Course Specification

Course Summary Information				
1	**Course Title**		BSc (Hons) Sports Therapy	
2	**BCU Course Code**	**UCAS Code**	US0619	C630
3	**Awarding Institution**		Birmingham City University	
4	**Teaching Institution(s)** (if different from point 3)			
5	**Professional Statutory or Regulatory Body (PSRB) accreditation** (if applicable)		The Society of Sports Therapists	

6	**Course Description**
	Our innovative, practice-based Sports Therapy course is a chance for you to develop specialist skills in the prevention, treatment, management and rehabilitation of musculoskeletal injuries. Underpinned by sports medicine and sport and exercise science, this course is accredited by The Society of Sports Therapists. This ensures that the knowledge and competencies you gain during your time on the course are aligned with professional industry standards. You will learn with a dynamic, expert and research-rich team of sports therapists, health professionals and sports scientists, enabling you to gain a holistic education in sports therapy. Upon successful completion of the course, you will be fully equipped with the clinical skills to work with professional sports teams, as well as with individual elite performers. Alternatively, you may wish to work in private practice, treating a wide variety of individuals in a musculoskeletal injury clinic. **What's covered in the course?** You will cover all competencies required by The Society of Sports Therapists, such as examination, assessment and treatment of musculoskeletal injuries, delivery of soft tissue therapies, peripheral and vertebral joint mobilisations, sport and exercise rehabilitation, strength and conditioning, and trauma management to name a few. There will be compulsory work placements built into all three years of your course providing you with invaluable real-life, hands-on learning. These will include both internal and external opportunities with sporting teams and musculoskeletal injury clinics. Additionally, you can opt to complete a 12 month placement (sandwich course), which could either be within the UK or abroad. By taking this course, you will be studying at the brand new home for the School of Health Sciences, which contains state-of-the-art sports therapy clinical rooms, laboratories, cutting-edge resources and a designated sports area. These are all designed to optimise your learning experience.

7	Course Awards		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
	Bachelor of Science with Honours Sports Therapy	6	360
7b	**Exit Awards and Credits Awarded**		
	Certificate of Higher Education Sport Diploma of Higher Education Sport Bachelor of Science Sport	4 5 6	120 240 300

8	Derogation from the University Regulations
	1. For modules with more than one item of assessment, all items of assessment must be passed in order to pass the module 2. Compensation of marginally failed modules is not permitted 3. Condonement of failed modules is not permitted 4. Students do not have an automatic right to repeat Level 4.

9	Delivery Patterns		
Mode(s) of Study	**Location**	**Duration of Study**	**Code**
Full Time	City South	3 years	US0619
Sandwich	City South	4 years	US0619S

10	Entry Requirements
	The admission requirements for this course are stated on the course page of the BCU website at https://www.bcu.ac.uk/ or may be found by searching for the course entry profile located on the UCAS website.

11	Course Learning Outcomes
1	Critically evaluate research in sports medicine and exercise science to draw appropriate conclusions and implement within professional practice.
2	Engage in learning and reflect on practice, taking responsibility for continuous professional development.
3	Demonstrate competent, appropriate, safe, and effective practical skills in Sports Therapy and the capabilities required to be an autonomous practitioner.
4	Describe and explain the theory of sport and exercise disciplines: physiology; biomechanics; psychology and their application to the sports therapy context.
5	Investigate research questions using appropriate methods and analyse, interpret and report the results.
6	Explain the importance of being able to apply a critical and interdisciplinary approach to contemporary scientific issues in sports medicine and exercise science.

7	Critically appraise the role of the sports therapist within the multidisciplinary support team, and communicate effectively with other members.
8	Demonstrate the ability to collaborate and integrate knowledge through interdisciplinary working to promote creative and innovative solutions in sports therapy practice providing a reasoned argument.
9	Demonstrate a systematic understanding of sports therapy, including acquisition of coherent and detailed knowledge, which is informed by current understanding of the discipline, to enable graduates to achieve the benchmark requirements for membership status of The Society of Sports Therapists.
10	Work within the boundaries of professional competence, adhering to ethical standards, confidentiality and modes of effective communication.
11	Demonstrate a wide-range of transferable skills to appropriately prepare you for employment.
12	Demonstrate the ability to comply with the professional, ethical and legal requirements of practice.
13	Explain the worldwide role and application of sports therapy.
14	Demonstrate an ability to adapt behaviours in accordance with diverse cultural needs.

12	**Course Requirements**

12a

Level 4:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPT4002	Applied Anatomy for Sports Therapy	20
SPX4003	Biomechanics of Human Movement	20
SPT4001	Musculoskeletal Assessment and Treatment 1	40
SPX4000	Professional Skills and Evidence-based Practice	20
SPX4002	Sport & Exercise Physiology and Principles of Training	20

Level 5:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPT5000	Sports Injury & Exercise Rehabilitation	40
SPT5003	Musculoskeletal Assessment 2	20
SPT5004	Manual Therapy	20
SPX5001	Sport and Exercise Physiology and Nutrition	20
SPX5002	Planning and Conducting Research	20

Level 6:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPT6000	Injury Prevention and Conditioning for Sport	20
SPT6002	Clinical Practice	20
SPT6004	Advanced Application and Clinical Reasoning	40
SPX6000	Independent Research Project	40

12b Structure Diagram

Full Time / Sandwich

Level 4

SEMESTER ONE	SEMESTER TWO
Core SPX4000: Professional Skills and Evidence-based Practice (20 credits) SPT4002: Applied Anatomy for Sports Therapy (20 credits)	**Core** SPX4002: Sport & Exercise Physiology and Principles of Training (20 credits) SPX4003: Biomechanics of Human Movement (20 credits)
Core SPT4001: Musculoskeletal Assessment and Treatment 1 (40 credits)	

Level 5

Core SPX5001: Sport and Exercise Physiology and Nutrition (20 credits) SPT5003: Musculoskeletal Assessment 2 (20 credits)	**Core** SPX5002: Planning and Conducting Research (20 credits) SPT5004: Manual Therapy (20 credits)
Core SPT5000: Sports Injury & Exercise Rehabilitation (40 credits)	

Optional and Sandwich Year

Level 6

Core SPT6000: Injury Prevention and Conditioning for Sport (20 credits)	**Core** SPT6002: Clinical Practice (20 credits)
Core SPT6004: Advanced Application and Clinical Reasoning (40 credits) SPX6000:Independent Research Project (40 credits)	

13 Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 4

Workload

25% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	298
Directed Learning	466
Private Study	436
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	52%
Exam	12%
In-Person	36%

Level 5

Workload

27% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	327
Directed Learning	378
Private Study	495
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	30%
Exam	10%
In-Person	60%

Level 6

Workload

17% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	208.5
Directed Learning	283
Private Study	708.5
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	50%
Exam	0
In-Person	50%