

Programme Specification

A Programme Specification provides a concise summary of the main features of a programme and its intended learning outcomes. It is intended to be used by prospective students, current students, academic staff and potential employers.

Programme Title:	
BSc (Hons) Sports Therapy, BSc (Hons) Sports Therapy with foundation year	
Programme (AOS) Code(s):	BS1SPT1/4
UCAS Code:	67V9
Name of Final Award:	Bachelor of Science with Honours, BSc (Hons)
Level of Qualification:	Level 6
Regime of Delivery:	Attendance
Mode(s) of Delivery:	Full Time
Typical Length of Study (Years):	3 Years Full Time / 4 years Full Time with Foundation Year
Professional Body Recognition / Accreditation (including specific requirements where applicable):	The Society of Sports Therapists – see education competencies and requirements.

Brief Description of the Programme

The Sports Therapy degree will take students through the processes of injury prevention, injury assessment, therapeutic treatments, and exercise rehabilitation in order to return the patient back to work, function and their previous sport or exercise level. The underpinning basis of Sports Therapy is Sports Science. This course will therefore cover these core principles and then apply them to the prevention, identification and treatment of injury. Throughout the course students will be taking part in a large number of practical classes with the emphasis of hands-on skills and experience. In order to truly develop these skills to make our students the very best therapists by the time they graduate, this course ensures student put theory into real practice by having to complete experience in real therapy settings throughout the three years of the degree. This approach has enabled our previous graduates to be experienced therapists at the point of graduation, leading to a high employment rate into the profession.

Programme Aims

- 1 Prepare students with the skills, knowledge and attributes to practice as a Sports Therapist.
- 2 Facilitate students to gain a critical understanding, evaluation and synthesis of the concepts, theories, principles and practices of Sports Therapy in order to prepare them for employment and/or postgraduate study.
- 3 Support students to develop and enhance their technical, supervisory and management skills, within Sports Therapy milieu.

Programme Learning Outcomes

The Bucks Graduate Attributes focus on the development of innovative leaders in professional and creative capacities, who are equipped to operate in the 21st Century labour market and make a positive impact as global citizens. The attributes are developed through the programme.

ID	Learning Outcome
On successful completion of the programme a graduate will be able to:	
Graduate Attribute: Knowledge and its application (K)	
K1	Demonstrate competence in the field of sports therapy through the application of theory to practice.
K2	Appreciate the role of the sports therapist in injury prevention and rehabilitation of an athlete and its relationship with allied professions.
K3	Critically evaluate the application of current research/evidence on policy and practice.
K4	Appreciate and work within the limits of current knowledge and practice in the field of sports therapy.
K5	Identify risk factors associated with injury and/or illness.
K6	Clinically evaluate injuries in order to apply sports therapy skills for effective treatment and rehabilitation.
Graduate Attribute: Creativity (C)	
C1	Evaluate individual treatment and rehabilitation methods to appropriately manage, treat and refer clients/patients.
C2	Plan and implement a comprehensive rehabilitation and reconditioning programme.
C3	Provide advice on sports therapy and basic health promotion/education.
C4	Apply relevant research/evidence base in the workplace to inform creative practices and clinical reasoning.
Graduate Attribute: Social and ethical awareness and responsibility (S)	
S1	The skills and knowledge to work as a member of a team and with other professionals.
S2	The skills to be an independent learner to nurture the concept of life-long-learning.
S3	Develop the knowledge and understanding of the ethics of Sports Therapy practice.
Graduate Attribute: Leadership and self-development (L)	
L1	Develop problem solving skills so they are able to base decisions on the best available evidence.

L2	Identify and develop research within sports therapy to enhance knowledge and understanding.
L3	The skills to be an independent learner to nurture the concept of life-long-learning.
L4	The skills and knowledge to work as a member of a team and with other professionals.
L5	Developed skills to use information and communications technology.

Programme Structure

Programmes are structured in stages. The number of stages will vary depending on the mode (e.g. full-time, part-time), duration and location of study which will be detailed in the Programme Handbook.

Modules are set at a specific academic level and listed as either core (compulsory) or optional. The level indicates the relative academic difficulty which will increase through the programme. Passing modules will reward you with academic credit. The amount of credits will depend on the complexity of the module and the level of effort required, which is measured in 'notional learning hours'.

Our [Academic Advice webpages](#) provide more information on the structure of taught awards offered by the University.

Please note: Not all option modules will necessarily be offered in any one year. Other option modules may also be introduced at a later stage enabling the programme to respond to sector developments.

