



## Programme Specification

Part 1: Basic Data			
Awarding Institution	Hartpury College		
Teaching Institution	Hartpury		
Delivery Location	Hartpury		
Study abroad / Exchange / Credit recognition	None		
Department responsible for programme	Sport		
Programme Title	MSci Sports Therapy (Equestrian)		
Professional Statutory or Regulatory Body Links	Society of Sport Therapists (accredited)		
Highest Award Title	MSci Sports Therapy (Equestrian) MSci Sports Therapy (Equestrian) (SW)		
Default Award Title	None		
Interim Award Titles	Certificate HE Sports Studies Diploma HE Applied Sports Studies BSc Applied Sports Studies BSc (Hons) Sports Therapy		
Mode(s) of Study	Full time/Part time		
Codes	UCAS: C630	JACS:	
	UNIT-e: STEX	HESA:	
Relevant QAA Subject Benchmark Statements	Events, Hospitality, Leisure, Sport and Tourism		
Last Major Approval Date	01 September 2017	Valid from	01 September 2018
Amendment Approval Date	V1.1- 13 February 2018 V1.2- 01 March 2018	Amended with effect from	V1.1- 01 September 2018 V1.2- 01 September 2018
Version	1.2		
Review Due By	01 September 2023		

## Part 2: Educational Aims of the Programme

The target award of an MSci Sports Therapy Equestrian is a four-year full time programme, with the option of doing a five year degree with a sandwich year. The degree is designed to develop competent, knowledgeable and evidence based practitioners. The modules across the four years of taught study will enable students to gain knowledge of the treatment, rehabilitation and injury prevention in with a variety of sports and have specialist understanding of equestrian sports. The programme will support their career into sport therapy employment, to become full members of the Society of Sports Therapists, or to further postgraduate level education.

### General Aims:

The programme aims to encourage students to think critically, evaluate concepts and produce evidence based practitioners. The fundamentals of the MSci Sports Therapy Equestrian programme is to produce component graduates who are able to practice as an independent sports therapist. In order to achieve this, students will need to develop the following Society of Sports Therapists core competencies:

1. 1 Prevention.
2. 2 Recognition.
3. 3 Management, treatment and referral.
4. 4 Rehabilitation.
5. 5 Education and professional practice issues.

### Specific Aims:

1. To allow students to engage with new and developing research within the fields of sports medicine, sports therapy and equestrian sport
2. To develop the student's transferable skills, knowledge and capacity for critical analysis thought in a rigorous and constructive way through a range of assessments, including case study analysis, practical assessments, verbal exploration, literature reviews and projects
3. To develop practical skills in the examination and assessment of sporting injuries, as well as the practical application of a variety of treatment modalities, rehabilitation and injury prevention techniques
4. To provide students with a progressive and developmental opportunities to design and construct and undertake a scientific research relevant to sports therapy
5. To offer students the opportunity to engage with work experience in a variety of sports examples; rugby, football, netball, basketball etc. and the equestrian industry.
6. To allow students to gain advanced knowledge of functional anatomy and physiology, including biomechanics of the sporting athlete. Students will also gain a knowledge of the functional demands of the equestrian athlete and rider performance.
7. To gain a deep understanding pathophysiology of sporting injuries, including aetiology and rehabilitation.
8. To develop student's ability to confidently assess and manage emergencies in a sporting environment, as well as administer prolonged treatment plans.
9. To apply sports science and conditioning principles, rehabilitate sports injuries to achieve return to play and competition. Students will gain a specialist knowledge in the rehabilitation of the rider and gain an appreciation of the horse and rider relationship.
10. To facilitate and support career aspirations including self-employed business management and working within a multidisciplinary team

Upon graduation with the Integrated Masters, graduates will be appropriately prepared to practice as Sports Therapists, however, they will need to secure professional indemnity insurance in order to practice and seek accreditation by an accrediting body such as the Society of Sports Therapists.

