

**HARTPURY**

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BSc (Hons)

# Sports Therapy (with Foundation Year)

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UCAS Code: **CF12**Typical offer: **32 - 48 UCAS tariff points or equivalent**Duration: **4 or 5 years full time**Placement year: **Optional**Awarding body: **Hartpury University**Accreditation: **The Society of Sports Therapists**

**Apply for this course here: <https://www.hartpury.ac.uk/university/courses/undergraduate/bsc-hons-sports-therapy-with-foundation-year/bsc-hons-sports-therapy-with-foundation-year-2022/>**

## OVERVIEW

### Course overview

**Graduate as a qualified sports therapist using our dedicated clinic, working with our performance athletes and professional practising staff. The course is accredited by the Society of Sports Therapists, so you can be confident you'll graduate ready for your career.**

This foundation year pathway provides an alternative route into a degree-level study. It's ideal for those who need to gain subject-specific knowledge and skills in order to progress onto the full BSc Sports Therapy qualification.

You'll undertake a minimum of 200 placement hours during the course, giving you the skills and experience that employers are looking for. You'll benefit from contextualised teaching and learning, so you understand the realities of day-to-day practice. Focus on practical and professional skills, as well as the wider academic knowledge and theory underpinning the practice.

Learn from a team who are also practising industry professionals, as you gain the skills and knowledge you need. You'll also work closely with sports therapists, strength and conditioning experts, sports scientists, and physiotherapists, learning how to work in a multidisciplinary team.

The knowledge you gain in sports medicine and sports science, will mean you can accurately provide examination, assessment, injury management and rehabilitation in sporting and non-sporting settings.

Our performance sport campus is the perfect place to learn. Put your skills into practice delivering pitch-side first aid or working as part of our sports injury clinic.

## Accreditation

This course is accredited by the Society of Sports Therapists (SST). This means that, on graduation you'll be eligible to join the SST as a graduate to apply for membership and professional liability insurance.

# WHAT YOU'LL STUDY

## What you'll study

This course covers a broad range of sports medicine and science topics through core modules, from anatomy, biomechanics, and exercise physiology to sports therapy, rehabilitation, and strength and conditioning.

## Level three foundation year (year one)

Your foundation year will focus on developing academic skills, reviewing literature and more widely foundations in biological principles and sports science.

## COMPULSORY MODULES

### Foundation Skills Development

The module aims to give students an understanding of the scientific method and enquiry, team working, research skills and effective time management.

### Academic Skills in Practice

Develop reflective, practical and transferable skills in preparation for level 4 study. This is done through an internship role at Hartpury linked to the student's programme of study

### Reviewing Literature

The aim of this module is to develop an understanding and knowledge of literature reviews. This includes constructing a rationale, as well as summarising and presenting relevant information to suit a purpose, subject and audience.

### Foundation Biological Principles

The study of fundamental biological aspects to provide a clear understanding of how organisms come about and how they function and operate for survival and performance.

## Foundation Sports Science

This module focuses on the introduction of central human anatomy and physiology. Study its adaption to sport training together with external and intrinsic factors that impact on the performance of the athlete.

## OPTIONAL MODULES

### None

There are no optional modules during this year. Your learning is focused on compulsory modules to ensure you have a thorough understanding of key topics to prepare you for module choices in your subsequent years.

## Level four (year two)

This year will focus on fundamental topics and help you gain the foundation skills and knowledge you need to study at a higher level. You'll cover topics including anatomy, sports therapy skills, the principles of strength and conditioning, as well as wider sports science topics. Alongside your studies you'll also complete a minimum number of hours of applied practical opportunities.

## COMPULSORY MODULES

### Functional Anatomy and Biomechanics for Sports Therapists

Cover the foundations of anatomy and biomechanical principles required by sports therapists.

### Fundamental Skills for Sports Therapists

Learn the basic skills required by a sports therapist including first aid and immediate injury management, soft tissue skills and examination and assessment of injury. Undertake a minimum number of applied opportunity hours.

### Introduction to Exercise Physiology

Study the structure and function of the different biological systems, and how they are used during exercise.

### Principles of Strength and Conditioning

Cover the basic principles and methods of strength and conditioning training aimed at developing athletes' physical qualities.

### **The Sport and Exercise Professional**

Work with students from other sports science courses to gain research skills. Determine professional needs in preparation for a career in sport and exercise.

