

**BSc (Hons) Strength and Conditioning Science
with Foundation Year in Sport and Health**

STCOSFY

Duration:	4 years full-time
Total credit rating:	360
Course code:	C6C3
Award Aim:	BSc (Hons) - 360 credits
Subsidiary awards:	Dip He - 240 credits Cert HE - 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: 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
SHN5125	Strength and Conditioning in Action	Sem 2	15 credits

Level 6

Progression requirements: 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 and Exercise Sciences	Sem 1 & 2	30 credits
SHN6153	Applied Strength and Conditioning	Sem 2	30 credits
Option:	Students are required to choose 30 credits from:		
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