Foundation Level (Optional for students on degree programmes)

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
FY026	Preparing for success Knowledge and Creativity	N/A	Core	Yes
FY027	Preparing for Success Self-development and Responsibility	N/A	Core	Yes
FY028	Inquiry Based Learning	N/A	Core	Yes
FY016	Introduction to Sports Therapy	N/A	Core	Yes

Level Four

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL442	Essentials of Sports Therapy	30	C	No
SL441	Issues in profession practice	15	C	No
SL450	Data analysis in Sport and Exercise Science	15	C	No
SL471	Human Anatomy	15	C	No
SL472	Introduction to Health Physiology	15	C	No
SL449	Foundations of Exercise Physiology	15	C	No
SL455	Foundations of Biomechanics	15	C	No

Level Five

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL541	Prevention and Rehabilitation of Injury 1	30	C	No
SL542	Therapeutic Interventions	30	C	No
SL543	Assessment and Evaluation	30	C	No
SL540	Research in Sport & Exercise	15	C	No
SL545	Applied Exercise Physiology	15	C	No

Level Six

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL640	Small Business and Entrepreneurship	15	C	No
SL643	Prevention and Rehabilitation of Injury 2	15	C	No
SL641	Advanced Sports Therapy	30	C	No
SL642	Professional Practice	30	C	No
SL650	Research Dissertation	30	C	No

Learning and Teaching Activities

Please see the [Academic Advice pages](#) for a description of learning and teaching activities that are recognised by the University. Detailed information on this specific programme is outlined below:

The Quality Assurance Agency (QAA, 2019) benchmarks recommend that the learning and teaching methods used in Health Studies programmes may include lectures, seminars, workshops (practicals), tutorials and personal supervision, as well as structured online activity, and sessions outside the classroom, including field trips. These are underpinned by collaborative and individual independent study. The range of activities may also include peer-led learning, peer-assisted learning, self-directed learning, work-based learning, context-based learning, simulations and personalised learning. These recommendations have been considered in the design of the learning and teaching methods for this programme.

A key consideration in programme design for health-related study is the role of experiential learning, where students engage in vocational activities. Learning will be encouraged through practical sessions, debates, observation, field trips as well as formal lectures and interactive seminars. At the core of each module in the practical delivery of learning are the human performance laboratory, the sports therapy teaching room and the Sports & Wellbeing Clinic. These areas were developed to help students develop technical competence and skills, team working and problem solving abilities. Although there is a written content for modules that will be followed during the teaching weeks, the students will be encouraged to develop their independent learning through guided activities in a practical setting. For each level, students are required to complete increasing hours of placement activities within the Sports Therapy setting with increasing levels of responsibility and application.

The principle learning and teaching methods used on this course are:

- Lectures for underpinning knowledge.
- Seminars for discussion and analysis.

- Practicals to apply knowledge and skills.
- Placement activities to apply skills in real life settings.
- Independent study to develop reflective thought within Sports Therapy.

Lectures: provide information and opportunities for visual presentation of ideas, concepts and theories. Students may also be involved in interactive activities which have some of the characteristics of seminars listed above.

Seminars: enable open discussion, contribution by lecturers, practitioners and industry speakers. Students are enabled to practice the articulation of ideas, question, test their knowledge and listen to other's points of view, thus enabling their critical abilities to develop.

Practical/laboratory sessions: students work in small groups that aim to develop collaborative and communication skills, networking, sharing and supporting each other to learn and acquire vocational experience of tests and procedures conducted in a laboratory setting.

Placements: enables students to apply knowledge and skills on real patients. We also encourage students to observe other therapists in the field and from a multidisciplinary perspective. Students will have the opportunity to have placements via our preferred providers in industry as well as in our on-site Sports & Wellbeing Clinic under the supervision of staff.

Self-directed/independent study: develops students' independent working, autonomy and self-awareness. The ability to manage projects, manage time and identify own learning needs is supported by formal and informal learning opportunities throughout the course. Self-directed study is key to successfully managing and achieving the course learning outcomes. The Learning Development Unit is available to support students with learning difficulties and those wishing to enhance their study skills.

Other learning and teaching methods utilised are outlined below.

Visits to/from industry partners: enables the development and awareness of current practice in the subject. This is essential to developing an understanding of current practices, career opportunities, and preparing students for working life as a sport and exercise scientist. Contact with practitioners, who may also be teachers, enables the development of language, concepts, research approaches and identity formation through an ontological approach to learning in the discipline.

Tutorials: both individual and in small groups help to focus students on evaluating their own work and in identifying directions for study and research. Lecturers will question and advise students, presenting alternatives and challenging decisions, in order to help students to realise their full potential and to develop critical and evaluative skills.

