	Applied Sport Nutrition	Sem 1 & 2	20 credits
SHN6152	Research Project	Sem 1 & 2	20 credits
(SHN6164	<i>Dissertation* see note below</i>	<i>Sem 1 & 2</i>	<i>40 credits)</i>

and are required to select a further 80 credits from:

SHN6212	Performance Physiology	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis	Sem 2	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6252	Advanced Sport and Performance Nutrition	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits

SHN6192 may not be taken with SHN6164

SHN6164 may not be taken with SHN6192

***SHN6164** may not be taken without permission from the Module Leader, following approval candidates will be required to Drop SHN6152 and a further 20 option credits.

*Students should normally have 60% for all components of Research Methods at Level 5 and an overall 2i mean score for all Level 5 modules is required.