

## COURSE SPECIFICATION

### *BSc (Hons) Sports Therapy*

Course Aim and Title	BSc (Hons) Sports Therapy
Intermediate Awards Available	BSc Health Sciences Dip HE Health Science Cert HE Health Sciences
Teaching Institution(s)	UEL
Alternative Teaching Institutions (for local arrangements see final section of this specification)	N/A
UEL Academic School	Health, Sport and Bioscience
UCAS Code	C630
Professional Body Accreditation	Society of Sports Therapists
Relevant QAA Benchmark Statements	Events, Hospitality, Leisure, Sport & Tourism (Nov. 2016)
Additional Versions of this Course	BSc Sports Therapy with Foundation Year
Date Specification Last Updated	July 2023

### Course Aims and Learning Outcomes

This course is designed to give you the opportunity to:

- Demonstrate competencies in communication and interpersonal skills, information retrieval and processing, situation analysis, problem solving, evaluation and decision making
- Demonstrate good personal effectiveness, self-awareness, self-confidence and critical analysis
- Have a sound knowledge of the key disciplines associated with Sports Therapy and applied sport and exercise sciences
- Be competent in the practical and instructional skills associated with sport & exercise science and sports therapy
- Understand and make use of research findings

- Undertake a project of scientific enquiry related to Sports Therapy/applied sport and exercise sciences
- Utilise all theoretical and practical skills gained throughout the course to achieve a market edge in seeking employment in an industry requiring suitably qualified and experienced graduates.
- Utilise sports and exercise principles to optimise performance, preparation and injury prevention programmes
- Provide the immediate care of injuries and basic life support in a recreational, training & competitive environment
- Assess, treat and, where appropriate, refer on for specialist advice and intervention
- Provide appropriate sport and remedial massage in a sport & exercise context
- Plan and implement appropriate rehabilitation programmes

These course objectives have been developed in consultation with QAA subject specific benchmarks for sport. The key underpinning benchmarks make explicit that courses of study develop individuals capable of entering the job market with core competencies that will enable them to be productive members of the workforce. Mapped against QAA 6.16-6.21

<http://www.qaa.ac.uk/Publications/InformationAndGuidance/Pages/The-framework-for-higher-education-qualifications-in-England-Wales-and-Northern-Ireland.aspx>

<http://www.qaa.ac.uk/assuringstandardsandquality/subject-guidance/pages/subject-benchmark-statements.aspx>

What you will learn:

Each year of study is carefully designed to scaffold and extend learning in line with professional competencies and attributes. The first year of study, builds the foundation for sports therapy practice by carefully considering the organisation, structure and function of the human body. This is explored through core modules in anatomy, physiology, and pathology. Alongside this learning, students will engage with skill development to ensure they have a foundation for professional practice. The employment and skills module will further enable students to achieve additional qualifications such sports massage to secure an employability focus.

The 2<sup>nd</sup> year of study, builds upon the foundation knowledge established at level 4 (first year) by examining the mechanics of joint assessment, rehabilitation and manual therapies such as mobilisation techniques. This will enable students to develop primary sports therapy skills through the integration of applied sport science and clinical principles. To prepare students for employment, opportunities for first aid awarding will see students develop pitch side competencies through the development of emergency pre-hospital care competencies and skill development. The 2<sup>nd</sup> year further includes a research methods module which serves to expose students to conducting and developing research within applied sport and exercise sciences. The final year focusses on employment through clinical placement and expansion of the sports therapy toolkit. Students will have the opportunity to take additional

qualifications that will better prepare them for graduate route options such as employment and/or further study. The final year further incorporates the research project portfolio, exploration of mental health and sports psychology of injury management. All years of study are fully supported through structured on campus clinic rotations wherein 1<sup>st</sup> year students work with 2<sup>nd</sup> and 3<sup>rd</sup> to understand, recognise and appreciate how teamwork and interdisciplinary skills develop within appropriate clinical environments.

#### Knowledge

Demonstrate understanding of anatomy in relation to human performance  
Use soft tissue therapy skills to treat and manage musculoskeletal injuries  
Apply professional skills to learning and practice  
Develop an understanding of joint manipulation and rehabilitation principles  
Explore systemic pathophysiological conditions  
Use applied knowledge to evidence clinical reasoning  
Develop an understanding of chronic and mental health issues in sport and exercise  
Demonstrate understanding of biomechanical and strength and conditioning knowledge

#### Thinking skills

Analyse research to develop evidence-based practices  
Construct solutions to problem specific scenarios  
Evaluation application of knowledge in practice

#### Subject-Based Practical skills

Demonstrate and apply the safe and competent application of skills in the assessment, treatment and rehabilitation of injury and musculoskeletal conditions  
Develop appropriate evidence-based programmes and treatment for the management of injury and systemic conditions

#### Skills for life and work (general skills)

Engage with appropriate employment specific skills to develop and enhance employability options.  
Use a range of digital technologies to evidence learning and application of skills.  
Work with peer mentors to develop interpersonal and communication skills

### Learning and Teaching

Knowledge is developed through

- Guided reading and lectures
- Knowledge-based activities with feedback
- Online discussions and activities
- E-portfolios

Thinking skills are developed through

- Reflective activities with feedback
- Online discussions and activities

Practical skills are developed through

- Clinical modules and clinic rotations including external events
- Research skills-based activities with feedback

Skills for life and work (general skills) are developed through

- Planning activities with feedback
- Project work

## Assessment

Knowledge is assessed by

- Coursework
- E-portfolios
- Examinations

Thinking skills are assessed by

- Coursework
- Practical assessments
- Project work

Practical skills are assessed by

- Practical examinations
- E-Portfolio completion

Skills for life and work (general skills) are assessed by

- Project work
- Group work

Students with disabilities and/or particular learning needs should discuss assessments with the Course Leader to ensure they are able to fully engage with all assessment within the course.

