

PROGRAMME SPECIFICATION

1. Key Information

Programme Title:	BSc (Hons) Sports Therapy BSc (Hons) Sports Therapy with Foundation Year BSc (Hons) Sports Therapy with International Foundation Year
Awarding Institution:	Buckinghamshire New University
Teaching Institution(s):	Buckinghamshire New University
Subject Cluster:	Sport & Exercise Science
Award Title (including separate Pathway Award Titles where offered):	BSc (Hons) Sports Therapy
Pathways (if applicable)	NA
FHEQ level of final award:	6
Other award titles available (exit qualifications):	Certificate of Higher Education Sports Studies Diploma of Higher Education Sports Studies BSc Sports Studies
Accreditation details:	Society of Sports Therapists (SST) see education competencies and requirements. *British Association of Sport and Exercise Scientists (BASES) *Chartered Institute of Sport and Physical Activity (CIMPSA) *Modules shared with Sport Science programmes have accreditation from other agencies
Length of programme:	3 Years 4 years with Foundation Year
Mode(s) of Study:	Full Time
Mode of Delivery:	In person (on-site) delivery
Language of study:	English
QAA Subject Benchmark(s):	Events, hospitality, events, sports and tourism (2019)
Other external reference points (e.g. Apprenticeship Standard):	BASES/UKSCA
Course Code(s):	BSSPTHFT / BSSPTHFY
UCAS Code(s):	
Approval date:	01/12/2022
Date of last update:	

*Sport Science module are compensable

*Some modules may not require 80% attendance. See module descriptors.

2. Programme Summary

The Sports Therapy degree will take you through the processes of injury prevention, 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 you 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 you the very best therapists by the time you graduate, this course ensures you put theory into real practice by having to complete placements and having experience of various 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.

3. Programme Aims and Learning Outcomes

Programme Aims

This programme aims to:

1. Prepare learners with the knowledge, skills and graduate attributes to practice as a confident Graduate Sports Therapist
2. Facilitate learners to gain a critical understanding, evaluation and synthesis of the concepts, theories and principles of Sports Therapy through research informed and industry practice in order to prepare them for employment and/or postgraduate study
3. Support learners to develop and enhance their technical, supervisory and management skills, to work effectively with a multidisciplinary team, in the promotion of health, wellbeing and performance enhancement
4. Foster a spirit of enquiry and equip learners with the skills necessary to advance practice of Sports therapy through ethical, applied, and impactful research
5. Produce culturally aware and accountable graduates who are inclusive and responsive to the diverse needs of the people they work with

Programme Learning Outcomes

Knowledge and Understanding (K)

On successful completion of the programme you will be able to:

ID	Learning Outcome
K1	Develop competence in the field of sports therapy through the application of theory to practice.
K2	Distinguish the role, scope of practice and limits of knowledge of a sports therapist in injury prevention and rehabilitation and its relationship with allied professions.
K3	Recognise the application of current research/evidence on policy and practice for all those who may require access to Sport Therapy services.
K4	Identify risk factors associated with injury and/or illness including the unique features and needs of diverse social groups.

Analysis and Criticality (C)

On successful completion of the programme you will be able to:

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ID	Learning Outcome
C1	Reflect on, and challenge individual treatment and rehabilitation methods to effectively implement strategies to provide positive outcomes for clients/patients providing evidence of suitable research.
C2	Analyse theory and factual advice to enhance health and wellbeing for all groups that may access/require Sport Therapy services.
C3	Appraise applying relevant research/evidence base to arrive at and communicate an independent evidence-based approach in the workplace to inform creative practices and clinical reasoning.
C4	Investigate the impact of your knowledge and practice, providing evidence of monitoring and reflection.
C5	Examine the importance of working effectively with medical and sports professionals and implications of contemporary issues in the promotion of health, wellbeing and performance enhancement.

