

# Sports Therapy (with Foundation Year)

## BSc (Hons)

**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.

[Apply now via UCAS](#) [Book an open day](#)

## Key Information

Course Duration: 4 or 5 years full time

UC UCAS Code: CF12

Part or Full Time: Full Time

Level of Study: Foundation Year Degrees

Placement Year: Optional

Typical Offer: 32 - 48 UCAS tariff points or equivalent

## Course information

[Download a PDF](#)

Overview Entry requirements Employability How you'll study

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.

- **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 two A Levels.
- **Vocational Award** | Typical offer is a PPP in an Extended Diploma in a relevant subject.
- **Access** | Typical offer is a PPP in an Extended Diploma or equivalent in a relevant subject.
- **IB** | Typical offer is 32-48 UCAS tariff points in an IB Diploma, to include a minimum of one Highers at H3 or above.

This must also include Maths and English Language at a minimum of Standard Level S3 if equivalent GCSEs have not been obtained.

- **Scottish Highers** | Typical offer is 32-48 UCAS tariff points in Scottish Highers. This must include a minimum of one Advanced Higher.
- **Irish Leaving Certificate** | Typical offer is 32-48 UCAS tariff points in the Irish Leaving Certificate. This must include a minimum of one Highers.

This must also include Maths and English Language at a minimum of Ordinary Level.

- **OCR Cambridge Technical** | Typical offer is a PPP in a Cambridge Technical Extended Diploma in a relevant subject.
- **T Level** | Typical offer is Pass in your T Level overall grade in a relevant subject.

We also ask that you Pass our Fitness to Practice Process.

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](#)

## **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

## **[Success Stories](#)**

## **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.

## **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.

## **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. The course is taught in English.

## **Modules**

Overview Level three foundation year (year one) Level four (year two) Level five (year three) Level Six (final year)

## **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.

## **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 final years may contribute towards your final degree classification.

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

## **Compulsory Modules**

## **Academic Literacy for University Studies**

Understand and explore topics including the scientific method and enquiry, team working, research skills, and effective time management.

## **Professional Development in Practice**

An opportunity to explore graduate destinations associated with your programme of study, building a portfolio of experiences aiding your professional development.

## **Exploring Current Concepts**

Develop understanding and knowledge of literature reviews including constructing a rationale and summarising and presenting relevant information to suit a purpose, subject and audience.

## **Principles of Sports Science**

An introduction to central human biology, anatomy and physiology and its adaption to sport training. The module will explore the psychological and physiological factors that impact the performance of athletes.

## **Business Enterprise and Management**

This module covers the learning and understanding of the balance of theory and practice in contemporary business practice; an appreciation of the complexity of modern organisational environments and the critical role of enterprise and innovation.

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 for Sports Therapy**

The purpose of this module is to introduce students to basic principles of athletic development and how to further athletic performance through the utilisation of strength and conditioning.

### **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.

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.

In your final year, you'll consolidate your knowledge and practical 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**

### **Sport Research and Knowledge Exchange Project**

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.

## 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.

| Year                      | Contact learning | Placement learning | Independent learning |
|---------------------------|------------------|--------------------|----------------------|
| Level three (year one)    | 24%              | 0%                 | 76%                  |
| Level four (year two)     | 26%              | 2%                 | 72%                  |
| Level five (year three)   | 24%              | 3%                 | 73%                  |
| Placement year (optional) | 1%               | 80%                | 19%                  |
| Level six (final year)    | 15%              | 11%                | 74%                  |

## 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)    | 15%          | 35%            | 50%        |
| Level four (year two)     | 16%          | 74%            | 10%        |
| Level five (year three)   | 5%           | 50%            | 45%        |
| Placement year (optional) | 0%           | 0%             | 100%       |
| Level six (final year)    | 13%          | 26%            | 61%        |

## 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](#)

## **Fees and funding**

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.

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.

### **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.

### **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.

## **Further course details**

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

[Resource library](#)

## **Academies**

If you're playing sport competitively, or you have the talent and drive to do so, you may want to join one of our Sports Academies. Over 200 international athletes have developed their talents with us over the past 10 years. You could be our next success story. We're a semi-professional sports environment offering world-class facilities and professional coaching and support services.

## **Accommodation**

Settle into an accommodation option to suit your taste and budget – at Hartpury University, undergraduate students can choose to live on-campus surrounded by Gloucestershire's beautiful countryside or off-campus in the heart of Gloucester City centre. Enjoy the best of both worlds.

## **Finance**

We can help you understand how it all works, and what you need to do next. Find out everything you need to know about tuition fees, student loans and bursaries and scholarships. In 2021/22, we provided assistance to over 1/3 of our students through bursaries, scholarships and grants, totalling a little under £1million.

## **TEF Gold**

Our undergraduate provision has been awarded Teaching Excellence Framework (TEF) Gold in all aspects - Overall, Student Experience, and Student Outcomes.

## **Teaching quality**

Ranked in the top 10 universities for teaching quality (The Times and The Sunday Times Good University Guide, 2024).

## **Graduate employability**

97% of our graduates are in employment, further study or other purposeful activity (Graduate Outcomes, 2023).

## **Academic support**

We've been named as the top university in England for academic support (National Student Survey, 2023).

## **Become a game changer**

## **World-class sports facilities**

Develop hands-on expertise and undertake research in our over £10 million Sports Academy, enabling our students to learn using some of the most advanced technologies in the UK.

With access to specialist laboratories, gyms and pitches, you'll explore new ways to improve health and fitness for everyone – from elite athletes to school children.