<b>Programme requirements for the purposes of the Higher Education Achievement Record (HEAR)</b>
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MSci Sports Therapy (Equestrian) graduates can assess, evaluate, and treat injuries typical to sport and exercise participation, including equestrian athletes. They have the knowledge and skills to devise rehabilitation plans that will facilitate reintegration back to full participation. In addition, graduates are able to offer advice and plan treatment programmes designed to reduce the incidence of injury, i.e. the horse rider.

Graduates can apply skills for both amateur and professional human athletes. They have experienced different placements including equestrian settings and will understand their role in a multidisciplinary team. Graduates will be a full member of The Society of Sports Therapists enabling them to practice.

### Part 3: Programme Structure for : MSci Sports Therapy (Equestrian)

This structure diagram demonstrates the student journey from Entry through to Graduation for a typical **full time student**, including:

- 1 level and credit requirements
- 2 interim award requirements
- 3 module diet, including compulsory and optional modules

ENTRY		Compulsory Modules	Optional Modules	Interim Awards
<div style="display: flex; flex-direction: column; align-items: center;"> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">ENTRY TO FOUNDATION YEAR</div> <div style="writing-mode: vertical-rl; transform: rotate(180deg);">ENTRY TO YEAR ONE</div> <div style="width: 20px; height: 100px; border-left: 2px solid black; margin: 0 10px;"></div> </div>	Foundation Year	Not applicable.	Not applicable.	<p><b><u>CertHE Sports Studies</u></b></p> <p>Credit requirements: 120 credits at level 3 or above of which not less than 100 are at level 4 or above.</p> <p><b><u>DipHE Applied Sports Studies</u></b></p> <p>Credit requirements: 240 credits at level 3 or above of which not less than 220 are at level 4 or above, and not less than 100 are at level 5 or above.</p>
	Year 1	Introduction to Horse Rider Performance HEQV7X-15-4 Introductory Skills for Sports Therapists* HSPXTG-15-4 Introduction to Functional Anatomy and Biomechanics for Sport Therapists* HSPV5H-30-4 Principles of Strength and Conditioning* HSPXM3-15-4 Sports Massage* HSPXTJ-15-4 Introduction to Exercise Physiology* HSPXL7-15-4 Emergency Care for Sports Therapists* HSPXTH-15-4	Not applicable.	<p><b><u>BSc Applied Sports Studies</u></b></p> <p>Credit requirements: 300 credits at level 3 or above of which not less than 280 are at level 4 or above, not less than 100 at level 5 or above and not less than 60 credits are at level 6 or above.</p> <p><b><u>BSc (Hons) Sports Therapy</u></b></p> <p>Credit requirements: 360 credits at level 3 or above of which not less than 340 credits at level 4 or above, not less than 200 credits are at level 5 or above, and not less than 100 credits at level 6 or above. Must have completed and passed all compulsory modules</p>
	Year 2	Applied skills for sports therapists* HSPXTK-30-5 Peripheral Mobilisations* HSPXTL-15-5 Vertebral Mobilisations* HSPV4F-15-5 Sports Nutrition* HSPXS9-15-5 Sports Rehabilitation* HSPXTM-15-5 Horse and Rider Performance* HEQXRH-30-5	Not applicable.	<p><b><u>TARGET AWARD</u></b> <b><u>MSci Sports Therapy (Equestrian)</u></b></p> <p>Credit requirements: 480 credits at level 3 or above of which not less than 460 credits are at level 4 or above, not less than 320 credits are at level 5 or above and not less than 220 credits at level 6 or above of which not less than 120 are at level 7. Must have completed and passed all compulsory modules.</p>
	Optional year	Sandwich Year Work Placement (HANVK6-15-5)	Not applicable.	<p><b><u>TARGET AWARD</u></b> <b><u>MSci Sports Therapy (Equestrian) (SW)</u></b></p> <p>Credit Requirements: 360 credits at level 3 or above of which not less than 340 are at level 4 or above, not less than 200 are at level 5 or above and not less than 100 at level 6 or above. This must include all compulsory modules and the Sandwich Year Work Placement module.</p>
	Year 3	Screening and Prevention* HSPV49-15-6 Sports Conditioning and Return to Play* HSPV4C-15-6 Applied Research Project* HANV3S-30-6 Complete Injury Management* HSPV4U-15-6 The Research Process HANXKT-15-7 Professional Practice in Sports Therapy* HSPV5J-30-6	Not applicable.	
	Year 4	Rider Performance HEQXKR-15-7 Postgraduate Independent Project HANV5D-30-7 Strength and Conditioning from Practice to Theory HSPV66-15-7 Recovery and Monitoring for Sport Performance HSPV5G-15-6 Advanced Sports Therapy HSPX64-30-7	Practical Techniques in Strength and Conditioning HSPV64-15-7 Therapy and Rehabilitation of the Equine Athlete HEQXKS-15-7	

