



HARTPURY
UNIVERSITY

Programme Information Sheet for 2019 entry

MSci Sports Therapy (Equestrian)

UCAS Code: C630

Award on completion of programme: MSci Sports Therapy (Equestrian) OR MSci Sports Therapy (Equestrian)

Professional body accreditation: Society of Sport Therapists (SST)

Location of study: Hartpury University. Work placement locations will vary.

Length of programme: Four years full-time. Five years full time with integrated placement year. Part-time options are available.

Language of the programme: This programme is taught in English.

Entry Requirements:

General: A minimum of 5 GCSE A* to C, (or 9 to 4 where numeric grades are being awarded), including English Language, Mathematics and a Science

A-levels: Typical offer is ABB or equivalent. This must include a minimum of two A Levels including one in a Biological Science and excludes General Studies.

Vocational Award: Typical offer is a DDM in an Extended Diploma or equivalent in a relevant subject

International Baccalaureate: We welcome students with the International Baccalaureate Diploma qualification. Offers will be based upon the constituent components to include a grade 3 at higher level biological science. Please contact the admissions team for more information.

Access: We welcome students with Access qualifications. Certain programmes require a pass at level 3 in specific units. Please contact the admissions team for more information.

Mature and international applicants: Mature and international applicants are welcomed. Mature applicants that are not applying for a programme straight from formal education will be expected to demonstrate suitability for the course.

In the case of international applications, we will attempt to establish the equivalency of qualifications and the same criteria and assessment is used as for home students. An IELTS English qualification is expected for international applicants without a GCSE Grade C or above (or 9 to 4 where numeric grades are being awarded) in English Language.

If you have completed learning towards a university level qualification, perhaps at another institution or with a professional body or have relevant work experience then you may be able to gain credit for this and/or enter the course at a later point than standard year one entry. For further information please contact our Admissions team, who will be pleased to help you.

Personalised offers will be made to each applicant based on their own merits. Non-academic and academic achievement will be considered.

Timetables: Both full-time and part-time students on the programme will start in September 2019. This

programme is taught over two semesters, normally consisting of 12 weeks of scheduled teaching and then assessment weeks. The academic calendar can be found at: <http://www.hartpury.ac.uk/uni-termdates/>. During scheduled teaching you will have a day without timetabled sessions to support you in managing your workload, gaining valuable volunteering and work experience and completing part-time work. For the 2018/19 year that day is a Wednesday. During the final year of this programme modules may be delivered in block days. Timetables are normally available during registration. Please note that while we make every effort to ensure that timetables are as student-friendly as possible, scheduled teaching can take place at any time between 8:30 to 20:30 Monday to Friday, although Wednesday afternoons are normally reserved for sports and cultural activities. Work placements may entail working on different days and different hours, depending on the opportunity you identify. Part-time students should be advised that as their route is dependent on the full-time course's timetable there is the possibility depending on the modules chosen that the student could be required to attend five days a week.

Programme Composition: This programme comprises of different modules, which focus on specific subjects. The modular structure of the programme gives you flexibility and choice and you can attend introductory sessions for optional modules before having to finally decide which ones you wish to study. We usually offer all optional modules available to students however if we believe that we are unable to offer a high quality student experience (which can be particularly affected by low student demand) then we may make the decision not to offer it. If an optional module will not be run, we will advise you as soon as possible and help you choose an alternative module. Our teaching is informed by research, and modules change periodically to reflect developments in the discipline. These changes are informed by both industry and student consultation.

On completion and passing of these modules, you gain academic credit that accumulates towards your award. The marks you gain for these modules completed after your first year may contribute towards your overall award mark and outcome. The modules contain mixture of scheduled learning, independent learning and sometimes learning whilst on work placement. Students will receive a minimum of 15 hours scheduled contact per week in lectures, seminars and practical's in their first year. In subsequent year's scheduled contact will vary depending on the modules you select but is typically around 12 hours per week. Students are expected to dedicate at least two to three hours of independent study per contact hour. Students will usually undertake a minimum of 200 hours of work placement to gain professional experience. Some modules may bring in guest lecturers to provide topical and industry-relevant talks.

	Scheduled Contact Learning (%)	Placement Learning (%)	Independent Learning (%)
Year 1	24	0	76
Year 2	24	0	76
Year 3	16	8	76
Year 4	16	8	76

NB The integrated placement year would involve a minimum of 40 weeks of placement and independent learning.

