

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

Full-time study**Level 4** – not available for study from 2023/24**Level 5**

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 Psychology: Working with Stakeholders	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 required to take the following modules

SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	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 (<i>not available for study AY24/25</i>)	Sem 1	30 credits
PSY6033	Sport Psychology in Context	Sem 1 & 2	30 credits

Part-time study

Level 4 - not available for study from 2023/2024

Level 5 – not available for study from 2023/24

Level 6

Year 5 – with effect from: September 2026

Core: Students are required to take the following modules

SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	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
SHN6173	Applied Performance Testing (<i>Not available for study AY23/24</i>)	Sem 1	30 credits
PSY6033	Sport Psychology in Context	Sem 1 & 2	30 credits

Year 6 – with effect from: September 2027

Core: Students are required to take the following modules

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