



APPROVED

Awards	
Honours Bachelor Degree	
Mode of Delivery:	Full Time
No. of Semesters :	8
NFQ Level:	8
Programme Credits:	240
Language of Instruction:	English
Department:	Science and Health
Programme Extra Information:	Final Award Weighting: Year 3 contributes 30%, Year 4 contributes 70%.

Semester Schedules

Stage 1 / Semester 1

Elective Regulation

1. Learners must achieve a minimum grade (35%) in the practical assessment in the following modules: Anatomy of Human Movement 1. 2. Learners must achieve a minimum grade (35%) in the practical/continuous assessment and final examination in the following modules: Physiology and Cell Biology 1, Maths and Physical Sciences for Health Science

Mandatory	
Module Code	Module Title
ZBIO C1103	Physiology and Cell Biology 1
ZMAT C1101	Maths and Physical Sciences for Health Science
ZPHI C1101	Strength and Conditioning: Applied Coaching 1
ZPSY C1101	Introduction to Sport and Exercise Psychology
ZSCI C1105	Anatomy of Human Movement 1

Stage 1 / Semester 2

Elective Regulation

1. Learners must achieve a minimum grade (35%) in the practical assessment in the following modules: Anatomy of Human Movement 2. 2. Learners must achieve a minimum grade (35%) in the practical and continuous assessment in the following modules: Physiology and Cell Biology 2. 3. Learners must achieve a minimum gradate (35%) in the practical/continuous assessment and final exam in the following modules: Physical Sciences for Health Science, Exercise Physiology 1.

Mandatory	
Module Code	Module Title
ZBIO C1104	Physiology and Cell Biology 2
ZPHI C1102	Strength and Conditioning Applied Coaching 2
ZPHI C1105	Exercise Physiology 1
ZSCI C1104	Physical Sciences for Health Science
ZSCI C1106	Anatomy of Human Movement 2

Stage 2 / Semester 1

Elective Regulation

1. Learners must achieve a minimum grade (35%) in the practical and continuous assessment in the following modules: Motor Control. 2. Learners must achieve a minimum grade (35%) in the practical/continuous assessment and final examination in the following modules: Nutritional Biochemistry, Research in Sport and Health.

Mandatory	
Module Code	Module Title
ZNUT C2101	Nutritional Biochemistry
ZSAF C2101	Motor Control
ZPHI C2101	Pathophysiology
ZPSY C2101	Health Psychology and Promotion 1
ZRCH H2101	Research in Sport and Health

Stage 2 / Semester 2

Elective Regulation

1. Learners must achieve a minimum grade (35%) in the project and continuous assessment in the following modules: Sport and Exercise Biomechanics 1. 2. Learners must achieve a minimum grade (35%) in the practical/continuous assessment and final examination in the following modules: Exercise Physiology 2 for Sport, Nutrition. 3. Learners may EXIT at this stage of the programme with a Higher Certificate in Science in Physiology and Sport Science (Level 6 Embedded Exit Award), provided they have achieved the required learning outcomes for the level 6 award and have accumulated 120 credits. IT Carlow academic regulations apply.

Mandatory	
Module Code	Module Title
ZPHI C2108	Exercise Physiology 2 for Sport
ZNUT C2102	Nutrition
ZPSY C2102	Health Psychology and Promotion 2
ZBIO C2107	Sport and Exercise Biomechanics 1
ZPHI C2107	Strength and Conditioning Applied Coaching 3

Stage 3 / Semester 1

Elective Regulation

1. Learners must achieve a minimum grade (35%) in the practical and final examination in the following modules: Sports Nutrition. 2. Learners must achieve a minimum grade (35%) in the practical/continuous assessment and final examination in the following modules: Applied Strength and Reconditioning, Sport and Exercise Biomechanics. 3. Learners must achieve a minimum grade (35% in the practical and project in the following module: Applied Research in Sport and Health.

Mandatory	
Module Code	Module Title
ZPHI C3101	Applied Strength and Reconditioning
ZBIO C3101	Sport and Exercise Biomechanics 2
ZNUT C3102	Sports Nutrition
ZRCH C3101	Applied Research in Sport and Health
ZSPT C3101	Sport and Physical Activity for Special Population Groups

Stage 3 / Semester 2

Elective Regulation

1. Learners must complete 500 hours of Work Placement, validated by the Work Placement Supervisor. 2. Year 3 contributes 30% to the final award.

Mandatory	
Module Code	Module Title
ZWKP C3103	Work Placement SES (S and C)

Stage 4 / Semester 1

Elective Regulation

1. Learners must achieve a minimum grade (35%) in the project and final examination in the following modules: Exercise Physiology 3, Exercise as Medicine. 2. Learners must achieve a minimum grade (35%) in the practical and project in the following modules: Human Performance and Athletic Assessment.

Mandatory	
Module Code	Module Title
ZPHI C4101	Exercise Physiology 3
ZPHY C4101	Sports Coaching
ZDEV C4101	Human Performance and Athletic Assessment
DRUG	Exercise as Medicine
ZSCI C4101	Current Concepts in Sport Science

Stage 4 / Semester 2

Elective Regulation

1. Research Project and Dissertation is delivered year-long with the credits awarded at the end of Semester 8 2. Year 4 contributes 70% to the final award

Mandatory	
Module Code	Module Title
ANAL	Sports Coaching and Performance Analysis
ZPSY H4101	Sports Psychology
ZDEV C4102	Management and Development in Sport and Physical Activity
SRCH C4101	Research Project and Dissertation