GRADUATION

#### Part time:

The part time student journey from Entry through to Graduation is individually negotiated with the student.

## Part 4: Learning Outcomes of the Programme

Learning Outcomes:	Introduction to Functional Anatomy and Biomechanics for Sports Therapists*	Introduction to Exercise Physiology*	Introductory Skills For Sports Therapists*	Emergency Care for Sports Therapists*	Principles of Strength and Conditioning *	Sports Massage *	Introduction to Horse Rider Performance	Applied skills for sports therapists *	Peripheral Mobilisations*	Vertebral Mobilisations*	Sports Nutrition*	Sports Rehabilitation *	Horse and Rider Performance*	Screening and Prevention*	The research process	Sports conditioning and return to play*	Complete injury management*	Applied Research Process*	Professional Practice in Sports Therapy*	Rider Performance	Postgraduate Independent Project	Advanced Sports Therapy	Strength and Conditioning from Practice to Theory	Recovery and Monitoring for Sports Performance	Practical Techniques in Strength and Conditioning	Therapy and Rehabilitation of the Equine Athlete
	A) Knowledge and understanding of:																									
1. The disciplines underpinning sports therapy and their interrelated nature	✓	✓			✓	✓					✓			✓		✓						✓	✓	✓		
2. The aetiology and pathophysiology of a range of sports injuries			✓	✓		✓		✓	✓	✓		✓		✓		✓	✓		✓			✓				
3. Well-established techniques for clinical assessment and treatment and how to evaluate their efficacy critically			✓	✓		✓		✓	✓	✓		✓		✓		✓	✓		✓			✓		✓		
4. How to interpret the results of clinical assessments and formulate appropriate treatment options using advanced disciplinary knowledge			✓	✓		✓	✓	✓	✓	✓		✓	✓	✓		✓	✓		✓	✓		✓	✓	✓		
5. A working understanding and critical awareness of current knowledge base, new developments and issues pertaining to sports therapy - Functional anatomy and physiology - Pathophysiology of sports injuries - Sports Nutrition - Assessment and treatment of sports injuries	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	



(D) Transferable skills and other attributes																												
1. Engage in academic enquiry, advanced research skills and the ability to identify, develop and implements discipline specific evidence based problem solving strategies.																√				√			√		√	√	√	√
2. Critical appraisal of current practice and research with the purpose of synthesizing information from a range of sources.		√														√				√			√		√	√		√
3. Professional and graduate skills enhanced through industry knowledge, and a reflective philosophy when analysing personal and professional effectiveness.	√			√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√				√	√	
4. Evaluate their own academic, practical and professional performance.																		√		√	√		√					√
5. Utilise problem solving skills in a variety of theoretical and practical situations																				√	√		√	√	√	√	√	
6. Understand the career opportunities and challenges ahead and begin to plan a career path and business planning																												√

## Part 5: Student Learning and Student Support

### Teaching and learning strategies to enable learning outcomes to be achieved and demonstrated

There is a policy for a minimum average requirement of 15 hours in year one and 12 hours/week contact time over the course of the full undergraduate programme. This contact time encompasses a range of face to face activities as described below. In addition, a range of other learning activities will be embedded within the programme which, together with the contact time, will enable learning outcomes to be achieved and demonstrated.

On the MSci Sports Therapy (Equestrian) programme, teaching is a mixture of lectures, seminar sessions, and practical sessions in both a clinical, equine and sports team based environments combined with scheduled and independent learning. Students are also required to complete a work based placement, and there is an option to complete this as a sandwich year.

