

## Programme Specification

Part 1: Basic Data			
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury		
Delivery Location	Hartpury		
Study abroad / Exchange / Credit recognition	None		
Department responsible for programme	Sport		
Programme Title	BSc (Hons) Sports Therapy		
Professional Statutory or Regulatory Body Links	The Society of Sports Therapists (SST)		
Highest Award Title	BSc (Hons) Sports Therapy BSc (Hons) Sports Therapy with Integrated Placement Year		
Default Award Title	None		
Interim Award Titles	Certificate in Sports Studies Certificate of Higher Education in Sport Studies Diploma of Higher Education in Sport Studies BSc Sport Studies BSc Sport Studies with Integrated Placement Year		
Mode(s) of Study	Full Time / Part Time		
Codes	<b>UCAS:</b> C612		<b>UNIT-e:</b> BSHSSTXX
Relevant QAA Subject Benchmark Statements	Events, Hospitality, Leisure, Sport and Tourism		
Most recent Validation Date	v6.0 – 01 September 2017 V7.0 – 12 March 2019	<b>Due for re-validation by</b>	01 September 2025
Amendment Approval Date	V1.0 - 1 September 2017 V2.0 - 13 February 2018 V4.0 - 02 May 2018 V6.0 - 31 August 2018	<b>Amended with effect from</b>	V6.0 – 01 Sept 2018 V7.0 – 01 Sept 2019
Version	7.0		

## **Part 2: Educational Aims of the Programme**

The fundamental educational aim of the BSc (Hons) Sports Therapy programme is to produce graduates who are able to practice as Sports Therapists. In order to achieve this, students will need to develop core competencies and how they relate to injury. They are:

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

The core competencies are underpinned by knowledge development in key disciplines. For example, students will have the opportunity to develop advanced knowledge of functional anatomy together with an integrated understanding of the biomechanical and physiological functioning of the body. Once these fundamentals are achieved, students will be able to develop a deep understanding of the pathophysiology of sports injury and the role of biomechanics in the aetiology and rehabilitation of sporting injury.

As the programme progresses further, students will have the opportunity to learn how to make clinical impressions and treat a range of sports injuries. Students will learn how to treat sports related emergency injuries as well as how to develop and administer prolonged treatment plans for sports injuries. The programme will also provide an opportunity to learn how to rehabilitate sports injuries throughout the various phases of rehabilitation and apply sports conditioning principles during late-stage rehabilitation to achieve return to play. Furthermore, the programme aims to provide students with an opportunity to understand the key role Sports Therapists play in injury prevention. A key component of the programme will be evaluating critically established practices and techniques as well as contemporary research. Students will have many opportunities to develop their practice skills in vocational settings and this will be an important aspect throughout study of the programme. Upon graduation with the Honours degree, graduates will be appropriately prepared to practice as Graduate Sports Therapists, however, they will need to secure professional indemnity insurance in order to practice or seek accreditation by an accrediting body such as the Society of Sports Therapists.

### **Programme requirements for the purposes of the Higher Education Achievement Record (HEAR)**

The knowledge and practical skills that BSc (Hons) Sports Therapy graduates acquired during their studies enables them to assess, evaluate, and treat injuries typical to sport and exercise participation. Sports Therapy graduates also 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 programmes designed to reduce the incidence of injury. The related industry settings may have included the elite, professional sporting environment, the health, fitness and leisure industry and the diverse clinics and rehabilitation centres which cater for the various special populations that use exercise as a full or part intervention for return to health. From working within a multidisciplinary team alongside other sports science and medical professionals, the graduate Sports Therapist has a clear understanding of their role delineation and practice.

### Part 3: Programme Structure for :

#### BSc (Hons) Sports Therapy

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 award requirements that are additional to the regulatory credit requirements
- 3 module diet, including compulsory and optional modules

	Compulsory Modules	Optional Modules	Awards
Foundation Year	Academic Skills in Practice (HANV8B-30-3) Foundation Biological Principles (HANV8E-30-3) Foundation Skills Development (HANV8A-30-3) Foundation Sports Science (HANV8F-15-3) Reviewing Literature (HANV8C-15-3)	Not applicable	<u>Cert Sport Studies</u> <u>CertHE Sport Studies</u> <u>DipHE Sport Studies</u> <u>BSc Sports Studies</u>
Year 1	Functional Anatomy and Biomechanics for Sports Therapists (HSPVC8-30-4)* Fundamental Skills for Sports Therapists (HSPVC9-30-4)* Introduction to Exercise Physiology (HSPXL7-15-4)* Principles of Strength and Conditioning (HSPXM3-15-4)* The Sport and Exercise Professional (HSPVC4-30-4)*	Not applicable	<u>BSc Sports Studies (IP)</u> This must include the Year Work Placement module <u>BSc (Hons) Sports Therapy</u> This must include all compulsory modules
Year 2	Applied Skills for Sports Therapists (HSPXTK-30-5)* Joint Mobilisations (HSPV9W-30-5)* Sports Nutrition (HSPXS9-15-5)* Sports Rehabilitation (HSPXTM-15-5)* The Sport and Exercise Scientist (HSPV5Y-30-5)*	Not applicable	<u>BSc (Hons) Sports Therapy (IP)</u> This must include all compulsory modules and the Year Work Placement module
Optional Year	Year Work Placement (HANVK6-15-5)		
Year 3	Complete Injury Management (HSPV4U-15-6)* High Performing Teams (HSPVA7-15-6)* Professional Practice in Sports Therapy (HSPV5J-15-6)* Screening and Prevention (HSPV49-15-6)* Sports Conditioning and Return-to- Play (HSPV4C-15-6)* Undergraduate Dissertation (HANV3R-45-6)	Not applicable	