Application and Practice (P)

On successful completion of the programme you will be able to:

ID	Learning Outcome
P1	Apply relevant anatomical, physiology; biomechanical, and strength and conditioning concepts and theories to clinically evaluate injuries in clinical, sports and trauma environments.
P2	Extrapolate all relevant information from a clinical assessment to design & apply treatment and exercise based interventions with the aim of developing health, wellbeing and physical performance.
P3	Apply the ability to conduct clinical, laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing and human performance capabilities.
P4	Demonstrate a critical level of understanding of the core competencies, knowledge and professional standard requirements of a Graduate Sports Therapist.

Transferable skills and other attributes (T)

On successful completion of the programme you will be able to:

ID	Learning Outcome
T1	Apply independent responsibility and reflective practice to identify professional development needs to foster lifelong learning.
T2	Work independently or in collaboration to produce an appropriate research question, or aim, which may contribute towards a solution to an identified problem.
T3	Adapt and work as a member of a team and with other professionals.
T4	Develop the knowledge and understanding of ethical, moral and safety issues within Sports Therapy practice.
T5	Review critically, synthesising information from a range of academic, industry, and other sources, to enhance knowledge and understanding, communicating such information clearly and coherently in a range of forms relevant to intended audiences.

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Graduate Attributes

The BNU Graduate Attributes of: Knowledge and its application; Creativity; Social and ethical awareness and responsibility; and Leadership and self-development 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.

On this programme, attributes are developed through the acquisition of critical knowledge of physiology, anatomy, pathophysiology, biomechanics and strength and conditioning principles to make a positive impact on participation and performance in sports, health and wellbeing activities for athletes and community groups. Practical, coursework and presentation assessments along with independent projects that are authentic in nature will foster confidence in the application of knowledge. Inclusive professional practice and standards, including critical reflective practice, strong communication, leadership abilities, ethics and safeguarding will be developed through a variety of hands on placement environments fostering a confident Sport Therapy practitioner.

On this programme, attributes are developed through incorporating core knowledge of the multi disciplines of Sports Therapy and Sport and Exercise Science (K1-K4, C1-C5, P1-P4). As part of this, students will learn the practical assessment techniques used to evaluate injury, health and human performance in both a clinical, scientific laboratory and placement setting, while developing the skills to communicate feedback to clients based on current industry practice (K1, K3, C1-C5, P1-P4, T5). Throughout the programme, focus will also be placed on the importance of wider research skills which underpin the acquisition of knowledge at a critical level (C3, C4, P3, P4, T2, T4, T5), while using both formative and summative assessment strategies to both nurture autonomous learning, and develop teamwork skills paramount to the interdisciplinary nature of the sector (K3, C4, C5, P4, T1, T3, T4).

4. Entry Requirements

The University's [general entry requirements](#) will apply to admission to this programme with the following additions / exceptions:

- 112-128 UCAS with GCSE Maths and English at grade C/4 as well as successful completion of an on-site interview (overseas learners may be offered a video interview).

Other qualifications, including overseas, may be considered. Applicants for whom English is a second language should have achieved IELTS 6 or equivalent for entry into Level 4.

If you do not meet the entry requirements you may, if you have relevant professional experience, still be invited for interview, where you will be required to demonstrate the necessary knowledge and understanding for entry onto the course.

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules in accordance with our [accreditation of prior learning](#) (APL) process.

