

**BSc (Hons)**

# Sports Therapy (with Foundation Year)

**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.**

Your foundation year will focus on developing academic skills, reviewing literature and more widely foundations in biological principles and sports science to provide you the opportunity to progress on to Level 4 of the Sports Therapy programme.

Enrolment year: 2025 ▼

## 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

### Overview

Initially develop your academic skills and more widely foundations in biology and sports science.

Learn from industry professionals, as you gain the practical hands-on skills and theoretical knowledge you need in sports therapy, medicine, exercise, science and research.

Build your patient examination and assessment abilities, injury management, and rehabilitation plans in sport, health, and exercise settings.

Experience our sports performance campus to learn where you'll practice pitch-side first aid, work in our student-led sports injury clinic and complete a valuable final year external placement.

Develop your skills and professional network through on-campus opportunities and external placements, preparing you for a career as an independent graduate sports therapist.

You'll undertake a minimum of 250 placement hours during the course, giving you the skills and experience that employers are looking for.

Hartpury University covers the cost of your Society of Sports Therapists student membership, DBS and first aid training giving you access to resources and student insurance for supervised placements.

## 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.

## Entry requirements

**UCAS tariff points** | 32-48 UCAS tariff points.

**A Levels** | EE-DD or equivalent from at least one full A Level.

**Vocational Awards** | PPP in an Extended Diploma.

**Access** | 32-48 UCAS tariff points in an Access to Higher Education Diploma.

**International Baccalaureate** | 32-48 UCAS tariff points in an IB Diploma, to include one Higher at H3 or above.

**Scottish Highers** | 32-48 UCAS tariff points from at least one Higher. You must have completed two years study at Higher Level.

**Irish Leaving Certificate** | 32-48 UCAS tariff points from at least one Higher.

**T Level** | An overall grade of Pass.

### **Additional Information**

DBS Clearance: the course will include working with children and vulnerable adults; therefore, you'll be required to complete an enhanced DBS check on arrival. Having a criminal conviction may not exclude from joining the course but we may not be able to facilitate placements for applicants who have convictions of violent offences or offences against children or vulnerable adults. A criminal conviction may also mean that full professional membership to The SST is not possible.

We also ask that you successfully complete our Fitness to Practise process.

In addition to the above, we require a minimum of five GCSEs at grade 9-4 (A\*-C), to include English and Maths. We will consider equivalencies including but not limited to functional skills level 2, Irish Ordinary level, National 5s, IB standard level.

We will consider combinations of level three qualifications.

We welcome applications from individuals with equivalent, non-UK qualifications and mature students (over 21). We may interview as part of the application process.

### **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 Town Football Club, Gloucester Rugby, Bristol Rovers, Forest Green Rovers FC, Prime Practice 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 Sports Academy - Medical Department
- Sports Therapist, Cheltenham Town FC Academy

- Sports Therapist, Swansea City FC
- Self-employed Sports Therapist
- Roles in the NHS and Ministry of Defence

## How you'll study

## 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

## 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.

At the end of your first year (Level 3 Foundation Year) if your average grades are not at least 60% then you will normally be transferred onto the **BSc (Hons) Sports Performance** programme; but students can opt to choose any of the available undergraduate degrees that they are eligible for, subject to meeting the entry criteria for that programme and programme manager's approval.

The marks you gain at Level 5 and Level 6 (final year) may contribute towards your final degree classification.

## 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.

At the end of your first year (Level 3 Foundation Year) if your average grades are not at least 60% then you will normally be transferred onto the BSc (Hons) Sports Performance programme; but students can opt to choose any of the available undergraduate degrees that they are eligible for, subject to meeting the entry criteria for that programme and programme manager's approval.

## 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.

### **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**

### **Anatomy and Peripheral Joint Examination and Assessment**

Develop a foundation in anatomical theory and practical skills to understand the relationship between structure and function, while gaining hands-on experience in peripheral examination and assessment to effectively understand injury and pathology.

### **Fundamentals of Professional Practice for Sports Therapists**

Begin your journey to be a Sports Therapist with hands-on training in managing acute injuries on and off the field, mastering first aid and basic life support, and building essential professional skills for a career in sports therapy.

### **Soft Tissue Therapy and Practice**

Learn how to master the foundational principles and practical skills of sports massage and soft tissue techniques, developing expertise to deliver effective therapeutic treatments.

### **Fundamentals of Movement and Exercise for Sports Therapists**



Gain the expertise to lead exercise programmes for healthy populations, while developing key coaching and communication skills to design, deliver, and implement effective programs, games, and activities that boost health, fitness, and performance.

### **Academic Skills for Sport and Exercise Scientists**

This module will allow you to develop a range of key academic and professional skills which will be invaluable for success in your studies, and serve as ideal preparation for a future career in sport.

### **Fundamentals of Sport and Exercise Science for Sports Therapists**

Build a strong foundation in sport and exercise science, gaining hands-on experience in biomechanics, physiology lab and field-based testing and real-world application strategies for health and performance.