## **OPTIONAL MODULES**

### **None**

There are no optional modules during this year. Your learning is focused on compulsory modules to ensure you have a thorough understanding of key topics to prepare you for module choices in your subsequent years.

## **Level five (year three)**

Build on what you learnt in the previous year and explore more advanced applied skills and knowledge at this level. In addition to undertaking a minimum number of hours of applied practical opportunities, you'll cover topics in greater detail, giving you more complex skills and understanding. Modules include further examination and assessment, rehabilitation, sports science and manual therapy topics.

## **COMPULSORY MODULES**

### **Applied Skills for Sports Therapists**

Develop more advanced assessment techniques, and a better understanding of different injuries and treatment modalities. Includes a minimum number of applied opportunity hours.

### **Joint Mobilisations**

Cover key treatment modality of manual therapy, and joint mobilisations, as well as subsequent treatment options.

### **Sports Rehabilitation**

Learn how to use exercise prescription in the rehabilitation of sporting injuries.

### **Sports Nutrition**

Understand the key nutritional requirements for exercise, including athlete metabolism.

## The Sport and Exercise Scientist

Understand how multidisciplinary teams work together in sport and exercise. An introduction to research methods and analysis required for future projects.

## OPTIONAL MODULES

### None

There are no optional modules during this year. Your learning is focused on compulsory modules to ensure you have a thorough understanding of key topics to prepare you for module choices in your subsequent years.

## Placement year (optional)

An optional integrated placement year between your third and final years gives you the opportunity to put your skills and knowledge into practice and gain valuable industry experience through an approved placement provider.

## Level six (final year)

In your final year, you'll consolidate your knowledge and practice skills ready to graduate as a qualified Sports Therapist. You'll complete a dissertation, a substantial research project that enables you to experience being responsible for planning, implementing and reporting on a specialist topic.

Gain further practical skills with wider clinical and practical sports therapy experience, as well as studying sports conditioning and return to play topics. You'll also be required to complete a minimum number of external work placement hours.

## COMPULSORY MODULES

### Undergraduate Dissertation

Independent research and analysis in a related area of your choice.

### Professional Practice in Sports Therapy

Gain the skills required by The Society of Sports Therapists through professional placement learning.

### High Performing Teams

Evaluate the leadership and management of sport science support within the performance environment.

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

Understand the return-to-play considerations through studying the relationships between doctors, sports therapists, and strength and conditioning coaches.

### **Complete Injury Management**

Study the different components related to the complete injury management of an athlete.

### **Screening and Prevention**

This module covers physical screening protocols and injury-prevention methods.

## **OPTIONAL MODULES**

### **None**

There are no optional modules during this year. Your learning is focused on compulsory modules to ensure you have a thorough understanding of key topics to prepare you for module choices in your subsequent years.

Please visit our document library for more module information.

## **HOW YOU'LL STUDY**

### **How you'll study**

We're committed to supporting you to fulfil your unique potential, which is why you'll receive a minimum of 15 hours of scheduled teaching time per week in your first year - this is 25% above the UK average.

### **Your support network**

You'll benefit from a strong support network from day one to be the best you can be. This will range from your personal tutor and specialist academic support team (our Achievement and Success Centre) to dedicated wellbeing and employability (Innovation, Careers and Enterprise) centres.

### **Your learning experiences**

You'll experience a range of teaching methods to strengthen your digestion of topics, including lectures, workshops and practical sessions, as well as supported work placement learning as part of many courses.

### **Your career**

Each year of your course will be made up of two semesters, within which you'll study compulsory and optional modules on different industry-focused topics, enabling you to develop your own unique portfolio of knowledge, skills and experience, ready for your career.

## Further details

### + Attendance requirements

You 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 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, you'll be expected to attend scheduled support sessions to fulfil the practical health and safety elements for eligibility for the re-sit opportunity. You must be available on the dates scheduled.

### + Academic support

You'll have your own personal tutor while you're here who will support you to succeed in your studies. You'll also have access to our academic and wellbeing support teams who run regular workshops and one-to-one sessions on campus and online.

Alongside this, we have a comprehensive bank of online study skills resources to help you make the most of your qualification.

### + Module credits

On successful completion of your modules you'll gain academic credit that accumulates towards your award. The marks you gain in your second and third years may contribute towards your final degree classification.

### + Teaching modes

The modules contain a mixture of scheduled learning – lectures, workshops and practical sessions – alongside independent learning. Students are expected to dedicate at least two to three hours of independent study per contact hour. Your course may also include work placement learning as part of some modules.