**Scheduled learning** includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; work based learning; supervised time in clinical sessions.

**Independent learning** includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc.

**Placement learning:** may include a practice placement, other placement, and a year in an industry of choice.

By the end of the programme the student will benefit by having completed a minimum of 200 hours of work placement. The student will have had the chance to learn new skills, to confidently put them into practice under the supervision of the work provider, and then to move on to improve their level of competency.

Students will be encouraged to complete placement hours in all sport disciplines including team and individual sports as well as a compulsory placement in the equestrian industry. This experience will give the students the opportunity to reflect upon their personal development and formulate ideas of possible careers available following graduation. All placements must meet the requirements of the institutions requirements and the Society of Sports Therapists.

### Description of the teaching resources provided for students

Students will have access to a range of teaching resources, laboratory facilities, clinical spaces, The Rider and Performance and Equine Therapy Centre, institutions Learning Centre, specialist software and wider estate. Students will also access the sports therapy rehabilitation suite, a bespoke equine rehabilitation gymnasium and rubber crumb/outdoor pitches and sports hall. Students will use the isokinetic dynamometer, force platform, ergometer and gas analysis.

The specialist institutions Learning Centre hosts a wide range of paper and electronic resources including scientific journals and databases chosen specifically to support the course. The commercially run Rider and Performance and Equine Therapy Centre provides opportunity to enhance learning through interaction with clinical referral and rehabilitation cases and supports a wide range equine and equestrian athletes.

Learners are supported throughout the programme via the Virtual Learning Environment (VLE), the institutions online web-based support. Access is available remotely and so the VLE provides students with access to academic materials relevant to their chosen modules and programme. Students are kept up-to-date with information via the announcements on the VLE and via the SMS text message service with which the institution has engaged.



The institutions library service is highly supportive of the academic disciplines within the equine science and sports science fields and provides an extensive range of paper (textbooks and periodicals) and electronic (e-book, periodicals and database) resources relevant to the subject area. The library service and the programme teams are in constant contact to ensure that up-to-date, relevant material which supports the students' academic journey is provided.

### **Description of any Distinctive Features**

The purpose of the programme contained in this submission for validation is to provide a balanced vocational and academic study that is intellectually challenging, vocationally relevant, and provides a foundation for pursuing a career within the sports therapy field with a speciality in equestrian athletes. The programme will enable students to develop knowledge and skills in the assessment and treatment of a range of sports injuries. Students will develop competence in the prevention, evaluation, management, and rehabilitation of sports injuries. These will include injuries from mainstream sports as well as the acute and chronic injuries that an equestrian athlete may suffer from. Whether dealing with high-level performers or recreational athletes, students will learn effective treatment strategies to ensure optimal performance.

The Masters programme equips the student with the knowledge base and skills relevant to the area of sports therapy through the enhancement and reinforcement of academic knowledge and practical skills, allowing students to gain greater knowledge in equestrian industry.

Years 1 and 2 of this programme are run in parallel to the BSc (Hons) Sports Therapy provision whereby compulsory modules at level 1 provide the student with a basic understanding of science and anatomical concepts. The introduction to equestrian sports will introduce the student to different disciplines and the demands of the rider and horse in each. This knowledge will be expanded on in subsequent modules at level 2, where students will be able to gain knowledge in to the equine and equestrian athlete and their relationship. Analysis of the injury risks that affect the rider in a variety of disciplines will be explored, including training techniques, physiological and biomechanical demands of the rider. Students will gain all the foundations of injury assessment and examination including treatment and rehabilitation of the rider.

Years 3 and 4 are designed to offer a supportive, facilitated and structured progression from undergraduate to postgraduate study. Core modules at level 3 are focused around the development of a confident approach to the understanding, design, development and critique of research protocols and reports. In preparation for the Postgraduate Independent Project at level M, level 3 requires the student to undertake an introductory research process to develop their investigative research skill and data analysis abilities which will be used for their final research project. The level M project is supported by the concurrent enrolment on the postgraduate level research process module, which is designed to support students on postgraduate study from a variety of research and statistical backgrounds. Integration of this postgraduate level module offers an introduction to the postgraduate study ethos and modality which students will then be fully engaged within in the following level M. Students will be able to contextualise scientific principles and analyse fundamental requirements of the horse, rider and coach triad and implement clinical reasoning for injury assessment, treatment and prevention.