#### **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**

### **The Sport and Exercise Researcher**

Explore the research process, how research is designed within sport and exercise science, and its implications for practice.

### **Applied Professional Practice for Sports Therapists**

Elevate musculoskeletal injury management skills, blending hands on experience with real world application to build expertise to develop industry ready confidence and professional insight.

### **Developing the Sports Therapy Practitioner**

Enhance skills in musculoskeletal assessment and management, building applied clinical reasoning skills to create effective care pathways for range of populations and healthcare environments.

### **Applied Sport and Exercise Science for Sports Therapists**

Enhance your sports therapy expertise by integrating sport and exercise principles of applying psychological insights and sports nutrition strategies.



## **Manual Therapy 1**

Apply essential manual therapy techniques for managing peripheral musculoskeletal injuries, pain and joint dysfunction through hands on practice that reinforces key theoretical concepts.

## **Manual Therapy 2**

Apply essential manual therapy techniques for managing musculoskeletal injuries, pain and joint dysfunction through hands on practice that reinforces key theoretical concepts, with particular focus on the spine.

## **Spinal Joint Assessment**

Enhance spinal assessment skills, enabling identification and evaluation of injuries and development of clinical reasoning to distinguish between different pathologies.

## **Sport and Exercise Rehabilitation**

Unlock your potential in sport and exercise rehabilitation, learn how to manage injuries and design effective , progressive rehabilitation plans to confidently guide individuals or groups through stages of recovery, across a variety of sports and fitness levels.

## **Level Six (final year)**

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**

## **Advanced Professional Practice for Sports Therapists**

Emphasis on building expertise through continued professional development and self-reflection to develop industry ready confidence and professional insight.

## **Complete Injury Management**

Study sports trauma management and continue to develop sports therapy practical skills and learn the decision making processes in patient assessment, treatment and management.

## **Applied Strength and Conditioning for Sports Therapists**

Unlock expertise in the introductory principles of strength and conditioning learning monitoring, screening and designing strategies for optimal athletic performance in the context of sports therapy.

### **Professional Placement for Sports Therapists**

Gain experiential learning in sport, exercise, and health settings, building essential career skills and developing as a practitioner through real-world learning and professional development. Students are expected to undertake an external placement and applied opportunities, which in total meets a minimum of 250 hours through the programme to allow development of clinical practice across the key areas of sports therapy.

### **Injury Prevention and Return to Sport for Sports Therapists**

Enhance your skills in injury management and rehabilitation by developing tailored, evidence-based programs that prioritise screening, prevention, return to sport and recovery stages to ensure safe and effective return to peak performance.

### **Sport Research Project**

Your opportunity to independently research a topic related to your programme of study and develop a range of graduate skills.

## 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)	24%	2%	74%
Level five (year three)	23%	3%	74%
Placement year (optional)	1%	80%	19%
Level six (final year)	12%	14%	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)	13%	52%	35%
Level five (year three)	0%	45%	55%
Placement year (optional)	0%	0%	100%
Level six (final year)	0%	41%	59%

## 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 including the Sports Therapy Professional Practice Grant for final year placement students.

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 with travel up to 90 minutes from campus. To support the final year external placement, students can apply for eligibility for the Sports Therapy Professional Practice Grant [here](#).

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.

## Fees & finance

# Further course details

Our [Resource Library](#) is where you'll find all the essential details about Hartpury University's courses. It includes *Programme* and *Module Specifications*, along with *Course Information Sheets* for every course. You can easily download a complete revision history for each of these, clearly showing the dates changes were made.

**Course Information Sheets:** These are PDF versions of the course webpages. They provide an overview of the course, what to expect during your studies, and the topics covered.

**Programme Specifications:** These are detailed, validated documents containing academic specifics for each programme. They include descriptions of the programme, its aims, learning outcomes, year and module structure, as well as teaching, learning, and assessment strategies.

**Module Specifications:** Each Programme consists of several Modules. Our Module Specifications outline the topics covered and the expected outcomes for students studying each

Module.

 **Resource library**

**100%** of students say  
teaching staff  
have supported  
their learning

Data for Sports Therapy (with foundation year) (Full time) at Hartpury University

For **more** official course  
information visit  
Discover Uni

[See course data](#)



"Being immersed in a high performance environment at Hartpury, both academically and practically, you develop a mindset that allows you to push yourself to perform at a higher level. That ethos and culture has helped me to take the path that I'm on now."

**Dan Holloway, Nike Football UK Head Coach**

## Get in touch

Ask us a question, or enter your details to be kept up-to-date with news and events from Hartpury University.

Full Name \*

First name

Last name

Home country \*



What year are you planning to start your studies? \*



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## Meet our academic team

Get to know our dedicated and passionate teaching staff who'll help you achieve your very best. We're proud to have been awarded Gold in all three areas of the Teaching Excellence Framework (TEF): Overall, Student Experience, and Student Outcomes. This places Hartpury University in the top 15% of published institutions in England. Plus, we're ranked sixth in the UK for Teaching Quality, in The Times and Sunday Times Good University Guide 2025.

## 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.