SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION)

SPESNSH

3 years full-time / 6 years part-time **Duration:**

UCAS Code: C6B4

SHN 6182

Award: BSc (Hons) 360 credits DipHE 240 credits Subsidiary awards: CertHE 120 credits

<u>Level 4</u> – with effect from September 2018

Please refer to the Prospectus for entry requirements.

Core: Students are SHN 4232 SHN 4282 SHN 4992 SHN 4312 SHN 4472 SHN 4000	e required to take: Introduction to Food and Nutrition Anatomy and Physiology Ethics, Society and Employability Performance Analysis Exercise Psychology Programme Level Assessment	Sem 1 Sem 1 Sem 1 & 2 Sem 2 Sem 2	20 credits 20 credits 20 credits 20 credits 20 credits 0 credits
Option: Students a SHN 4412 SHN 4502	are required to choose 20 credits from the following: Techniques in Strength and Conditioning Health and Fitness	Sem 2 Sem 2	20 credits 20 credits
<u>Level 5</u> Progression require	ements: minimum of 120 credits from Level 4		
Core: Students are SHN 5192 SHN 5262 SHN 5222 SHN 5142 SHN 5172 Option: Students a SHN 5152 SHN 5162	e required to take: Nutrition for Sport and Exercise Sport Psychology: Theory to Practice Biomechanical Analysis of Performance Research Methods Physiology of Training are required to choose either of the following: Professional Development and Placement Volunteering in SHN	Sem 1 Sem 1 Sem 2 Sem 2 Sem 2 Sem 1	20 credits 20 credits 20 credits 20 credits 20 credits 20 credits
Level 6	ements: minimum of 120 credits from Level 5		
Core: Students are SHN 6164 SHN 6122	e required to take: Dissertation Applied Sport Nutrition	Sem 1 & 2 Sem 2	40 credits 20 credits
Option: Students a SHN 6212 SHN 6222 SHN 6242 SHN 6252 SHN 6192 SHN 6202	Professional Learning through Works Physical Activity and Behaviour Change	Sem 1 Sem 1 Sem 1 Sem 1 Sem 1 & 2 Sem 2	20 credits 20 credits 20 credits 20 credits 20 credits 20 credits

Healthy Weight: Practical Strategies

Sem 2

20 credits

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

<u>Level 4</u> – 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 SHN4472	Introduction to Food and Nutrition Exercise Psychology	Sem 1 Sem 2	20 credits 20 credits	
SHN4312	Performance Analysis	Sem 2	20 credits	
SHN4000	Programme Level Assessment		0 credits	
Option: Students a	are required to choose 20 credits from the following:			
SHN4412 Year 2	Techniques in Strength and Conditioning	Sem 2	20 credits	
SHN4502	Health and Fitness	Sem 2	20 credits	
<u>Level 5</u> – with effect from September 2020 Progression requirements: minimum of 120 credits from Level 4 Core: Students are required to take:				
Year 3	required to take.			
SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits	
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits	
<u>Year 4</u> SHN5192	Court and Dayformanae Nutrition	Sem 1	20 credits	
SHN5192 SHN5142	Sport and Performance Nutrition 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	
<u>Level 6</u> – with effect from September 2022 Progression requirements: minimum of 120 credits from Level 5				
Core: Students are required to take:				

Year 5

SHN6252

SHN6122 Year 6	Applied Sport Nutrition	Sem 2	20 credits
SHN6164	Dissertation	Sem 1 & 2	40 credits
•	ts are required to choose 60 credits from the following Lev	el 6 option modules:	:
<u>Year 5</u> 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
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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

Advanced Sport and Performance Nutrition

20 credits

Sem 1