M Level sports therapy students at all four levels are taught by subject specialists who have had experience in equine/equestrian and sports related industries. The programme prepares graduates for the future needs of the sports therapy industry (in different sports as well as equestrian) in the UK and abroad, the nature of the academic programmes gives students the opportunity to work within the industry to add to their personal vocational and practical skills in addition to knowledge base.

#### **Support:**

Support staff are available to help the students with all aspects of a placement year process (including support for the student whilst they are on placement). This is in addition to the wide range

of resources available to all students within the careers service. Students will have access to year group tutors, module and programme managers and learning support staff if they require it. Learners will be supported throughout the programme through online web-based support such as the VLE. The library facilities have a comprehensive array of resources to support this programme. Many of these resources can be accessed remotely.

**Progression:**

Years 1 and 2 of the MSci Sports Therapy (equestrian) are run in parallel with years 1 and 2 of the BSc (Hons) Sports Therapy. Successful continuation and progression on to year 3 of the MSci will normally require students to complete year 2 with 240 credits contributing to the award and a minimum overall average grade of 60% at level 5. Students achieving less will be transferred to year 3 of the BSc (Hons) Sports Therapy programme.

Overall, the programme combines the development of knowledge via teaching, research and practical skills, and facilitated progression from undergraduate to postgraduate study, to develop a graduate who can make an effective contribution to the applied science industries; both within equine science and sports science fields. The balance of skills developed on the programme will enable graduates to continue with postgraduate education.

**Part 6: Assessment**

This module will be assessed according to the Academic Regulations published for the academic year on the website <http://www.hartpury.ac.uk>

**Assessment Strategy**

Assessment strategy to enable the learning outcomes to be achieved and demonstrated: will be tested in a varied of formats including literature reviews, case studies, practical exams, written exams, portfolios, presentations, oral examinations, written assignments and poster presentation/defense.

Assessment of knowledge and understanding is through a variety of formative and summative means in accordance with professional body requirements and industry expectations. Students develop and practice many transferable and specific skills for sports therapy through assessed work. The Sports Therapy specific modules are strongly focused on the practical skills required for Sports Therapy accreditation and those modules have pass/fail assessments to ensure that those going on to practice in sports therapy have demonstrated competence in both knowledge and practical ability. These elements are maintain safety requirements.

## Assessment Map

The programme encompasses a range of **assessment methods** and these are detailed in the following assessment map:

### Assessment Map for MSci Sports Therapy (Equestrian)

		Type of Assessment*									
		Unseen Written Exam	Open Book Written Exam	In-class Written Test	Practical Exam	Practical Skills Assessment	Oral assessment and/or presentation	Written Assignment	Report / Project	Dissertation	Portfolio
<b>Compulsory Modules Year 1</b>	Sports Massage*	B (50)			A (50)						
	Introductory Skills for Sports Therapists*				A (70)			B (30)			
	Introduction to Exercise Physiology*	A (100)									
	Principles of Strength and Conditioning*	A (50)			B (50)						
	Introduction to Horse Rider Performance						A (100)				
	Introduction to Functional Anatomy and Biomechanics for sport therapists*						A (50)				B (50)
	Emergency Care for Sports Therapists*	B (50)				A (50)					
<b>Compulsory Modules Year 2</b>	Applied skills for Sports therapists*				A= P/F B 1 (50)			B 2 (50)			
	Peripheral mobs*	A (70)			B (30)						
	Vertebral Mobs*						A (30)				B (70)
	Sports Nutrition*	A (40)						B (60)			
	Sports Rehabilitation*				A (60)			B (40)			
	Horse and Rider Performance*						A (40)	B (60)			
<b>Compulsory Modules Year 3</b>	Professional Practice in Sports Therapy*				B3 (P/F)		A (30)		B 1 (30)		B2 (40)
	Screening and Prevention*				A (50)			B (50)			

