

SPORT AND EXERCISE SCIENCES

SPXSCSH

Duration: 3 years full-time / 6 years part-time
UCAS Code: C600
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 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4302	Introduction to Sport Psychology	Sem 1	20 credits
SHN 4992	Ethics Society and Employability	Sem 1 & 2	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits
SHN 4000	Programme level assessment		0 credit

Option: Students are required to choose 40 credits from the following:

SHN 4472	Exercise Psychology	Sem 2	20 credits
SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits

Level 5 – with effect from September 2018

Progression requirements: minimum of 120 credits from Level 4

Core: Students are required to take:

SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5202	Coaching and Assessment of Performance	Sem 1	20 credits
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5222	Biomechanical Analysis of Performance	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 2	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 6 – with effect from September 2018

Progression requirements: minimum of 120 credits from Level 5

Core: Candidates are required to take:

SHN6164	Dissertation	Sem 1 & 2	40 credits
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Option: Candidates are required to choose 20 credits from the following:

SHN6292	Applied Sport Psychology	Sem 2	20 credits
OR			
SHN6302	Applied Strength and Conditioning	Sem 2	20 credits

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

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