

## 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 Study:** We will require students who accept a place on this programme to engage in a process to ensure that they are fit for studying for the programme, to practice professionally and be eligible for registration with the Society of Sports Therapists.

**Timetables:** Both full-time and part-time students on the programme will start in September 2020. 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. For the BSc (Hons) Sports Therapy programme students will be required to attend scheduled opportunities within the student-led clinic and assisting university teams on campus with pitchside support.

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.

### **Attendance Requirements**

Students are expected to actively engage and attend all scheduled sessions and modules. As a pre-requisite to meet the professional body requirements a minimum attendance requirement is stipulated. Attendance will be monitored in all sessions across modules. Failure to meet the attendance requirements in specific modules may result in a student being unable to sit the assessment for a module at the first attempt due to the health and safety associated with the content of the module. Prior to re-assessment students will be expected to attend scheduled support sessions to fulfil the practical health and safety elements for eligibility for the re-sit opportunity. Students must be available on the dates scheduled as no alternative scheduled support sessions will usually be offered.

Modules where failure to meet attendance requirements may result in inability to sit assessment:

Year 1: Fundamental Skills for Sports Therapists

Year 2: Applied Skills for Sports Therapists, Peripheral Mobilisations, Vertebral Mobilisations, Sports Rehabilitation

Year 3: Sports Conditioning and Return to Play, Screening & Prevention, Complete Injury Management

**Programme Composition:** This degree is designed to develop your skills, knowledge and understanding of sports therapy through the academic study of sports medicine and sports science to be able to provide examination, assessment, injury management and rehabilitation to both the sporting and non-sporting populations. The degree is accredited with the Society of Sports Therapists and on graduation you are eligible for membership which carries professional indemnity insurance.

The course is designed to ensure teaching and learning is contextualized to the realities of day to day practice, meeting industry needs whilst emphasising the academic and transferrable skills within the academic setting and placement opportunities. Students benefit from hands on experience, and our sporting campus is the perfect place to learn, whether assisting with pitchside first aid or working as part of our sports injury clinic.

The BSc (Hons) Sports Therapy programme is comprised of a variety of different modules, that are subject specific, the aim is to ensure that the teaching and learning is informed by research and practice. Modules change periodically to reflect the developments of the discipline. These changes are informed by both student and industry consultation.

Every academic year, 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 a mixture of scheduled learning, independent learning and sometimes learning whilst on work placement. In the first year, students will receive a minimum of 15 hours scheduled contact per week in lectures, seminars and practicals.

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.

|               | <b>Scheduled Contact Learning (%)</b> | <b>Placement Learning (%)</b> | <b>Independent Learning (%)</b> |
|---------------|---------------------------------------|-------------------------------|---------------------------------|
| <b>Year 1</b> | 26                                    | 2                             | 72                              |
| <b>Year 2</b> | 24                                    | 4                             | 72                              |
| <b>Year 3</b> | 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**  
Students will be introduced to the foundations of anatomy and biomechanical principles required by sports therapists.
- **Fundamental Skills for Sports Therapists**  
Students will be introduced to the core skills of a sports therapist including emergency care, acute injury management, soft tissue massage and introduction to patient assessment. Student will be required to undertake a minimum of 30 hours of applied opportunities through student-led clinic, sports and event support on campus.
- **Introduction to Exercise Physiology**  
Students will be introduced to the learning the biological systems used during exercise
- **Principles of Strength and Conditioning**  
Students will be introduced to establishing 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**  
Students will develop further assessment techniques, understanding of different injuries and treatment modalities including electrotherapy. Students will be required to undertake a minimum of 50 applied opportunity hours through student-led clinic, sports and event support on campus.
- **Joint Mobilisations**  
Students will learn a key treatment modality of manual therapy, joint mobilisations. This includes peripheral and vertebral joint dysfunction, theory and subsequent treatment options.
- **Sports Rehabilitation**  
Students will develop and learn how to use exercise prescription in the rehabilitation of sporting injuries
- **Sports Nutrition**  
Students will learn the basics of nutritional requirements for exercise, including metabolism, carbohydrates, fats, and protein.

- **The Sport and Exercise Scientist**

Students will learn how to 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 that meet the Society of Sports Therapy requirements.

- **High Performing Teams**

Students will evaluate the leadership and management of Sport science support within the performance environment.

- **Sports Conditioning and Return-to-Play**

Students will understand the relationships between doctors, sports therapists, and strength and conditioning coaches, and understanding return-to-play considerations

- **Complete Injury Management**

Students will explore the different components related to the complete injury management of an athlete.

- **Screening and Prevention**

Students will learn physical screening protocols and injury-prevention methods

#### Assessment Method:

Students will be assessed through a range of assessment methods from 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 (%) |
|---------------|-------------------------|----------------|---------------------------|
| <b>Year 1</b> | 23                      | 12             | 65                        |
| <b>Year 2</b> | 5                       | 25             | 70                        |
| <b>Year 3</b> | 12                      | 68             | 20                        |

NB. The integrated placement year will involve 100% coursework.

**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 the Office for Students (OfS). This course offers an optional integrated placement year at a cost in the region of £925 (for students who want more experience working within the industry). The integrated placement year may incur additional costs depending on your choice of placement location and whether you choose a paid or unpaid position.

There are some additional costs for the degree programme. These include:

- As a professional body requirement, the Society of Sports Therapists require an emergency first aid certificate which students will be required to pay for. As part of the Fundamental Skills module students will be required to gain pitch side first aid placement hours. The one day First Aid at Work course provides students with standardised training for the environment of the basic life support.
- Placement Opportunities within Years 1 & 2 will take place on campus, in Year 3 students are expected to source an external placement that meets the accredited placement criteria, therefore this may have travel implication costs.
- Hartpury University also hosts various extra-curricular activities and courses, prices vary dependent on nature and duration of course and external provider, but these are not compulsory.
- As part of a professional programme students are expected to be in Hartpury University practical kit for all academic sessions, clinical and placement opportunities. This will also keep you protected and ensure you represent the university whilst you are learning.

Students are expected to purchase:

- Hartpury Branded Red Polo Shirt
  - Black tracksuit bottoms. Preferably Hartpury branded but not essential
  - Appropriate sports trainers to be able to participate in the physical and clinical activity environments.
  - Due to the practical nature of the programme, students are expected to undress to loose fitting shorts, sports bra/bikini whichever is most comfortable.
  - With pitchside placement requirements, students may be allocated an outside placement opportunity. You may wish to consider appropriate waterproofs and footwear for different environments and surfaces.
  - Students may wish to purchase sports kits which can be bought as a bundle via Hartpury's website for approximately £150.00.
- 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.
  - The university library provides a number of core text books and resources for students, however there are books and online resources that may be recommended for specific modules that students may wish to purchase at an additional cost.

A comprehensive package of non-repayable financial support is available to facilitate engagement with placements and study tours / trips where additional costs are involved.

For part-time costs and information about financial support please refer to the Hartpury Fee policy: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

### **How do I join a Sports Academy?**

If you would like to represent one of the Academy sports at Hartpury in the 2020/21 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 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 1 September 2019.