

## Course Specification

Course Summary Information		
1	<b>Course Title</b>	BSc (Hons) in Sports Therapy  BSc (Hons) in Sports Therapy with Professional Placement Year
2	<b>Course Code</b>	US1480 /US1481  US1482
3	<b>Awarding Institution</b>	Birmingham City University
4	<b>Teaching Institution(s)</b> (if different from point 3)	
5	<b>Professional Statutory or Regulatory Body (PSRB) accreditation</b> (if applicable)	The Society of Sports Therapists

6	<b>Course Description</b> (Marketing text for website)
	<p><b>Overview</b></p> <p>Our innovative, practice-based Sports Therapy course will allow you to develop specialist skills in the assessment and management 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 from 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 and individual elite performers. Alternatively, you may wish to work in private practice, treating a wide variety of individuals in a musculoskeletal injury clinic.</p> <p><b>What's covered in the course?</b></p> <p>You will cover all competencies required by The Society of Sports Therapists, such as assessment and treatment of musculoskeletal injuries, delivery of soft tissue therapies, sport and exercise rehabilitation, strength and conditioning, and trauma management to name a few. There will be work placements built into all three years of your course providing you with invaluable real-life, hands-on learning. These will include both on-site and external opportunities with sporting teams and musculoskeletal injury clinics. Additionally, you can opt to complete a placement year—which could be within the UK or abroad—making your degree course 4 years in duration. Don't worry if you are undecided on the placement year when you apply, you can decide once you have completed the first year of study on the standard course.</p>

7	<b>Course Awards</b>		
7a	<b>Name of Final Award</b>	<b>Level</b>	<b>Credits Awarded</b>
	Bachelor of Science with Honours Sports Therapy	Level 6	360
	Bachelor of Science with Honours Sports Therapy with Professional Placement Year	Level 6	480
7b	<b>Exit Awards and Credits Awarded</b>		
	Certificate of Higher Education Sport and Health	4	120

	Diploma of Higher Education Sport and Health	5	240
	Bachelor of Science Sport and Health	6	300
	Bachelor of Science Sport and Health with Professional Placement Year	6	420
<b>8</b>	<b>Variation from the University Academic Regulations</b>		
	This course has approved variations to the University's Academic Regulations. These can be accessed via the student contract page: <a href="https://www.bcu.ac.uk/student-info/student-contract">https://www.bcu.ac.uk/student-info/student-contract</a> .		

<b>9</b>	<b>Delivery Patterns</b>		
	<b>Mode(s) of Study</b>	<b>Location(s) of Study</b>	<b>Duration of Study</b>
	Full Time	Alexander Stadium/City South Campus	3 years
	Full Time with Professional Placement Year	Alexander Stadium/City South Campus	4 years
	Part Time	Alexander Stadium/City South Campus	6 years
			Code(s)
			US1480
			US1482
			US1481

<b>10</b>	<b>Entry Requirements</b>	
	<b>Home:</b>	<p>The admission requirements for this course are stated on the course page of the BCU website at <a href="https://www.bcu.ac.uk/">https://www.bcu.ac.uk/</a> or may be found by searching for the course entry profile located on the UCAS website.</p> <p>Places are subject to a Disclosure and Barring Service check and Occupational Health Clearance. These must be obtained within the first 8 weeks of the course. After the initial check, each year students will be required to self-declare and re-enrol.</p>

<b>11</b>	<b>Course Aims</b>
	Our BSc (Hons) Sports Therapy course aims to create competent, autonomous and industry ready graduates who are prepared for a career in sport or private practice. They will be able to practise effectively within the global sporting context and be sensitive to the needs of diverse cultures. Graduates will be able to critically reflect upon research and their own applied practice, as they continually seek to develop their professional competence, and adapt to the growing demands of industry.