Content Includes:

Year 1:

- **Introduction to Horse Rider Performance**

- Introduction to competitive demands of different disciplines and development pathways available to equestrian athletes

- **Introduction to Functional Anatomy and Sport Biomechanics**

- Students will learn the basic anatomical structures and functions related to sports and be introduced to sports biomechanics principles used in sport

- **Introduction to Exercise Physiology**

- Understand the basic physiology of the muscular, cardiovascular, respiratory system and their control through the nervous and endocrine system

- **Introductory Skills for Sports Therapists**

- Basic skills of assessing and treating sports injuries

- **Emergency Care for Sports Therapists**

- Learning how to apply emergency care and first to sports-related injuries

- **Principles of Strength and Conditioning**

- This module will help students learn the basics of strength and conditioning training principles

- **Sports Massage**

- Learn about and apply this important sports massage techniques for pre-competition, recovery and for the treatment of injuries

Year 2 Study Themes:

- **Applied Skills for Sports Therapists**
 - Advanced techniques for treating and examining sports injuries, including electrotherapy
- **Peripheral Mobilisation**
 - Understanding the how to apply mobilisations to the peripheral joints
- **Sports Rehabilitation**
 - Learning how to use exercise prescription in the rehabilitation of sporting injuries
- **Vertebral Mobilisation**
 - Learning how to apply appropriate mobilisation to the vertebral column and rehabilitation
- **Horse and Rider Performance**
 - Learning the physiological and biomechanical demands of the both the horse and the rider in various equestrian disciplines from amateur to elite.
- **Sports Nutrition**
 - The basics of nutritional requirements for exercise, including metabolism, carbohydrates, fats, and protein

Year 3 Study Themes:

- **Professional Practice in Sports Therapy**
 - Students will undertake a minimum of 200 hours of professional placement in a sporting and equestrian environment. Self-employed business planning and management is also included.
- **Sports Conditioning and Return-to-Play**
 - Understanding the relationships between doctors, sports therapists, and strength and conditioning coaches, and understanding return-to-play considerations
- **Complete Injury Management**
 - Learning advanced trauma management and participating in an internal supervised clinic to enhance clinical reasoning.
- **Screening and Prevention**
 - Learning physical screening protocols and injury-prevention methods
- **Research Methods**
 - Introduction to the research process and different methods of data collection is explored. Students gain the ability to produce a research proposal, which will inform them of their final dissertation project.
- **Applied Research Project**
 - Students will partake in independent research and analysis related to sports therapy in the equestrian field.

Year 4 Study Themes:

- **Advances in Sports Therapy**
 - Students will learn more advanced treatment techniques and rehabilitation, enhanced clinical reasoning and analysis of current literature in the field.
- **Research Dissertation**
 - Students will partake in independent research and analysis in a related area of their choice.
- **Rider Performance**
 - Students will gain in depth understanding of the physiological and biomechanical demands placed upon the rider in a range of equestrian disciplines. Specific equestrian rehabilitation will also be covered.
- **Recovery and Monitoring for Sport Performance**
 - Assessment of competition data and recovery strategies

Optional Modules:

There are two optional modules in the fourth year which include; **Practical techniques in strength and conditioning, and Therapy** and **Rehabilitation of the Equine Athlete**.

Programme Composition: Students will receive a minimum of 15 hours contact per week in lectures, seminars and practical's in their first year. In addition, students are expected to dedicate around two to three hours of independent study per contact hour. Students will undertake a minimum of 200 hours of work placement to gain professional experience. Students will also have the option of completing a sandwich year, where students will gain experience in the industry.

Assessment Method: You will be assessed through a mixture of written exams, practical exams and coursework. Many of the modules will be marked based on a mixture of assessment types, whilst others will be based solely on one type of assessment.

	Written Examination (%)	Coursework (%)	Practical Examination (%)
Year 1	25	32	43
Year 2	30	29	41
Year 3	0	66	8
Year 4	0	66	34

NB. The integrated placement year will involve 100% course work.

Discounts and special support associated with enrolling on the programme: These are in addition to the discounts Hartpury usually offers to its students, such as free Wi-Fi on site and Microsoft Office packages etc. There is lots of support available to you whilst you study including allocation of a personal academic tutor that you will meet for 1:1 sessions and other services detailed at <http://www.hartpury.ac.uk/university-centre/facilities/life-at-hartpury/student-support/>.

Costs associated with the programme: The cost of the programme will be £9250 per year for UK and EU students subject to government approval. We will only increase our fees in accordance with guidelines laid down by OFFA. Students are required to purchase sports kits which can be bought as a bundle via Hartpury's website for approximately £150.00. Throughout their degree students will also have the opportunity to engage in a number of CPD opportunities arranged through Hartpury. These will run at an additional cost however they are not compulsory.

Work placements can require a Disclosure and Barring Service (DBS) check that is paid for by the student or placement provider. This programme offers an optional study abroad programme that will incur additional costs for the student.

How do I join a Sports Academy?

If you would like to represent one of the Academy sports at Hartpury in the 2019/20 season then you must become a member of the Sports Academy.

The cost of the Sports Academy Membership fee for a HE student is currently £220 a year (this also includes a free student gym membership for the year).

How do I purchase Hartpury Sports kit?

Visit the Hartpury College online shop which you can access via the Hartpury website, at <http://estore.hartpury.ac.uk/>. You can then purchase the kit which is relevant to your course or sport.

For Part Time costs please refer to the Hartpury Fee policy at: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

For more information on the admissions policy, please visit: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

This Course Information Sheet is accurate as at 13th September 2018.