

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 following:		
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
SHN5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 5 – with effect from September 2019

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	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	Sem 1 & 2	20 credits
SHN5162	Volunteering in SHN	Sem 1 & 2	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 to choose 60 credits from:			
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
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

Level 6 - with effect from September 2020

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

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

and are required 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 effect from September 2018

Core: Students are required to take:

Year 1

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

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	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

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

Level 5 – 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
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Year 6

SHN 6164	Dissertation	Sem 1 & 2	40 credits
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Option: Students are required to choose 40 credits from the following:

Year 5

SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6252	Advanced Sport and Performance Nutrition	Sem 2	20 credits

Year 6

SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 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

SHN6252	Advanced Sport and Performance Nutrition	Sem 1	20 credits
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits

Year 6

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

Year 5

SHN6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits

Year 6

SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits