

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 4 – no longer available for study 2017/18**Level 5 – no longer available for study 2018/19****Level 6**

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

Core:	Students are required to take:		
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