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5. Programme Structure

Level	Modules (Code, Title and Credits)	Exit Awards
Foundation Year¹	<p>Core modules: FY026 Preparing for Success Knowledge and Creativity (30 Credits) FY027 Preparing for Success Self-development and Responsibility (30 Credits) FY028 Inquiry and Research Skills (30 Credits) FY016 Introduction to Sport Therapy (30 Credits)</p> <p>Option modules: No option modules are available at this level.</p>	N/A. No credit is awarded at this Level.
International Foundation Year	<p>Core modules: FY042 English for Academic and Professional Communication FY044 Inquiry Based Learning FY045 Global Health and Wellbeing</p> <p>Option modules: No option modules are available at this level.</p>	N/A. No credit is awarded at this Level.
Level 4	<p>Core modules: Human Anatomy and Movement Analysis (20 Credits) Health and Human Physiology (20 Credits) Fundamentals of Strength and Conditioning (20 Credits) Foundations of Sports Therapy (20 Credits) Introduction to Research in Sport (20 Credits)</p> <p>Opportunity modules: You must choose 2 x 10 credit Level 4 Opportunity modules from the Opportunity module catalogue www.bnu.ac.uk/opmodules</p>	Certificate of Higher Education , awarded on achievement of 120 credits at Level 4
Level 5	<p>Core modules: Research Methods (20 Credits)</p>	Diploma of Higher Education , awarded on achievement of 240

¹ Modules on the Foundation Year only apply to learners who are enrolled on the “with Foundation Year” programme.

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	<p>Applied Exercise Physiology (20 Credits) Principles and Applications of Sport Biomechanics (20 Credits) Exercise Instruction and Special Populations (20 Credits) Principles of Sports Therapy 1 (20 Credits) Principles of Sports Therapy 2 (20 Credits)</p> <p>Option modules: No option modules are available at this level.</p>	<p>credits, including a minimum of 120 credits at Level 5</p>
Level 6	<p>Core modules: Extended Independent Work (40 credits) Professional Practice (40 credits) Advanced Sports Therapy (20 credits)</p> <p>Option modules (Choose 1x 20 credit): Skills Acquisition (20 credits) Sports Nutrition (20 credits) Approaches to Applied Sport and Performance Psychology (20 credits) Skills in Leadership, Enterprise and Small Business (20 credits) Applied Strength and Conditioning (20 credits) Performance Analysis (20 credits)</p>	<p>Ordinary Degree, awarded on achievement of 300 credits, including 60 credits at Level 6 and 120 credits at each of Levels 4 and 5</p> <p>Honours Degree, awarded on achievement of 360 credits, including 120 credits at each of Levels, 4, 5 and 6</p>

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 changes in the subject area.

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6. Learning, Teaching and Assessment

Learning and teaching

BSc (Hons) Sports Therapy aims to provide a balanced programme of study that equips learners with industry knowledge and experience, while developing scientific and academic reasoning, critical and transferrable skills, preparing them for integration into the 21st century workforce. The course is underpinned by classroom-based, in-person teaching of current theory, concepts and research, delivered through a blend of lectures, clinical and laboratory-based practicals in our state-of-the-art facilities, interactive seminars and workshops. Throughout the three levels of study learners are encouraged and enabled to form relationships with external partners including local, regional, national and international, to build networks in the longer term and essential vocational knowledge and experience in the shorter term.

Learners are encouraged to become increasingly more independent in their learning as the course progresses. At Level 4, focus is on the understanding of key scientific theories from across Therapeutic and Sports Science modules as Sports Therapy is a unique blend of two disciplines. Within this, learners will consider the structure, function and practical application of skills of various biological systems impacting human health, performance and injury during lectures, while undertaking related discussion and exercises in seminars and workshops designed to allow them to integrate with the theoretical information underpinning the topic. During all face-to-face sessions learners will receive guidance and support from module tutors. Learners are further introduced to functional tools for working in industry and the initial stimulation of critical, cognitive abilities alongside introductory knowledge of the sports therapy and health and fitness industries.