	Complete Injury Management*				A (P/F) A (60)			B (40)			
	Applied Research Project							A (100)			
	The Research Process					A (30)		B (70)			
<b>Compulsory Modules Year 4</b>	Advanced Sports Therapy-				B (60)		A (40)				
	Rider Performance	A (50)						B (50)			
	Postgraduate Independent Project							A (100)			
	Strength and Conditioning from practice to theory				B (75)			A (25)			
	Recovery and Monitoring for Sport Performance										A (100)
<b>Optional Modules</b>	Practical Techniques in Strength and Conditioning				B (75)			A (25)			
	Therapy and Rehabilitation of the Equine Athlete	A (100)									

\*Assessment should be shown in terms of either **Written Exams**, **Practical exams**, or **Coursework** as indicated by the colour coding above.

## Part 7: Entry Requirements

The Institution's Standard Entry Requirements apply and:

Applicants will have achieved entry criteria appropriate for the year of entry, which can be found through the institutions website ([www.hartpury.ac.uk](http://www.hartpury.ac.uk)).

Applicants must provide evidence which demonstrates that they can benefit from study at honours degree level and are likely to achieve the required standard. Applicants will have achieved five subjects including English, Mathematics and Science at GCSE level Grades A-C or above, or equivalent, and current UCAS Tariff Points (including a biological science), or equivalent.

We also welcome applicants from a diverse range of backgrounds who do not have the entry requirements outlined above. Applicants will be considered on the basis of evidence of personal, professional and educational experience which indicates an applicant's ability to meet the demands of an undergraduate degree programme. Applicants with non-standard entry criteria will be reviewed on an individual basis. This will take the form of an individual interview with members of the programme team and possibly the completion of a set task such as a written assignment. Where appropriate experience or learning has been gained prior to enrolment on the programme RPL/RPEL may be possible.

Applicants whose first language is not English must also gain a minimum IELTS score of 6.0 prior to entry onto the programme.

## Part 8: Reference Points and Benchmarks

### ***QAA UK Quality Code for HE***

Has been used to define the minimum level of achievement that students need to achieve to succeed on this programme and achieve the qualification. It has also been used to inform the academic quality of the programme and enhance the quality of the learning opportunities and the assessment methods used to measure achievement on the programme.

### **The Standards and Guidelines for Quality Assurance in the European Higher Education Area (ESG) 2015**

The programme has been designed considering how it addresses aspects of part one of the ESG. In particular the programme has been designed so that it meets 'the objectives set for them, including the intended learning outcomes. The qualification resulting from a programme should be clearly specified and communicated, and refer to the correct level of the national qualifications framework for higher education and, consequently, to the Framework for Qualifications of the European Higher Education Area.'

Additionally the design and teaching, learning and assessment strategy within this programme encourages the programme to be 'delivered in a way that encourages students to take an active role in creating the learning process, and that the assessment of students reflects this approach'.

### ***Hartpury 2020 Strategy and the Teaching and Research Excellence Strategy 2017-2021***

These have been used in designing this programme to ensure that the programme is: learning-centred; underpinned by sound health and safety practices and informed by research and professional practice; inclusive, flexible and accessible, exemplified in particular by the part-time and accelerated study routes; and, provides a diverse assessment diet. Furthermore, the programme aims to produce graduates who: know and value themselves as open-minded, reflective and inter-dependent learners, and participants, employees, self-employed professionals and entrepreneurs in global settings and as global citizens; and, reflect on their own learning and practice, who value others as collaborators in their learning and its exchange.

Assessment within the programme: is an integral part of a dynamic learning and teaching process and not separate from it; plays a key part in the rigorous setting and maintaining of academic standards; provides all students with the entitlement to parity of treatment; makes no distinction between different modes of study; ensures that progression is achieved by credit accumulation and the completion of pre-requisites and co-requisites; recognises different module learning in different forms of assessment; and, affords students the maximum opportunity to demonstrate their knowledge, skills, competencies and overall strengths through a variety of assessed activities.

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of individual modules can be found in module specifications, available on the Institution's website.