#### 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

The award route provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas:

Learning Outcomes:		Functional Anatomy and Biomechanics for Sports Therapists	Fundamental Skills for Sports Therapists	Introduction to Exercise Physiology	Principles of Strength and Conditioning	The Sport and Exercise Professional	Applied Skills for Sports Therapists	Joint Mobilisations	Sports Rehabilitation	Sports Nutrition	The Sport and Exercise Scientist	Year Work Placement	Complete Injury Management	High Performing Teams	Undergraduate Dissertation	Professional Practice in Sports Therapy	Sports Conditioning and Return-to-Play	Screening and Prevention
<b>A) Knowledge and understanding of:</b>																		
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	The underpinning theoretical basis of injury treatment and rehabilitation.		√				√	√	√			√	√		√	√	√	√
6	The role of the Sports Therapist in injury prevention				√		√					√	√		√	√		√
7	How sports science disciplines interact to improve performance					√					√		√	√				
<b>B) Intellectual Skills</b>																		
1	Demonstrate problem solving to diagnose injuries from clinical assessments.		√				√	√				√	√		√	√		√
2	Clear decision making in emergency situations to underpin appropriate action.		√									√	√					
3	Synthesis of a range of information sources in devising appropriately structured treatment plans.		√				√	√	√			√	√		√	√	√	√
4	Self-reflect critically to ensure excellence and on-going professional development.						√	√	√		√	√	√		√	√		
5	Critical appraisal of research underpinning injury assessment, treatment, rehabilitation and injury prevention.						√	√	√			√	√		√	√	√	√

C) Subject/Professional/Practical Skills																
1	Assessment and treatment of a range of sports injuries.	√				√	√				√	√			√	
2	Designing and delivering structured rehabilitation programmes for a range of sports injuries.	√						√			√	√			√	√
3	Devise and implement emergency action plans to deal effectively with a range of emergency sports injuries.	√				√					√	√			√	
4	Application of manual therapies and other relevant treatment modalities.	√					√				√	√		√	√	
5	Demonstrate the highest professional standards of care.	√				√	√	√	√		√	√		√	√	√
6	Evidence continued professional development activities	√			√	√			√					√		
7	Meet the competency requirements of the Society of Sports Therapists	√	√	√	√	√	√	√	√	√		√	√	√	√	√
D) Transferable skills and other attributes																
1	Develop undergraduate study skills including core research techniques, reporting data, structure of written work and competence across a range of ICT platforms.				√	√	√	√	√	√	√	√	√	√	√	√
2	Engage in academic enquiry, advanced research skills and the ability to identify, develop and implement discipline specific evidence-based problem-solving strategies.					√	√	√	√	√		√		√	√	√
3	Critical appraisal of current practice and research with the purpose of synthesising information from a range of sources.					√	√	√	√		√	√	√	√	√	√
4	Professional and graduate skills enhanced through industry knowledge, and a reflective philosophy when analysing personal and professional effectiveness.	√	√	√	√	√	√	√	√		√	√	√	√	√	√

## 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 / week in the Foundation Year and Year One and 12 hours / week contact time over the course of the full undergraduate programme. This contact time encompasses a range of face: 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.

The BSc (Hons) Sports Therapy programme is accredited by the Society of Sports Therapists. Completion of the programme ensures that professional standards are met and that graduates can practice as graduate sports therapists as well as being eligible for insurance. Programme accreditation also provides access to relevant learning materials, employment opportunities and international scholarships.

#### ***Scheduled Learning***

May include, seminars, tutorials, project supervision, demonstration and practical classes; work based learning. Scheduled sessions may vary slightly depending on the module choices made.

#### ***Independent Learning***

Will include hours engaged with essential reading, case study preparation, assignment preparation and completion etc. Scheduled sessions may vary slightly depending on the module choices made.

