

BSc (Hons) SPORT AND EXERCISE SCIENCES (SPORTS NUTRITION) WITH FOUNDATION YEAR IN SPORT AND HEALTH

SPXSNFY

Duration:	4 years full-time
UCAS Code:	CC60
Award:	BSc (Hons) - 360 credits
Subsidiary awards:	Ordinary Degree (with Foundation Year) - 300 credits DipHE (with Foundation Year) - 240 credits CertHE (with Foundation Year) - 120 credits Foundation Certificate

Foundation Year

Entry requirements: see Undergraduate Prospectus

Core:	Students are required to take:		
SHN3113	Academic Skills and Studying with Confidence	Sem 1 & 2	30 credits
SHN3103	Project	Sem 2	30 credits
SHN3013	Being Healthy in a Modern World	Sem 1 & 2	30 credits
SHN3003	Introduction to Sport and Exercise	Sem 1 & 2	30 credits

Level 4

Progression Requirements: 120 credits from Foundation Year

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	Sport and Performance Nutrition	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