The foundation year includes an internship using Hartpury's on-site facilities and industry links.

The course is taught in English.

| Year                   | Contact learning | Placement learning | Independent learning |
|------------------------|------------------|--------------------|----------------------|
| Level three (year one) | 30%              | 0%                 | 70%                  |

| Year                      | Contact learning | Placement learning | Independent learning |
|---------------------------|------------------|--------------------|----------------------|
| Level four (year two)     | 30%              | 2%                 | 68%                  |
| Level five (year three)   | 24%              | 3%                 | 73%                  |
| Placement year (optional) | 1%               | 80%                | 19%                  |
| Level six (final year)    | 15%              | 11%                | 74%                  |

## + Teaching contact time

You'll receive a minimum of 15 hours scheduled contact time per week in your first year. In subsequent years, scheduled contact will vary depending on the modules you select but is typically around 12 hours per week.

## + Assessment and feedback

You'll be assessed through a mixture of written exams, practical exams and written assignments. 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. Feedback will be given via a mixture of written bullet point-style feedback and/or oral feedback.

| Year                      | Written exam | Practical exam | Coursework |
|---------------------------|--------------|----------------|------------|
| Level three (year one)    | 16%          | 40%            | 44%        |
| Level four (year two)     | 23%          | 64%            | 13%        |
| Level five (year three)   | 4%           | 48%            | 48%        |
| Placement year (optional) | 0%           | 0%             | 100%       |
| Level six (final year)    | 13%          | 20%            | 67%        |

## – Timetables

Each year of this course is taught over two semesters, normally consisting of 12 weeks of scheduled teaching and then assessment weeks, with an overview below:



- Scheduled teaching takes place between 8.30am to 8.30pm Monday to Friday
- Wednesday afternoons are normally reserved for sports and cultural activities
- Work placements may entail different days and hours
- Part-time students may need to attend learning activities five days each week, depending on modules selected
- Timetables are available during enrolment week

[View term dates](#) ►

## EMPLOYABILITY



### Your career

Industry opportunities on this course are diverse to ensure you develop the skills, experience and connections needed for your graduate career. Many of our students secure graduate roles with their work placement employers.

### Work placements and experience

In year one and two, you'll have the chance to complete a number of on-campus opportunities, ranging from pitchside acute management, to student-led clinics and other event opportunities.

Your final year will consist of hours both on campus and through external, pre-approved, work placement opportunities. These hours will be logged as part of assessment elements for specific modules.

Students have previously been able to source opportunities with Cheltenham Football Club, Gloucester Football Club, Gloucester Rugby, Bath RFC, and in the Hartpury Medical Hub. Please note, all placements and opportunities are unpaid, and have to be approved prior to commencing.

You could also choose to do an optional integrated placement year to gain further industry experience.

### Guest lecturers and continued professional development

As part of the programme, and to assist your professional development you'll undertake an emergency first aid certificate. This is in order to allow you to carry out the applied opportunities in your first year, including pitchside first aid hours. The one day course provides students with standardised training for the environment of basic life support.

Industry professionals and guest lecturers may form part of your learning, enabling you to gain different experiences and context of sports therapy.

Continued professional development is a key part of sports therapy. Although not compulsory, Hartpury University may host various extra-curricular activities and courses. Prices will vary depending on the nature and duration of the course, as well as the external provider.

## Graduate destinations

As a graduate sports therapist you may progress into a variety of industries and sports therapy roles. You could go on to work as a sports therapist in many settings, including for clubs or teams, in private practices, or the fitness and health industry. Roles within the NHS and Ministry of Defence are also a possibility, as is further postgraduate study.

You'll also gain the transferable skills you need for other graduate careers. Our careers team can support you to find and prepare you for employment.

Recent graduate destinations have included:

- Sports Therapist, Hartpury Academy
- Sports Therapist, Tamworth Football Club
- Sports Therapy Internship, Dragons Rugby
- Self-employed Sports Therapist
- Roles in the NHS and Ministry of Defence

## FACILITIES



### World-class facilities

You'll have access to a diverse range of facilities while you're here, many of which are newly built and world class. Alongside lecture halls and workshop spaces, these include:

### Sports Therapy Clinic

Make the most of a dedicated clinical room for theory and practical teaching sessions, including anatomy, assessment of injury, and treatment. It's also the location for our student-led clinic, which you'll be involved in.

