

COURSE SPECIFICATION

BSc (Hons) Sports Therapy

Programme Aim and Title	BSc (Hons) Sports Therapy
Intermediate Awards Available	BSc – SPORTS INJURIES DipHe, CertHe 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	https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/sbs-events-hospitality-leisure-sport-tourism-16.pdf?sfvrsn=159df781_6 https://www.uel.ac.uk/Undergraduate/Courses/BSc-Hons-Sports-Therapy http://www.society-of-sports-therapists.org
Additional Versions of this Programme	
Date Specification Last Updated	October 2020

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.

Level 4 Modules

Mapped closely with not only QAA benchmarks, but SST competencies and requirements will see students develop foundation knowledge in musculoskeletal anatomy, sports injury and pathology, and soft tissue therapies. These modules provide the basis from which students can then transfer this understanding to applied scenarios as they progress in to L5 study. The anatomical specific modules provide a platform for subsequent modules on the course but also inform a working thread that serves to connect content with application. The study skills module in the first is a sequence of three modules which equips the students in the first instance with the tools necessary to be successful on their degree. The second half of the study skills module focusses on research methods and analysing data. This module provides a foundation for the L5 research methods module and ultimately culminates in the third year dissertation module. The inclusion of a module that explores pathophysiology of injuries (introduction to sports injuries), provides a pathway into applying this knowledge to complex conditions in subsequent years of study and placement experiences. Each year of study enables students to consider taking additional industry specific qualifications or badges. These badges not only provide students with a gateway to employment, but further act to support student learning and application skills during their course of study. In collaboration with the physiotherapy programme, we have developed a new sports massage diploma aimed at providing students with additional industry relevant qualifications. The new course is available to both physiotherapy and sports therapy students.

Level 5 Modules

The new L5 course will continue to meet the core demands of the Sports Therapy industry. In redesigning the modular and course specific content, it was necessary to consult with students and relevant industry experts to consider how content should inform practice. The new course is designed to enable students, at L5, to develop and enhance key employment skills prior to their work placement at the start of L6. These include a new module on sports trauma management which will serve to provide essential pre-hospital emergency medicine skills and prepare students for pitch-side work. This module has an additional badge wherein students can obtain a trauma qualification. The remaining modules at level 5, complement the assessment, treatment and rehabilitation of peripheral joint injuries.

The focus at L5 will be on application to the workplace with students encouraged to consider how theoretical content covered at L4 informs the choices they might make when working with a range of athletes in a number of sport, exercise and health contexts. The suite of modules provides students with the core competencies to graduate with a BSc (Hons) Sports Therapy and also tracks the destinations that a large percentage of SES students graduate leading to (teaching, coaching, health, exercise).

Level 6 Modules

The L6 course requires students to complete an independent research project which can take the form of either an experimental project, an evaluation of a community intervention or reporting on the outcomes of a therapeutic rehabilitation programme. The remaining modules focus on developing students for employment

within the sport and exercise science/therapy profession. The emphasis across these modules will be on problem solving and application of skills, knowledge and practice across applied situations.

The L6 course has been designed to consolidate learning at L4 and 5, and then, through work placement provide students with options for employment and further study. The theme for L6 is building competencies, refining skills, and understanding work-related expectations. L6 students will further provide mentorship to L4 and 5 ones, through integrated and inclusive on-campus clinic rotations. This will serve to position the L6 student within a leadership role and encourage utilisation of applied professional skills. At L6, students will focus on spinal assessment, treatment and rehabilitation techniques (the potential risk associated with spinal assessment especially c-spine, requires more considered and complex skills and is best placed in final year once students have completed, practised and applied peripheral joint mobilisation techniques at level 5). In addition students will be encouraged to apply critical and problem solving skills through an independent research dissertation as well as application of knowledge within authentic sports therapy placements. The final level 6 module centres on the understanding and application of sport psychology and mental health principles in the treatment and management of athletic injury.

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 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 programme.

Work or Study Placements

Central to the completion of the course is a mandatory minimum 200 hours work placement. This commences during the first year and concludes in May of the final year. 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 software – Simplicity. Students have a choice of placement opportunities as well as access to a designated placement officer who can advise on placements.

Programme Structure

All programmes 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 programme.
- 4 Equivalent in standard to the first year of a full-time undergraduate degree programme.
- 5 Equivalent in standard to the second year of a full-time undergraduate degree programme.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree programme.
- 7 Equivalent in standard to a Masters degree.

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

The module structure of this programme:

Level	Module Code	Module Title	Credit Weighting	Core/Option	Available by Distance Learning? Y/N
4	SE4000	Essential Skills	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	Management of Sports Trauma	20	Core	N
5	SE5003	Peripheral Assessment and Mobilisation Techniques	20	Core	N
5	SE5001	Physiological and Nutritional Assessment for Sports Performance	20	Core	N
5	SE5000	Research Methods and Design	20	Core	N
5	SE5010	Biomechanics and Strength Training	20	Core	N
5	SE5011	Rehabilitation of the Injured Athlete	20	Core	N
6	SE6013	Spinal and Peripheral Rehabilitation	20	Core	N
6	SE6102	Independent Research Project	40	Core	N
6	SE6012	Clinical Practice, Work Placement and Employability	40	Core	N
6	SE6004	Mental Health and Wellness in Sport	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 with 4 modules in the final of which two run the entire academic year. 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 programme.

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.

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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)
- 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 additional costs include:

1. Course Uniform - £75
2. Name badge deposit - £3.50
3. Additional courses – First Aid £40, Massage £500, Fitness training, £250, in house courses ranging from £80-£200 depending on hours.
4. In addition, students have the option of purchasing starter kits ranging from £100-£250

Alternative Locations of Delivery

The course is delivered at UEL ONLY.