

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 – with effect from September 2018

Please refer to the Prospectus for entry requirements.

Core: Students are required to take:

SHN 4232	Introduction to Food and Nutrition	Sem 1	20 credits
SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits
SHN 4472	Exercise Psychology	Sem 2	20 credits
SHN 4000	Programme Level Assessment		0 credits

Option: Students are required to choose 20 credits from the following:

SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits

Level 5

Progression requirements: minimum of 120 credits from Level 4

Core: Students are required to take:

SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5172	Physiology of Training	Sem 2	20 credits

Option: Students are required to choose either of the following:

SHN 5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 6

Progression requirements: minimum of 120 credits from Level 5

Core: Students are required to take:

SHN 6164	Dissertation	Sem 1 & 2	40 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits

Option: Students are required to choose 60 credits from the following:

SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6222	Sports Injury	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN 6182	Healthy Weight: Practical Strategies	Sem 2	20 credits

Duration: 6 years **part-time**
Total credit rating: 360

Level 4 – with effect from September 2018

Please see section 8 and refer to the Prospectus for entry requirements.

Core: Students are required to take:

Year 1

SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits

Year 2

SHN4232	Introduction to Food and Nutrition	Sem 1	20 credits
SHN4472	Exercise Psychology	Sem 2	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
SHN4000	Programme Level Assessment		0 credits

Option: Students are required to choose 20 credits from the following:

Year 1

SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
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Year 2

SHN4502	Health and Fitness	Sem 2	20 credits
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Level 5 – with effect from September 2020

Progression requirements: minimum of 120 credits from Level 4

Core: Students are required to take:

Year 3

SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits

Year 4

SHN5192	Sport and Performance Nutrition	Sem 1	20 credits
SHN5142	Research Methods	Sem 2	20 credits
SHN5172	Physiology of Training	Sem 2	20 credits

Option: Students are required to choose either of the following:

Year 3

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

Level 6 – with effect from September 2022

Progression requirements: minimum of 120 credits from Level 5

Core: Students are required to take:

Year 5

SHN6122	Applied Sport Nutrition	Sem 2	20 credits
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Year 6

SHN6164	Dissertation	Sem 1 & 2	40 credits
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Option: Students are required to choose 60 credits from the following Level 6 option modules:

Year 5

SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN6212	Performance Physiology	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN6252	Advanced Sport and Performance Nutrition	Sem 1	20 credits

Year 6

SHN6222	Sports Injury	Sem 1	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits