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