

BSc (Hons) Sports Therapy

UCAS Code: C612

Award on completion of programme: BSc (Hons) Sports Therapy OR BSc (Hons) Sports Therapy with Integrated Placement Year.

Professional body accreditation: Society of Sport Therapists (SST)

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

Length of programme: Three years full-time. Four 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 - BBC 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 – DMM in an Extended Diploma or equivalent in a related subject

International Baccalaureate: We welcome students with the International Baccalaureate Diploma qualification. Typical offer is 112-128 UCAS tariff points in an IB Diploma, to include a minimum of two Highers at H3 or above, including one in a Biological Science, Sports Studies or PE subject. This must also include Maths and English Language at a minimum of Standard Level S3 if equivalent GCSE's have not been obtained. Please contact the admissions team for more information.

Access: We welcome students with Access qualifications. Typical offer is 112-128 UCAS tariff points in an Access to Higher Education Diploma to include a minimum of a pass in a Biological Science, Sports Studies or PE module at Level 3. 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.

Fitness for Practice: We will require students who accept a place on this programme to engage in a process to ensure that they are fit for professional practice and eligible for registration with the Society of Sports Therapists.

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. 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 is comprised of different modules, which focus on specific subjects. 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 in your second and third 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 practicals in their first year. In subsequent years 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	26	2	72
Year 2	24	4	72
Year 3	16	10	74

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

Compulsory Modules

Year 1:

- **Functional Anatomy and Biomechanics for Sports Therapists**
This module introduces students to the fundamental anatomy and biomechanical principles required by sports therapists.
- **Fundamental Skills for Sports Therapists**
This module will introduce students to the fundamental skills of a sports therapist including emergency care, pathophysiology, acute injury management and soft tissue massage.
- **Introduction to Exercise Physiology**
Learning the biological systems used during exercise
- **Principles of Strength and Conditioning**
This module will help students establish the basics of strength and conditioning training principles and will outline practical methods to develop physical qualities such as strength and power.
- **The Sport and Exercise Professional**

Students will be introduced to academic and research skills whilst working with students from other sports science disciplines and will determine professional needs in preparation for a career in sport and exercise.

Year 2:

- **Applied Skills for Sports Therapists**
Advanced techniques for treating sports injuries, soft tissue, including electrotherapy
- **Joint Mobilisations**
This module introduces joint mobilisation, a key skill used by sports therapists in the management of peripheral and vertebral joint dysfunction.
- **Sports Rehabilitation**
Learning how to use exercise prescription in the rehabilitation of sporting injuries
- **Sports Nutrition**
The basics of nutritional requirements for exercise, including metabolism, carbohydrates, fats, and protein.
- **The Sport and Exercise Scientist**
Understand how multidisciplinary teams work together in sport and exercise whilst providing opportunity to evidence continued professional development. In addition, this module introduces students to the methods of research and analysis required for projects in the future.

Optional Year Work Placement Year

Year 3:

- **Undergraduate Dissertation**
Students will partake in independent research and analysis in a related area of their choice
- **Professional Practice in Sports Therapy**
Students will undertake a minimum of 120 hours of professional placement learning related Professional skills
- **High Performing Teams**
Students will evaluate the leadership and management of Sport science support within the performance environment.
- **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**
This module will explore the different components related to the complete injury management of an athlete.
- **Screening and Prevention**
Learning physical screening protocols and injury-prevention methods

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	23	12	65
Year 2	5	25	70

Year 3	12	68	20
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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/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. As a professional body requirement, the Society of Sports Therapists require an emergency first aid certificate which students will be required to pay for. This will be embedded within your programme. 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?

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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/>

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This Course Information Sheet is accurate as at 27 February 2019.



Programme Information Sheet for 2019 entry

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	Scheduled Contact Learning (%)	Placement Learning (%)	Independent Learning (%)
Year 1	24	0	76
Year 2	24	0	76
Year 3	14	10	76

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

Compulsory Modules

Year 1:

- Academic Skills for Sport
Helps students develop skills to be successful in university
- 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
Learning the biological systems used during exercise
- Introductory Skills for Sports Therapists
Basic skills of assessing and treating sports injuries
- Emergency Care for Sports Therapists
Learning how to apply emergency care to sports-related injuries
- Principles of Strength and Conditioning
This module will help students learn the basics of strength and conditioning training principles

- **Introduction to Sports Massage**
Learn about and apply this important hands-on skill for pre-competition, recovery and remedial purposes

Year 2:

- **Applied Skills for Sports Therapists**
Advanced techniques for treating sports injuries, soft tissue, including electrotherapy
- **Exercise Physiology**
Students will further their knowledge of how the body adapts, acutely and chronically, to exercise
- **Peripheral Mobilisation**
Understanding the how to apply mobilisations to the peripheral joints
- **Undergraduate Research Process**
This module introduces students to the methods of research and analysis helping to prepare them for the research project (dissertation) in the third year.
- **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
- **Sports Nutrition**
The basics of nutritional requirements for exercise, including metabolism, carbohydrates, fats, and protein

Year 3:

- **Undergraduate Dissertation for Sports Therapists**
Students will partake in independent research and analysis related to sports therapy
- **Professional Practice in Sports Therapy**
Students will undertake a minimum of 200 hours of professional placement learning related Professional skills
- **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 trauma management and participating in an internal supervised clinic
- **Screening and Prevention**
Learning physical screening protocols and injury-prevention methods

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	31	26	43
Year 2	30	29	41
Year 3	0	75	25

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/>.

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