

## City College Norwich

<b>Course Title</b>	BSc (Hons) Applied Sport Health and Exercise (Top-Up)
<b>Awarding Body</b>	University of East Anglia
<b>Level of Award</b>	Undergraduate L6
<b>Professional, Statutory and Regulatory Bodies Recognition</b>	i)
<b>Credit Structure</b>	Level 6: 120 Credits
<b>Mode of Attendance</b>	Full time
<b>Standard Length of Course</b>	1 Year
<b>Intended Award</b>	BSc (Hons)
<b>Fall-back Awards</b>	BSc (Ordinary)
<b>Entry Requirements</b>	240 credit (minimum 120 credits at level 5) foundation degree or equivalent.
<b>Delivering Institution(s)</b>	City College Norwich
<b>CCN Course Code</b>	F0022

## Course Structure

<b>Level 6</b>	
<b>Research Project</b>  This module will enable students to complete a major investigation into a relevant topic of choice.	40
<b>Advanced Fitness and Training for Sport</b>  This module enables learners to carry out training regimes based on evidence-based practice incorporating strength and conditioning principles.	20
<b>Physical Activity and Health Promotion</b>  This module provides a theoretical knowledge base the physical activity / health education and promotion. Emphasis is on the relevance of this to wider health outcomes.	20
<b>Sports Events and Entrepreneurship</b>  This module involves students proposing, planning, implementing, reviewing and evaluating an actual relevant sport, health or fitness event.	20
<b>Exercise for Specific Populations</b>  This module examines the importance of exercise for optimal health and longevity across a lifespan. It looks specifically at various population groups and the impact of exercise.	20