Personal Tutoring: within Sports Therapy the staff use the scheduled personal tutoring sessions to provide group and individual support throughout the three years. Sessions may include additional learning and life skills as well as module specific requirements that students can use to enhance their grades in modules (such as writing skills, referencing skills, case analysis etc.).

e-Portfolio: Personal Development Planning (PDP) is incorporated into the curriculum, to aid students to reflect on their learning, performance and achievement and to assist in the planning of their on-going personal and professional development (QAA, 2000). The use of the e-portfolio will enable students to develop IT skills alongside their development as independent reflexive learning. By engaging with their e-portfolio they will develop emotional intelligence and chart their personal,

professional development and their practice competence. The e-portfolio will be a personal record of their academic and professional development throughout their course and beyond. As a requirement of the Society of Sports Therapists, each student must have successfully completed a minimum of 200 hours of supervised sports therapy practice to obtain their award and this is recorded on their ePortfolio.

Professional qualifications: These will be offered during the programme. To illustrate, students will be provided with a recognised First Aid and Sports Trauma qualification (at the time of writing these were with The Football Association). Other qualifications may be added during the programme to enhance student's employability during as well as after completion of the programme.

Additional Course Costs

There are costs associated with all studies, additional to the tuition fee, which require consideration, when planning and budgeting for expenditure. Costs are indicative and for the total length of the course shown unless otherwise stated and will increase with inflation; depending on the programme they may include equipment, printing, project materials, study trips, placement activities, DBS and/or other security checks.

Student membership to the professional body is paid for at £170 in year 1. This course requires DBS checks upon enrolment. Students are also provided with full kit as this is expected during all practicals and placements (approx. £145). Students also take a basic first aid course at level 4 and a pitch-side trauma course at level 5. These costs are approximately £45 and £200 respectively. The students are usually taken on two trips during the course to see different facilities at a cost of approximately £200.

Contact Hours

1 unit of credit is the equivalent of 10 notional learning hours. Full time undergraduate students study 120 credits (1200 hours) and full-time postgraduate students study 180 credits (1800 hours) per year or 'stage' of the course.

Course Stage	Scheduled Activities (Hours)	Guided Independent Study (Hours)	Placement / Study Abroad / Work Based Learning (Hours)
Foundation Year	336	864	0
Year One	342	818	40
Year Two	461	739	80
Year Three	299	741	160

Assessment Methods

The [Assessment and Examination webpages](#) provide further information on how assignments are marked and moderated, including a description of assessment activities. These also include further information about how feedback on assessed work is provided to students, including our commitment to ensure this is provided to students within 15 working days (the 'three-week turnaround').

The following assessment activities are used on this programme:

Each module will clearly outline the assessment methods and detailed information will be supplied within the Assignment Briefs for each assessment. Learning outcomes, learning content and assessments are aligned in order to ensure that graduates develop into academically sound, safe, responsive evidence-based sports therapists. In line with the aim of encouraging students towards a flexible approach in their own learning and development, the programme adopts a varied methodology for assessment. These will include practical assessments, presentations, vivas, reports/essays, case studies, and work-related assessments with evidence of achievement in practice. Students will have the opportunity to access a variety of electronic resources including journal articles, on-line books, electronic databases, internet sources and also material from the library. Students will be expected to consult academic journals more widely in their second and third year as they develop their academic study and writing skills.

Classification

Calculation of final award:

The degree calculation will follow the university's standard method of Level 5 = 33% / Level 6 = 67%

For full details of assessment regulations for all taught programmes please refer to our [Results webpages](#). These include the criteria for degree classification.

Admissions Requirements

Please see the [Application webpages](#) for more information on how to apply, including a statement on how we support students from a variety of backgrounds. Please also see our [general entry requirements](#) for taught programmes. Applicants who do not meet our published entry requirements are encouraged to contact our admissions team for further advice and guidance.

Typical applicant profile and any programme-specific entry requirements

The Sports Therapy programme is best suited to applicants wishing to help diagnose, treat and rehabilitate injured patients from the weekend dog walker to elite athletes. Students would ideally have a good base of science in their further education study. The minimum requirement is 96 UCAS points with GCSE Maths and English at grade C/4 as well as successful completion of an on-site interview (overseas students may be offered a video interview).

Applicants who do not meet the minimum requirements for the three-year undergraduate programme, or those who do not feel fully prepared for a degree course, can apply for a four-year programme including a Foundation Year.

Do applicants required a Disclosure and Barring Service (DBS) Check?

Yes

Opportunities for students on successful completion of the programme

The profession of Sports Therapy enables graduates to work in a variety of settings. Due to the accreditation from The Society of Sports Therapists, the graduate status of Sports and Exercise Therapy means that successful completion and upon fully joining the professional body, the graduate can work in private practice (either employed or self-employed), for a sports team or player (including work in professional football and rugby), in the NHS, or in other related areas such as the fitness industry. Graduate Sport Therapists also have a variety of post-graduate courses available to them or can pursue doctoral studies.

