

Sport and Exercise Science

BSc (Hons) Single Honours

YEAR 1		YEAR 2		YEAR 3	
Semester 1	Semester 2	Semester 1	Semester 2	Semester 1	Semester 2
Introduction to Nutrition	Human Movement and Skill in Sport	Applied Sport and Exercise Physiology	Research Methods	Project/Dissertation**	
Professional Skills for Sport and Coaching Sciences	Physiology for Human Movement	Sport and Exercise Biomechanics	Applied Sport and Exercise Psychology	Applied Practice in Sport and Exercise Science**	
Introduction to the Psychology of Sport and Exercise	Fitness and Assessment	Principles of Training for Sport and Exercise	Physical Activity and Health	Strength and Conditioning for Sport and Health*	
Anatomy for Sport and Exercise	Introduction to Biomechanics	Fieldwork in Exercise Science	Sports Development	Advanced Practice in Sport and Exercise Psychology	
		Performance Analysis	Laboratory Techniques in Sport and Exercise	Clinical Populations and Rehabilitation	Emerging Technology in Exercise and Health
		Nutritional Biochemistry and Metabolism	Motivating Health Behaviour		Sport and Exercise Nutrition
		Work Experience 1		Work Experience 2	
		Independent Study 1		Independent Study 2	

* Modules required to attain CIMSPA personal training award

** Students must take at least one of these alternate compulsory modules

Compulsory module
 Optional module