#### ***Placement Learning***

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. This experience will have given each student a valuable insight into different aspects of the industry and may have helped formulate ideas of possible careers open to the new graduate.

Students will have the opportunity to engage in an integrated placement year between level two and three if they so wish. It is envisaged that those that do not choose to do this, will be required to do a practical placement within their third year.

#### ***Virtual Learning Environment (VLE)***

This programme is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.

#### ***Careers***

To support learner's career preparations, careers personnel visit the institution on a regular basis and the students can use all the on line resources. Tutors will also offer subject specific careers advice through module sessions or individual tutorials. Careers Fairs are arranged periodically to allow students to engage directly with employers from the industry sector.

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

The BSc (Hons) Sports Therapy 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. Whether dealing with high level performers or recreational athletes, students will learn effective treatment strategies to ensure optimal performance.

Having entry points into both a Foundation Year and Level One, enables the programme experience to facilitate the development of a successful undergraduate supporting a wide range of

study backgrounds. The Foundation Year will prepare students with general study skills and opportunities to develop subject specific skills and knowledge. Additionally the Foundation year includes an internship enabling a student to put their skills into practice and develop an early appreciation of employment opportunities and attributes necessary for enhanced employability.

Students will have the opportunity to study with students from cognate programmes, as well as developing key practice-based skills in bespoke modules. For example, for students to meet accreditation requirements, they will develop considerable Sports Therapy clinic experience. At level I, students will work under close supervision, but by level III students are expected to take full responsibility and work with limited supervision. Students will be exposed to the range of sports participants from high performance to recreational participants, in a range of sport and exercise disciplines.

The proposed course is firmly rooted in practice. Students will undertake practice-based modules to develop competencies for professional Sports Therapy practice. In the early stages of their studies, students will work in a closely supervised environment on the campus in small groups. Students will progress to working more autonomously in more challenging environments that may include practice experience away from the campus. Practice experience is already a strong feature of many courses in the institution, so students will benefit from well-established practice placement networks. Students on the programme will also benefit from having an Elite Sports Academy on site. Students will have many opportunities to provide Sports Therapy support – both rehabilitation and pitch-side – to elite student athletes in a range of sporting disciplines including rugby, football, netball, modern pentathlon, rowing and golf amongst others.

Students will be required to reflect on their practical experiences and take responsibility for their own learning. As part of this reflection, students will develop a career action plan in the Professional Practice in Sports Therapy module. Students will have many opportunities to make links and network with relevant professional bodies and their representatives through continuing professional development activities that will be offered at the institution.

The programme has been closely mapped to relevant professional body requirements so that graduates will be well placed to gain accreditation by the time they complete their studies.

## **Part 6: Assessment**

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

The modules denoted with a star (\*) in Part 3 will also be subject to the additional regulations AV3 and AV5.

### **Assessment Strategy**

Assessment strategy to enable the learning outcomes to be achieved and demonstrated:

Assessment of knowledge and understanding is through a variety of formative and summative means in accordance with professional body requirements and industry expectations. Assessment is a key part of learning, not least because of the valuable feedback it provides for students and tutors. Students are assessed in a variety of ways, including practical assessments, coursework, written and practical examinations and oral presentations and the majority of modules have more than one point of assessment. 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. Assessment completed may vary for each student depending on module choices.

## Assessment Map

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

### Assessment Map for BSc (Hons) Sports Therapy

		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 Foundation Year</b>	Foundation Skills Development	A(25)				B(75)					
	Academic Skills in Practice						A(25)		B(75)		
	Reviewing Literature							A(100)			
	Foundation Biological Principles				A(50)						B(50)
	Foundation Sports Science			B(50)			A(50)				
<b>Compulsory Modules Level 4</b>	Functional Anatomy and Biomechanics for Sports Therapists	A (40)				B (60)					
	Introduction to Exercise Physiology	A (100)									
	Fundamental Skills for Sports Therapists					A (P/F)		B (100)			
	Principles of Strength and Conditioning				A (100)						
	The Sport and Exercise Professional					B (75)	A (25)				
<b>Compulsory Modules Level 5</b>	Applied Skills for Sports Therapists				A (P/F)	B1 (60)		B2 (40)			
	Joint Mobilisations				A (P/F)	B (100)					
	Sports Rehabilitation				A (60)			B (40)			
	Sports Nutrition	A (40)						B (60)			
	The Sport and Exercise Scientist					B (75)	A (25)				
<b>Optional Modules Level 5</b>	Year Work Placement										A (100)
<b>Compulsory Modules Level 6</b>	Complete Injury Management					A (60)		B (40)			
	High Performing Teams		A (100)								
	Undergraduate Dissertation									A (100)	
	Professional Practice in Sports Therapy										A (100)
	Sports Conditioning and Return-to-Play				A (50)			B (50)			
	Screening and Prevention				A (50)			B (50)			

\*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

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

Applicants must provide evidence which demonstrates that they can benefit from study on this programme and are likely to achieve the required standard. 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.

