

TABLE 2: COURSE DISTRIBUTION PER SEMESTER – BSc (Hons) Sport and Exercises

A/A	Course Type	Course Name	Course Code	Periods per week	Period duration	Number of weeks/ Academic semester	Total periods/ Academic semester	Number of ECTS
A' Semester – Year 1								
1.	Compulsory	Practical sport, exercise & physical activity	TLC123	2	1	13	26	---
2.	Compulsory	The basis of human movement	XS1159	2	1	13	26	---
3.	Compulsory	Pedagogy and Sociology Issues in Physical education	XS1004	2	1	13	26	---
4.	Compulsory	Essentials of Physical Education	TL1XXX	2	1	13	26	---
5.	Optional	English for Academic Purposes	EF1707	4	1	13	52	---
6.	Optional	Academic writing	EF1498	2	1	13	26	---
7.	Optional	Introduction to maths and statistics	MA1601	2	1	13	26	---

A/A	Course Type	Course Name	Course Code	Periods per week	Period duration	Number of weeks/ Academic semester	Total periods/ Academic semester	Number of ECTS
B' Semester – Year 1								
1.	Compulsory	Practical sport, exercise & physical activity	TLC123	2	1h	13	26	10
2.	Compulsory	The basis of human movement	XS1159	2	1h	13	26	10
3.	Compulsory	Pedagogy and Sociology Issues in Physical education	XS1004	2	1h	13	26	10
4.	Compulsory	Essentials of Physical Education	TL1XXX	2	1h	13	26	10
5.	Optional	English for Academic Purposes	EF1707	4	1h	13	52	10
6.	Optional	Academic writing	EF1498	2	1h	13	26	10
7.	Optional	Introduction to maths and statistics	MA1601	2	1h	13	26	10

A/A	Course Type	Course Name	Course Code	Periods per week	Period duration	Number of weeks/ Academic semester	Total periods/ Academic semester	Number of ECTS
A' Semester – Year 2								
1.	Compulsory	Introduction to biomechanics in sport	XS1100	2	1h	13	26	---
2.	Compulsory	Principles of physiology and scientific enquiry	XS1902	4	1h	13	52	---
3.	Compulsory	Introduction to psychology in sport and exercise	XS1003	2	1h	13	26	---
4.	Compulsory	Planning and instructing exercise for health and fitness	XS1205	2	1h	13	26	---
5.	Compulsory	Functional anatomy	XS1078	2	1h	13	26	10
B' Semester – Year 2								
1.	Compulsory	Introduction to biomechanics in sport	XS1100	2	1h	26	26	10
2.	Compulsory	Principles of physiology and scientific enquiry	XS1902	4	1h	26	52	20
3.	Compulsory	Introduction to psychology in sport and exercise	XS1003	2	1h	26	26	10
4.	Compulsory	Planning and instructing exercise for health and fitness	XS1205	2	1h	26	26	10

A/A	Course Type	Course Name	Course Code	Periods per week	Period duration	Number of weeks/ Academic year	Total periods/ Academic year	Number of ECTS
YEAR LONG – Year 3								
1.	Compulsory	Applied physiology and scientific enquiry	XS2902	4	1h	26	104	20
2.	Compulsory	Sport Biomechanics	XS2100	2	1h	26	52	10
3.	Compulsory	Sport and exercise psychology	XS2003	2	1h	26	52	10
4.	Optional	Performance nutrition	XS2601	2	1h	26	52	10
5.	Optional	Advanced principles of exercise and training	XS2206	2	1h	26	52	10
6.	Optional	Professional work experience 1	XS2004	2	1h	26	52	10
7.	Optional	Common sports Injuries and injury prevention	XS2031	2	1h	26	52	10
8.	Optional	Applied principles and techniques in sports 1	XS2006	2	1h	26	52	10
9.	Optional	Outdoor activities and recreation	XS2005	2	1h	26	52	10

A/A	Course Type	Course Name	Course Code	Periods per week	Period duration	Number of weeks/ Academic semester	Total periods/ Academic semester	Number of ECTS
A' Semester – Year 4								
1.	Compulsory	Double research project	XS3900	0.5	1h	13	6.5	---
2.	Compulsory	Consultancy Project	TL3172	0.5	1h	13	6.5	---
3.	Optional	Training prescription for the elite athlete	XS3103	2	1h	13	26	---
4.	Optional	Exercise referral	XS3200	2	1h	13	26	---
5.	Optional	Psychology of Diet and Exercise	XS3003	2	1h	13	26	10
6.	Optional	Biomechanics of Posture & Injury	XS3101	2	1h	13	26	---
7.	Optional	Professional Work Experience 2	XS3005	2	1h	13	26	---
8.	Optional	Applied Principles & Techniques in Sports 2	XS3006	2	1h	13	26	---

A/A	Course Type	Course Name	Course Code	Periods per week	Period duration	Number of weeks/ Academic semester	Total periods/ Academic semester	Number of ECTS
B' Semester – Year 4								
1.	Compulsory	Double research project	XS3900	0.5	1h	13	6.5	20
2.	Compulsory	Consultancy Project	TL3172	0.5	1h	13	6.5	20
3.	Optional	Training prescription for the elite athlete	XS3103	2	1h	13	26	10
4.	Optional	Exercise referral	XS3200	2	1h	13	26	10
5.	Optional	Theory and practice of sport psychology	XS3004	2	1h	13	26	10
6.	Optional	Biomechanics of Posture & Injury	XS3101	2	1h	13	26	10
7.	Optional	Professional Work Experience 2	XS3005	2	1h	13	26	10
8.	Optional	Applied Principles & Techniques in Sports 2	XS3006	2	1h	13	26	10