At Level 5, learners are expected to take a more active role in their own learning and future careers, thus the theoretical knowledge gained at level 4 will be applied to simulated and real-world examples to reflect industry practice. This is particularly evident in how injury assessment, treatment and rehabilitation is taught in an authentic format simultaneously. Applied research becomes interwoven with injury, health and performance-based learning while learners will also have the opportunity to gain a Level 2 fitness industry related qualification alongside their main degree programme*. The School of Human and Social Sciences continuously pursues new partnerships optimising opportunities to enhance the learner experience and promote experiential learning, and these partnerships may be exploited by learners seeking placement opportunities. Also at Level 5, learners will be prepared for their research project, in which they will have the opportunity to draw all conceptual, vocational, and research elements of the course together via a major independent study. As in Level 4, modules are delivered through a blend of lectures, interactive seminars, workshops, small-group activities and debates, and laboratory-based practical's, and are supported by e-learning material delivered through the VLE, with specific learning and teaching approaches determined at modular level.

At Level 6 learners will progress their industry related skills from Level 5, considering their application in diverse population and more specific contexts. As a result, learners will develop critical thinking skills, leadership abilities, and a detailed scientific reasoning process. This will culminate in a core Professional Practice module, designed to allow learners to lead on the delivery of Sports Therapy services both internally and to external stakeholders and partners, enhancing employability, gaining a minimum of 200 hours of hands-on Sports Therapy placement. During L6, learners will also complete an independent pitch side trauma

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qualification. In addition, learners will have a wider scope to hone their skills by having greater levels of options in the other modules and topics they cover at this level, providing opportunities to target bespoke learning towards their desired career pathway. Learners will also be expected to show a higher level of autonomy in their learning, underpinned by the completion of a research project where they will be challenged to plan, design, execute and disseminate a significant piece of work. Learners will have access to the psychology and human performance laboratories, library services, and the networks they have developed to help them in this endeavour.

Assessment

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 learners 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. Learners 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. Learners will be expected to consult academic journals more widely in their second and third year as they develop their academic study and writing skills.

As per the teaching and learning strategy, the specific assessment methods are determined at modular level, but are designed to reflect the course aims and learning outcomes, to equip learners with industry knowledge and experience, academic and cognitive, and critical and transferrable skills, which will create culturally aware, prepared, and responsive graduates for an inclusive and socially conscious sport industry. To this end, while there is a varied diet of assessment at all three levels, it is predominantly based on coursework and practical assessments and, where possible, is designed to mirror 'real world' being more authentic in nature to that of Sports Therapy practice. All modules will include feedforward opportunities and ample time for assessment preparation; feedback on all assessments will place emphasis on progression

Contact Hours

Learners can expect to receive approximately 12 hours of scheduled learning activities per week of a given term. This may include lectures, seminars, workshops, practicals, or placement hours. A full breakdown of contact hours can be found in individual module descriptors.

7. Programme Regulations

This programme will be subject to the following assessment regulations:

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- Academic Assessment Regulation
- Non compensable*
- 80% attendance requirement*
- Students are subject to Fitness to Practice

8. Support for learners

The following systems are in place to support you to be successful with your studies:

- The appointment of a personal tutor to support you through your programme
- A programme handbook and induction at the beginning of your studies
- Library resources, include access to books, journals and databases - many of which are available in electronic format – and support from trained library staff
- Access to Blackboard, our Virtual Learning Environment (VLE), which is accessible via PC, laptop, tablet or mobile device
- Access to the MyBNU portal where you can access all University systems, information and news, record your attendance at sessions, and access your personalised timetable
- Academic Registry staff providing general guidance on University regulations, exams, and other aspects of learners and course administration
- Central learner services, including teams supporting academic skills development, career success, learner finance, accommodation, chaplaincy, disability and counselling
- Support from the Bucks Learners' Union, including the Learners' Union Advice Centre which offers free and confidential advice on University processes.