Recognition of Prior Learning

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules. Please refer to our [Credit Accumulation webpages](#) for further guidance.

Student Support

During the course of their studies, students will be supported in the following ways:

- At the start of their studies all students will receive a full **induction** to the programme which will include introduction to the staff responsible for delivering the course, and access to library and IT facilities.
- The **Programme Handbook** will outline the exact nature of the course and how it is structured, including the availability of option modules.
- Each student will be allocated a **Personal Tutor** who will support their academic development, be able to advise and guide them with their studies and, where necessary, give advice on study options. As previously outlined, within the Sports Therapy team these personal tutoring sessions are run as scheduled events to support the development of the student and their modules throughout the course.
- Students will be able to access our full range of **support services**, including the Learning Development Unit for skills and study support, the Library, the Careers and Employability Team, Student Finance Team, Accommodation and Counselling Services.

Programme specific support (if applicable)

Students are supported by the School for their placement hours requirements throughout the course. While students are expected to also make contact with their own network of professionals, the staff have many contacts and established providers who are willing to provide placement activities for all levels of the programme. Some of these providers are local to the university while others will require travel outside of the county of Buckinghamshire. It is recognised that utilising the broad range of opportunities available to the students will significantly increase their employability as well as help develop their own contacts across a range of areas and businesses to enhance their future within Sport Therapy.

Appendices

Quality Assurance

Awarding Body:	
Language of Study:	English
QAA Subject Benchmark Statement(s):	Health Studies (2019)
Assessment Regulations:	<i>Academic Assessment Regulations</i> , accessible via the Academic Advice webpages (https://bucks.ac.uk/students/academicadvice)
Does the Fitness to Practise procedure apply to this programme?	Yes
Ethics Sub-committee	University Ethics Sub-Committee for sports-related research
Date Published / Updated:	September 2020
Date programme re-approval required:	September 2026

Other awards available on programme (Exit Qualifications)

Please refer to the *Academic Qualifications Framework* for Exit Qualifications recognised by the University and credit and module requirements.

Name of Exit Qualification:	Ordinary Degree
Full name of Qualification and Award Title:	BSc Sports Studies
Credits requirements:	300 Credits
Module requirements:	<p>ALL 120 Credits at Level 4 ALL 120 Credits at Level 5 PLUS 60 credits at Level 6 from any of the following: (excluding the Dissertation or equivalent)</p> <ul style="list-style-type: none"> • SL641 Advanced Sports Therapy, • SL642 Professional practice, • SL640 Small business and Entrepreneurship, • SL643 Prevention and Rehabilitation of Injury 2.
Learning Outcome	
<ul style="list-style-type: none"> • Formulate evidence-based reasoning for therapeutic and rehabilitative programmes for managing sports injuries 	
<ul style="list-style-type: none"> • Apply clinical reasoning in the examination and assessment of patients to formulate appropriate evidence-based treatment plans 	
<ul style="list-style-type: none"> • Reflect on practice and critically evaluate professional and personal development 	

Name of Exit Qualification:	Diploma of Higher Education (DipHE)
Full name of Qualification and Award Title:	DipHE Sports Studies
Credits requirements:	240 Credits
Module requirements:	ALL 120 Credits at Level 4 ALL 120 Credits at Level 5
Learning Outcome	
<ul style="list-style-type: none"> • Demonstrate critical understanding of the effects of exercise and training in athlete populations both with and without injury 	
<ul style="list-style-type: none"> • Demonstrate appropriate communication and the ability to apply assessment of all joints within the body and appraise the information effectively 	
<ul style="list-style-type: none"> • Develop therapeutic interventions for common injuries and discuss their principles of treatment 	
<ul style="list-style-type: none"> • Develop the underlying methods for the design and development of research 	

Name of Exit Qualification:	Certificate of Higher Education (CertHE)
Full name of Qualification and Award Title:	CertHE Sports Studies
Credits requirements:	120 Credits
Module requirements:	ALL 120 Credits at Level 4
Learning Outcome	
<ul style="list-style-type: none"> • Communicate effectively and develop interpersonal skills with patients or athletes 	
<ul style="list-style-type: none"> • Demonstrate basic reflection of experiences and application of principle therapeutic and sports science skills 	
<ul style="list-style-type: none"> • Demonstrate basic knowledge of the principles of sports science 	
<ul style="list-style-type: none"> • Describe the musculoskeletal system and its influence on performance 	