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 may be reviewed on an individual basis. This may 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, Hartpury will consider applications for advanced entry, e.g. into year two or three of a programme. More details on how to apply for this can be found through the Hartpury website.

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

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.



**HARTPURY**

**Programme Approval Log**

<b>Programme Title:</b>	BSc (Hons) Sports Therapy
<b>Programme Code:</b>	C612/BSHSSTXX
<b>Initial Approval Date:</b>	01 September 2017
<b>Approved by:</b>	Hartpury Curriculum Approval Committee
<b>Approved until:</b>	01 September 2023
<b>Original version number:</b>	1.0

**Changes:**

<b>Current version number:</b> 6.0
<b>Outline Change Details:</b>  <b>Part 1</b> Interim awards updated  <b>Part 2</b> 'Graduate' added to paragraph Wording changed.  <b>Part 3</b>  Removed modules: Level 4 Academic Skills for Sport Introductory Skills for Sports Therapists Emergency Care for Sports Therapists Sports Massage Introduction Functional Anatomy and Biomechanics for Sports Therapists Level 5 Exercise Physiology Peripheral Mobilisation Vertebral Mobilisation Undergraduate Research Process Level 6 Undergraduate Dissertation for Sports Therapists  New modules: Level 4 The Sport and Exercise Professional Fundamental Skills for Sports Therapists Functional Anatomy and Biomechanics for Sports Therapists Level 5 Joint Mobilisations The Sport and Exercise Scientist Level 6 Undergraduate Dissertation High Performing Teams  Credit changes

Introductory Skills for Sports Therapists from 15 to 30 credits (level 4)  
Professional Practice in Sports Therapy 30 credits to 15 credits (Level 6)

Awards section:

Addition of Cert Sport Studies

'Applied' removed from other interim awards

#### **Part 4**

Modules updated

A7 – new learning outcome

C6 – new learning outcome

C7 – new Learning outcome

#### **Part 5**

Paragraph outlining benefits of SST to students included.

#### **Part 6 Assessment Map**

Assessment Matrix revised to reflect module changes detailed in part 3.

**Part 7:** Re-written to reflect current practice

**Part 8:** removed in line with current template

**Material Alteration: Yes and is accompanied by the relevant course information sheets.**

**Rationale: Changes have been implemented following the sport Periodic Curriculum Review**

**Change requested by: Gareth Knox**

- ☒ I can confirm that student representatives have been consulted about this change
- ☒ I can confirm that colleagues impacted by this change have been consulted
- ☒ I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report

**Signature:** G J Knox

**Date:** 30/1/19

**Name of Head of Department:**

- ☐ I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department

**Signature:**

*Sarah Lee*

**Date:** 30/01/19

**Approval Committee and Date:** CVC 2019 03 12

**Change approved with effect from:** 1 September 2019

**Resulting new version number:** 7.0

#### **Version 6.0**

**Rationale:** After the successful application for University Title, amendments were required to all specifications.

**Material Alteration: Yes and Course Information Sheet amended appropriately:** Not required

**Outline Change Details:** 1. Part 1: Basic Data requires the Awarding Body to be amended from Hartpury College to Hartpury University. 2. Award Titles amended to replace (SW) with (IP)

**Change requested by:** Academic Registrar

**CVC approval date:** 31 August 2018

**Change approved with effect from:** 01 September 2018

<b>New version number:</b>	6.0
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#### **Version 4.0 (intake 2017) Periodic Curriculum Review**

<b>Outline Change Details:</b> Update of valid to/from dates.	
<b>Rationale:</b> The Sport Periodic Curriculum Review (PCR) on 2 <sup>nd</sup> May 2018 confirmed revalidation of the programme.	
<b>Change requested by:</b>	PCR 02 May 2018
<b>PCR approval date:</b>	02 May 2018
<b>Change approved with effect from:</b>	01 September 2018

#### **Version 2.1**

<b>Outline Change Details:</b> Changes to assessments for HSPV4U-15-6 Complete Injury Management	
<b>Rationale:</b> Assessment changes are a recommendation from both external examiners and student consultation.	
<b>Change requested by:</b>	Richard Mack
<b>CVC approval date:</b>	13 February 2018
<b>Change approved with effect from:</b>	01 September 2018

#### **Version 2.0**

<b>Outline Change Details:</b> Addition of foundation year as an entry point on to programme and therefore this has been reflected in the appropriate sections.	
<b>Rationale:</b> To increase access and widening participation opportunities for this programme.	
<b>Change requested by:</b>	Sarah Lee
<b>CVC approval date:</b>	13 February 2018
<b>Change approved with effect from:</b>	01 September 2018