Strength and Conditioning

STRGCON

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 – with effect from September 2018

Core:	Students are required to take:		
SHN4302	Introduction to Sport Psychology	Sem 1	20 credits
SHN4282	Anatomy and Physiology	Sem 1	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN4000	Programme Level Assessment	Sem 1 & 2	0 credits
Option:	Students are required to choose 20 credits from the follo	wing:	
SHN 4472	Exercise Psychology	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits

Level 5 - Available to study 2018/19 only

Progression requirements: 120 credits from Level 4, or equivalent;

Core:	Students are required to take:		
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits
SHN5172	Physiology of Training	Sem 2	20 credits
and are required	to choose 20 credits from:		
SHN5152	Professional Development and Placement 2	Sem 1 & 2	20 credits

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

<u>Level 5</u> – with effect from September 2019

Progression requirements: 120 credits from Level 4, or equivalent;

Core: SHN5222 SHN5272 SHN5262 SHN5142 SHN5172	Students are required to take: Biomechanical Analysis of Performance Strength and Conditioning in Practice Sport Psychology: Theory to Practice Research Methods Physiology of Training	Sem 2 Sem 1 Sem 1 Sem 2 Sem 2	20 credits 20 credits 20 credits 20 credits 20 credits
and are required to SHN5152 SHN5162	o choose 20 credits from: Professional Development and Placement Volunteering in SHN	Sem 1 & 2 Sem 1 & 2	20 credits 20 credits

Level 6 - Available to study 2019/20 only

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 SHN6252 SHN6212	to choose 60 credits from: Advanced Nutrition for Sport and Exercise Performance Physiology	Sem 1 Sem 1	20 credits 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

<u>Level 6</u> - with effect from September 2020

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

Core: SHN6252 SHN6302 SHN6164	Students are required to take: Advanced Nutrition for Sport and Exercise Applied Strength and Conditioning Dissertation	Sem 1 Sem 2 Sem 1 & 2	20 credits 20 credits 40 credits
and are required	I to choose 40 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

BSc (Hons) Strength and Conditioning

Duration: 6 years part-time

Total credit rating: 360

Level 4 - with e	effect from Se	ptember 2018
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Core: Students a	are required to take:
Year 1	•
SHN 4282	Anatomy and Physiology

SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4992	Ethics Society and Employability	Sem 1 & 2	20 credits
SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits

Year 2

<u>rear Z</u>			
SHN 4302	Introduction to Sport Psychology	Sem 1	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits
SHN 4000	Programme level assessment		0 credit

Level 5 – with effect from September 2019

Progression requirements: minimum of 120 credits from Level 4

Core: Students are required to take:

Year 3 SHN 5262

Year 4	Distribution / maryots of 1 chairmanes	3 3 2	20 0104110
SHN 5262	Sport Psychology: Theory to Practice Biomechanical Analysis of Performance	Sem 1	20 credits
SHN 5222		Sem 2	20 credits

SHN 5272	Strength and Conditioning in Practice	Sem 1	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:

Year 3

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

SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits

Year 4

SHN 5272	Strength and Conditioning in Practice	Sem 1	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:

Year 3

SHN5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 6 - with effect from September 2021

Progression requirements: minimum of 120 credits from Level 5

Core: Students are required to take:

Year 5

SHN 6302 Applied Strength and Conditioning Sem 2 20 credits

Year 6

SHN 6164 Dissertation Sem 1 & 2 40 credits

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

Year 5

SHN 6192 SHN 6212 SHN 6242 SHN 6252	Professional Learning Through Work Performance Physiology Applied Biomechanics and Movement Analysis Advanced Sport and Performance Nutrition	Sem 1 & 2 Sem 1 Sem 1 Sem 2	20 credits 20 credits 20 credits 20 credits
<u>Year 6</u> SHN 6222 SHN 6202	Sport Injury Physical Activity and Behaviour Change	Sem 1 Sem 2	20 credits 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:			
<u>Year 5</u> SHN6252 SHN 6302	Advanced Sport and Performance Nutrition Applied Strength and Conditioning	Sem 1 Sem 2	20 credits 20 credits
Year 6 SHN6164	Dissertation	Sem 1 & 2	40 credits
Option: Students are required to choose 40 credits from the following:			
<u>Year 5</u> SHN6192 SHN 6212 SHN 6242	Professional Learning Through Work Performance Physiology Applied Biomechanics and Movement Analysis	Sem 1 & 2 Sem 1 Sem 1	20 credits 20 credits 20 credits
<u>Year 6</u> SHN 6222 SHN 6202	Sport Injury Physical Activity and Behaviour Change	Sem 1 Sem 2	20 credits 20 credits