### Rehabilitation suites

This state-of-the-art dedicated teaching space contains equipment for various stages of rehabilitation. It's also home to our anti-gravity treadmill, which is utilised for performance sport training and research.

### Medical hub

Home to our qualified chartered physiotherapists, sports therapists and health professionals who look after our performance sports



teams and players. You'll have opportunities to make the most of the hub by supporting the medical team with pitchside treatment, as well as treating and helping to rehabilitate our athletes on site.



## Biomechanics and human performance laboratories

These are modern, well equipped and provide an ideal space for clinical skill development, scientific activities and research. You'll have access to an altitude chamber, multiple gas analysis systems, Wattbikes, sprint treadmills, an ultrasound machine and more. The labs also boast digital mirrors, a host of in ground and portable force plates, high-speed cameras, a sprint track and much more.

## Study spaces

Our University Learning Centre has journals, eBooks, computers and break-out study spaces, as well as our Study Lounge – an informal space with sports equipment, study booths and chill-out spaces to support both studying and relaxation.

# ENTRY REQUIREMENTS

## Entry requirements

- **UCAS** | A typical offer for this course is 32-48 UCAS tariff points or equivalent.
- **GCSE** | A minimum of five GCSEs at grade 9 to 4, (or A\* to C grades if relevant) or equivalent, to include English Language, Mathematics.
- **A-Level** | Typical offer is EE-DD or equivalent. This must include a minimum of one A Level.
- **Vocational Award** | Typical offer is a PPP in an Extended Diploma or equivalent in a relevant subject.
- **Access** | Typical offer is a PPP in an Extended Diploma or equivalent in a relevant subject.
- **Scottish Highers** | Typical offer is 32-48 UCAS tariff points in Scottish Highers. This must include a minimum of one Higher.
- The minimum academic entry requirement for this programme is 80 UCAS tariff or equivalent providing this is combined with relevant experience.
- We welcome students with equivalent qualifications. Please contact us to discuss.

- We may interview mature applicants and those with non-traditional qualifications to ensure this is the right course for you.
- Previous learning towards a university-level qualification or relevant work experience may count as credit for this course.
- Please contact us for further information:

[Email us](#) ▶

## FEES AND FUNDING

### Tuition fees and financial support

Please visit our student finance page for information on tuition fees and student loans, as well as non-repayable grants, bursaries and scholarships, eligible to different groups, to support with study costs.

[Explore student finance](#) ▶

Below, you'll find extra costs associated with studying this course.

#### Clothing and footwear (circa £150)

You'll need to purchase appropriate clothing and footwear before you enrol, or during enrolment week. We'll let you know exactly what you need to purchase in your enrolment guide – everything is available from our supplier's online shop for approximately £150.

[Visit Hartpury shop](#) ▶

#### Additional Costs

In the final year of the degree, students are expected to source an external placement that meets the accredited criteria. This may have additional travel costs.

Hartpury University may host various extra-curricular activities and courses, prices may vary dependent on the nature and duration of the course and external provider, but these are not compulsory.

Work placements can require a Disclosure and Barring Service (DBS) check, paid for by the student or placement provider.

The programme offers an optional study abroad programme that will incur additional costs for the student.

## Performance Sports Academy membership

Find out costs and details for joining one of our performance Sports Academy teams.

## Hartpury gym

Find out about costs and details for joining the Hartpury gym.

## Accommodation and living costs

Please visit our student accommodation page for details.

[Explore accommodation](#) ►



### Top 20

We're in the Top 20 UK universities for teaching quality (The Times and The Sunday Times Good University Guide, 2022)



### Top 10%

We're in the top 10% of UK providers for student satisfaction (NSS, 2020)



### 96%

of graduates are in employment, further study or other purposeful activity (Graduate Outcomes, 2021\*)

## HOW TO APPLY

You can apply for the BSc (Hons) Sports Therapy degree via UCAS.

## FURTHER COURSE DETAILS

For further details about this course, including the programme specification and module descriptions, please visit our document library.

## Important information

Every effort has been made to ensure the accuracy of our published course information, however our programmes are reviewed and developed regularly. Changes or cancellation of courses may be necessary to ensure alignment with emerging employment areas, to comply with accrediting body requirements, revisions to subject benchmark statements or as a result of student feedback. We reserve the right to make necessary changes and will notify all offer-holders of changes as and when they occur.

\*Reflects activities after 15 months for those who graduated in 2019.

## CONTACT US

### ADDRESS

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