

**Sport and Exercise Sciences (Strength and Conditioning)****SPESCSH**

**Duration:** 3 years full-time / 6 years part-time  
**Total credit rating:** 360  
**Course code:** C6C3  
**Award Aim:** BSc (Hons) – 360 credits  
**Subsidiary awards:** Dip He – 240 credits  
 Cert HE – 120 credits

**Level 5**

Progression requirements: 120 credits from Level 4, or equivalent;

| <b>Core:</b> | <b>Students are required to take:</b> |       |            |
|--------------|---------------------------------------|-------|------------|
| SHN5222      | Biomechanical Analysis of Performance | Sem 2 | 20 credits |
| SHN5272      | Strength and Conditioning in Practice | Sem 1 | 20 credits |
| SHN5262      | Sport Psychology: Theory to Practice  | Sem 1 | 20 credits |
| SHN5142      | Research Methods 2                    | 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 & 2 | 20 credits |
| SHN5162 | Volunteering in SHN                      | Sem 1 & 2 | 20 credits |

**Level 6**

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

| <b>Core:</b> | <b>Students are required to take:</b> |           |            |
|--------------|---------------------------------------|-----------|------------|
| SHN6302      | Applied Strength and Conditioning     | Sem 2     | 20 credits |
| SHN6164      | Dissertation                          | Sem 1 & 2 | 40 credits |

**and are required to choose 60 credits from:**

|         |  |           |            |
|---------|--|-----------|------------|
| SHN6212 | Performance Physiology                     | Sem 1     | 20 credits |
| SHN6242 | Applied Biomechanics and Movement Analysis | Sem 1     | 20 credits |
| SHN6222 | Sports Injury                              | Sem 1     | 20 credits |
| SHN6202 | Physical Activity and Behaviour Change     | Sem 2     | 20 credits |
| SHN6192 | Professional Learning through Work         | Sem 1 & 2 | 20 credits |