## Work or Study Placements

Central to the completion of the course is a mandatory 200 hours work placement. This commences at the end of the 2<sup>nd</sup> year and concludes in May of the final year. Students can only begin placement on successful completion of all level 4 and 5 modules. Prior to placement, full recording and checking of placement supervisor qualification and practice is required. No student is entitled to commence a placement experience without completing the necessary forms, which need to be logged and uploaded to the University employment area. Students have a choice of placement opportunities as well as access to a designated placement officer who can advise on placements.

## Course Structure

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3 Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.
- 4 Equivalent in standard to the first year of a full-time undergraduate degree course.
- 5 Equivalent in standard to the second year of a full-time undergraduate degree course.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree course.
- 7 Equivalent in standard to a Masters degree.

Courses are made up of modules that are each credit weighted.

The module structure of this course:

<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit Weighting</b>	<b>Core/Option</b>	<b>Available by Distance Learning? Y/N</b>
4	SE4000	Essential Skills for Sport (Mental Wealth)	20	Core	N
4	SE4001	Anatomy & Physiology for Sport	20	Core	N
4	SE4002	Musculoskeletal Anatomy for the Lower Limb	20	Core	N
4	SE4009	Musculoskeletal Anatomy for the Upper Limb	20	Core	N
4	SE4008	Introduction to Sports Injuries	20	Core	N
4	SE4007	Soft Tissue Practices	20	Core	N
5	SE5004	Sports Trauma Management	20	Core	N
5	SE5003	Peripheral Assessment and	20	Core	N

		Mobilisation Techniques			
5	SE5001	Physiological and Nutritional Assessment for Sports Performance	20	Core	N
5	SE5000	Research Methods and Design (Mental Wealth)	20	Core	N
5	SE5010	Biomechanics and Strength Training for rehabilitation	20	Core	N
5	SE5011	Rehabilitation of the Injured Athlete	20	Core	N
6	SE6013	Spinal Assessment and Mobilisation Techniques	20	Core	N
6	SE6102	Independent Research Project in Sport	40	Core	N
6	SE6012	Clinical Practice, Work Placement and Employability (Mental Wealth)	40	Core	N
6	SE6004	Person centred healthcare for Sports Therapists	20	Core	N

*Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, in order to create the best learning experience.*

Additional detail about the course module structure:

ALL modules are core. Students take 6 modules per academic year, divided into two semesters. All modules must be successfully completed to achieve the 360 credits for graduation. All modules are subject to external audit through the professional body. This means that dedicated members of the Society of Sports Therapists, regularly visit to moderate exams and assess standards.

A core module for a course is a module which a student must have passed (i.e. been awarded credit) in order to achieve the relevant named award. An optional module for a course is a module selected from a range of modules available on the course.

The overall credit-rating of this course is 360 credits. If for some reason you are unable to achieve this credit you may be entitled to an intermediate award, the level of the award will depend on the amount of credit you have accumulated. You can read the University Student Policies and Regulations on the UEL website.

### Course Specific Regulations

The course is accredited by the Society of Sports Therapists, and as such adheres fully to the scope of practice and core competencies required to practise as a Graduate Sports Therapist.

<http://www.society-of-sports-therapists.org>

### Typical Duration

It is possible to move from full-time to part-time study and vice-versa to accommodate any external factors such as financial constraints or domestic commitments. Many of our students make use of this flexibility and this may impact on the overall duration of their study period.

#### UG

The expected duration of this course is 3 years full-time or 4-5 years part-time.

A student cannot normally continue study on a course after 4 years of study in full time mode unless exceptional circumstances apply and extenuation has been granted. The limit for completion of a course in part time mode is 8 years from first enrolment.

### Further Information

More information about this course is available from:

- The UEL web site ([www.uel.ac.uk](http://www.uel.ac.uk))
- The course handbook
- Module study guides
- UEL Manual of General Regulations (available on the UEL website)
- UEL Quality Manual (available on the UEL website)
- School web pages

<http://www.society-of-sports-therapists.org>

•All UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our courses by listening to student and employer views and the views of external examiners and advisors.

#### Additional costs:

Apart from the course fees, estimated additional costs may include:

1. Programme Uniform – up to £75
2. Name badge deposit - £3.50

3. Additional courses e.g. First Aid £40, Massage £500, Fitness training, £250
- 4.

#### Alternative Locations of Delivery

**The course is delivered at UEL ONLY.**