

BSc (Hons) Strength and Conditioning with Foundation Year in Sport and Health**SGACDFY**

Duration:	4 years full-time
Total credit rating:	360
Course code:	H1FY
Award Aim:	BSc (Hons) - 360 credits
Subsidiary awards:	Ordinary Degree (with Foundation Year) - 300 credits Dip HE (with Foundation Year) - 240 credits Cert HE (with Foundation Year) - 120 credits Foundation Certificate

Foundation Year – no longer available for study**Level 4** – no longer available for study**Level 5** – no longer available for study**Level 6**

Progression requirements: 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
Option:	Students 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
SHN6402	Exercise Referral*	Sem 2	20 credits

**Modules with a pre-requisite*