9. Programme monitoring and review

BNU has a number of ways for monitoring and reviewing the quality of learning and teaching on your programme. You will be able to comment on the content of their programme via the following feedback mechanisms:

- Formal feedback questionnaires and anonymous module 'check-ins'
- Participation in external surveys
- Programme Committees, via appointed learner representatives
- Informal feedback to your programme leader

Quality and standards on each programme are assured via the following mechanisms:

- An initial event to approve the programme for delivery
- An annual report submitted by the External Examiner following a process of external moderation of work submitted for assessment
- The Annual Monitoring process, which is overseen by the University's Education Committee
- Review by the relevant PSRB(s)
- Periodic Subject Review events held every five years
- Other sector compliance and review mechanisms

10. Internal and external reference points

Design and development of this programme has been informed by the following internal and external reference points:

- The Framework for Higher Education Qualifications (FHEQ)
- The QAA Subject Benchmark Statement – see detailed mapping below

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- The PSRB Standards of Proficiency (SOP) for Graduate Sports Therapists
- The BNU Qualifications and Credit Framework
- The BNU Grading Descriptors
- The University Strategy

Mapping of Subject Benchmark Statement and any relevant Apprenticeship Standard to Programme Learning Outcomes; **QAA Events, Hospitality, Leisure, Sports and Tourism - Human Responses and Adaptations to Sport and Exercise (2019)**

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)				Analysis and Criticality (C)					Application and Practice (P)				Transferable skills and other attributes (T)				
	K1	K2	K3	K4	C1	C2	C3	C4	C5	P1	P2	P3	P4	T1	T2	T3	T4	T5
Make effective use of knowledge and understanding of the disciplines underpinning human structure and function	x			x	x	x	x	x		x	x		x	x				x
Critically appraise and evaluate the effects of sport and exercise intervention on the participant	x			x	x	x	x	x			x	x	x	x	x		x	
Demonstrate the skills required to monitor and evaluate human responses to sport, exercise and/or rehabilitation	x				x			x				x	x	x	x			x
Critically appreciate the relationship between sport and exercise activity and intervention in a variety of	x	x	x	x	x	x			x		x		x	x		x		x

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
Benchmark / Standard requirement	K1	K2	K3	K4		C1	C2	C3	C4	C5	P1	P2	P3	P4		T1	T2	T3	T4	T5
participant groups; this could include special populations such as older adults, disabled people, people with a chronic disease and children.																				

Mapping of Programme Learning Outcomes to Modules

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)					
	Module Code (Core)	K1	K2	K3	K4		C1	C2	C3	C4	C5	P1	P2	P3	P4		T1	T2	T3	T4	T5
Level 4																					
Human Anatomy and Movement Analysis	x							x	x		x						x		x		
Health and Human Physiology	x						x		x		x	x					x		x	x	x
Fundamentals of Strength and Conditioning		x	x	x		x			x		x	x							x		
Foundations of Sports Therapy	x		x	x				x	x	x	x			x	x		x		x	x	x
Level 5																					
Research Methods										x				x	x			x			x
Applied Exercise Physiology	x		x				x		x		x				x		x		x	x	x
Principles and Applications of Sport Biomechanics	x		x						x	x	x	x			x	x		x	x	x	
Exercise Instruction and Special Populations	x	x	x	x		x	x				x						x		x		x

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3	K4		C1	C2	C3	C4	C5	P1	P2	P3	P4		T1	T2	T3	T4	T5
Principles of Sports Therapy 1	x	x	x	x		x	x	x	x	x	x	x	x	x		x			x	
Principles of Sports Therapy 2	x	x	x	x		x	x	x	x	x	x	x	x	x		x			x	
Level 6																				
Dissertation													x	x		x	x		x	x
Professional Practice	x	x	x	x		x	x	x	x	x	x	x	x	x		x		x	x	
Advanced Sports Therapy	x	x	x	x		x	x	x	x	x	x			x		x	x		x	x
Skill Acquisition (option)																				
Sports Nutrition (option)																				
Applied Sport and Exercise Psychology (option)																				
Skills in Leadership, Enterprise and Small Business (option)																				

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3	K4		C1	C2	C3	C4	C5	P1	P2	P3	P4		T1	T2	T3	T4	T5
Applied Strength and Conditioning (option)																				
Performance Analysis (option)																				