

BSc (Hons) 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 – no longer available for study**Level 5**

Progression requirements: 120 credits from Level 4

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
Option:	Students are required to choose 20 credits from the following:		
SHN5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN5162	Volunteering in SHN	Sem 1 & 2	20 credits

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*