

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

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| 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

Please refer to the Prospectus for entry requirements

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|--------------|--|-----------|------------|
| Core: | Students are required to take: | | |
| SHN3113 | Academic Skills and Studying with Confidence | Sem 1 & 2 | 30 credits |
| SHN3103 | Project | Sem 1 & 2 | 30 credits |
| SHN3123 | Promoting Exercise, Physical Activity and Health | Sem 1 & 2 | 30 credits |
| SHN3133 | Scientific Principles within Sport | Sem 1 & 2 | 30 credits |

Level 4

Progression Requirements: 120 credits from Foundation Year

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|--------------|--|-------|------------|
| Core: | Students are required to take: | | |
| SHN4123 | Applying Principles of Sport and Exercise Sciences | Sem 2 | 30 credits |
| SHN4143 | Professional Skills in Sport, Exercise and Health | Sem 2 | 30 credits |
| SHN4045 | Introduction to Anatomy and Physiology | Sem 1 | 15 credits |
| SHN4035 | Fundamentals of Human Movement | Sem 1 | 15 credits |
| SHN4065 | Introduction to Sport Psychology | Sem 1 | 15 credits |

Options: Students are required to choose 15 credits from the following:

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| SHN4055 | Introduction to Nutrition | Sem 1 | 15 credits |
| SHN4025 | Fundamentals in Strength and Conditioning | Sem 1 | 15 credits |

Level 5

Progression requirements: minimum of 120 credits from Level 4

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|--------------|--|-----------|------------|
| 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:

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|---------|--|-------|------------|
| 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

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| 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 |