

**BSc (Hons) SPORT AND EXERCISE SCIENCES
WITH FOUNDATION YEAR IN SPORT AND HEALTH**
SPEXWFY

Duration:	4 Years full-time
UCAS Code:	CF15
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 – not available for study from 2023/24

Level 4 – not available for study from 2024/25

Level 5

Progression requirements: minimum of 120 credits from Level 4

Core:	Students are required to take:		
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
Option:	Students are required to choose 15 credits from the following:		
SHN5115	Nutrition for Sport Performance <i>(not available for study AY24/25)</i>	Sem 2	15 credits
SHN5125	Strength and Conditioning in Action	Sem 2	15 credits

Level 6

Progression requirements: minimum of 120 credits from Level 5

Core:	Students are required to take:		
SHN6033	Independent Project	Sem 1 & 2	30 credits
SHN6143	Professional Learning Through Work in Sport Sciences	Sem 1 & 2	30 credits
SHN6223	Case Studies in Sport and Exercise Science	Sem 2	30 credits
Option:	Students are required to choose 30 credits from the following:		
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