

SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION)**SPESNSH**

Duration:	3 years full-time / 6 years part-time
UCAS Code:	C6B4
Award:	BSc (Hons) 360 credits
Subsidiary awards:	DipHE 240 credits CertHE 120 credits

Level 4

Core:	Students are required to take:		
SHN4232	Introduction to Food and Nutrition	Sem 1	20 credits
SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
SHN4142	Research Methods 1	Sem 2	20 credits
SHN4472	Exercise Psychology	Sem 2	20 credits
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN4000	Programme Level Assessment	Sem 1 & 2	0 credits

Level 5

Progression requirements: 120 credits from Level 4.

Core:	Students are required to take:		
SHN5222	Biomechanical Analysis of Performance	Sem 2	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 1	20 credits
SHN5172	Physiology of Training	Sem 2	20 credits
Either:			
SHN5152	Professional Development and Placement 2	Sem 1&2	20 credits
Or:			
SHN5162	Volunteering in SHN	Sem 1&2	20 credits

Level 6

Progression requirements: 120 credits from Level 4 plus 120 credits from Level 5.

Core:	Students are required to take:		
SHN6122	Applied Sport Nutrition	Sem 1	20 credits
SHN6164	Dissertation	Sem 1 & 2	40 credits

Option:	Students are required to choose 60 credits from the following:		
SHN6212	Performance Physiology	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis	Sem 1	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