

BSc (Hons) SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION)**SPESNSH**

Duration:	3 years full-time / 6 years part-time
UCAS Code:	C6B4
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	DipHE - 240 credits CertHE - 120 credits

Level 4 – with effect from September 2021

Please refer to the Prospectus for entry requirements

Core:	Students are required to take:		
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Sem 1	30 credits
SHN4103	Fundamentals in Sport, Exercise and Health	Sem 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

Level 5

Progression requirements: minimum of 120 credits from Level 4

Core:	Students are required to take:		
SHN5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN5142	Research Methods	Sem 2	20 credits
SHN5172	Physiology of Training*	Sem 2	20 credits
Option:	Students are required to choose either of the following:		
SHN5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 5 – with effect from September 2022

Progression requirements: minimum of 120 credits from Level 4

Core:	Students are required to take the following modules:		
SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits
SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits
SHN5065	Biomechanical Analysis of Movement	Sem 2	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5115	Nutrition for Sport Performance	Sem 2	15 credits

Level 6

Progression requirements: minimum of 120 credits from Level 5

Core:	Students are required to take:		
SHN6164	Dissertation	Sem 1 & 2	40 credits
SHN6122	Applied Sport Nutrition*	Sem 2	20 credits

Option:	Students are required to choose 60 credits from the following:		
SHN6212	Performance Physiology	Sem 1	20 credits
SHN6222	Sports Injury	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis*	Sem 1	20 credits
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
SHN6402	Exercise Referral*	Sem 2	20 credits

**Modules with a pre-requisite*

Level 6 – with effect from September 2023

Progression requirements: minimum of 120 credits from Level 5

Core:	Students required to take the following modules		
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits

Options:	Students are required to choose 30 credits from the following modules:		
SHN6163	Applied Physiology	Sem 1	30 credits
SHN6173	Applied Performance Testing	Sem 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Sem 1	30 credits

Part-Time

Level 4

Year 1– with effect from: September 2021

Core:	Students are required to take the following modules :		
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Sem 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Sem 2	30 credits

Year 2 – with effect from: September 2022

Core:	Students are required to take the following modules		
SHN4103	Fundamentals in Sport, Exercise and Health	Sem 1	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Sem 2	30 credits

Level 5

Year 3 – with effect from: September 2023

Core:	Students are required to take the following modules		
SHN5035	Physiology of Training	Sem 1	15 credits
SHN5015	Sport and Exercise Psychology	Sem 1	15 credits
SHN5065	Biomechanical Analysis of Movement	Sem 2	15 credits

Year 4 – with effect from: September 2024

Core:	Students are required to take the following modules		
SHN5105	Nutrition for Sport, Health and Exercise	Sem 1	15 credits
SHN5055	Research Methods and Enquiry	Sem 2	15 credits
SHN5115	Nutrition for Sport Performance	Sem 2	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Sem 1 & 2	30 credits

Level 6

Year 5 – with effect from: September 2025

Core: Students are required to take the following modules

SHN6143	Professional Learning Through Work	Sem 1 & 2	30 credits
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Options: Students are required to choose 30 credits from the following modules

SHN6163	Applied Physiology	Sem 1	30 credits
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SHN6173	Applied Performance Testing	Sem 1	30 credits
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SHN6213	Applied Psychology: Practical Solutions	Sem 1	30 credits
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Year 6 – with effect from: September 2026

Core: Students are required to take the following modules

SHN6033	Independent Project	Sem 1 & 2	30 credits
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SHN6183	Advanced Nutrition for Sport and Exercise	Sem 2	30 credits
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