<b>12</b>	<b>Course Learning Outcomes</b>
<b>1</b>	Distinguish and clinically reason the selection of effective methods to enable the recognition and evaluation of injury and medical conditions in a sport and exercise environment
<b>2</b>	Formulate, demonstrate, and defend effective treatment and management strategies for a range of injuries and medical conditions in the sport and exercise environment
<b>3</b>	Describe, explain, and apply physiological, biomechanical and psychological principles in the treatment and management of injury and medical conditions in the sport and exercise environment

4	Critically evaluate information from a variety of sources and draw appropriate evidence-based conclusions to implement within professional practice
5	Communicate complex and sensitive information effectively with a range of people both verbally and in writing
6	Operate as an autonomous, safe, and effective practitioner, within the professional, legal, and ethical boundaries of sports therapy, and within the scope of practice
7	Demonstrate the ability to adapt behaviours in accordance with diverse cultural needs, acting in a non-judgemental and anti-discriminatory manner
8	Critically reflect on personal practice and identify areas of future continuous personal and professional development
9	Work individually and collaboratively with peers, multidisciplinary professionals, patients, and other stakeholders
10	Demonstrate and apply appropriate knowledge, skills, and professional attributes, as required for employment as a sports therapist and to be eligible for registration with The Society of Sports Therapists

<b>13</b>	<b>Level Learning Outcomes</b>
	<b><i>Upon completion of Level 4 / the Certificate of Higher Education, students will be able to:</i></b>
	Explain the underlying concepts and principles associated with sports therapy practice, and an ability to evaluate and interpret these within the context of the area of study
	Communicate effectively using a structured and coherent approach, whilst developing interpersonal skills with patients
	Consider evidence and best practice and make appropriate recommendations
	<b><i>Upon completion of Level 5 / the Diploma of Higher Education, students will be able to:</i></b>
	Apply underlying concepts and principles of sports therapy practice outside the context in which they were first studied
	Effectively communicate information, analysis, and plans to both specialist and non-specialist audiences
	Use analytical skills of research and enquiry to evaluate the evidence base to support treatment and management strategies for injuries and medical conditions in the sport and exercise environment
	<b><i>Upon completion of 60 credits at Level 6 / the Bachelor's Degree, students will be able to:</i></b>
	Evidence a clear understanding of sports therapy practice, including the acquisition of coherent and detailed knowledge, informed by contemporary practice
	Communicate complex information, ideas, problems and solutions to both specialist and non-specialist audiences
	Critically evaluate arguments, assumptions, abstract concepts, and data to formulate treatment and management strategies for injuries and medical conditions in the sport and exercise environment

<b>14</b>	<b>Course Learning, Teaching and Assessment Strategy</b>
	The course learning and teaching approach is to focus on the transactional relationship between our teaching and your learning in order to ensure student-centred methods are employed that focus on the learning process rather than just a focus on covering the course content. This will encourage reflective and critical thinking skills, enabling you to become confident and autonomous learners. You will develop sound academic and practical competencies, so you are readily employable and well-equipped for lifelong learning as a sports therapist.

Much of the course is delivered on campus, where you can immediately apply theory to practice. Other sessions will include seminars, promoting discussion and critical thinking with your peers. There will also be online lectures, often pre-recorded, allowing you to study the underpinning theory at your own pace and at a convenient time. You will also undertake clinical placements both on-site and externally and will be exposed to real life patients in all years of the course. All our sessions are underpinned by clear communication of the learning that is intended; effective questioning to challenge thinking and promote understanding; and effective feedback with an emphasis on improving your learning.

You will be assessed using a range of methods including examinations, coursework, presentations, case studies and practical assessments. Each of these assessments will enable you to demonstrate your knowledge and understanding of Sports Therapy, and they are learning opportunities as you reflect on the feedback provided to improve your academic and practical performance. Formative assessment opportunities exist within all modules to help you prepare for summative assessments.

<b>15</b>	<b>Course Requirements</b>																																											
<b>15a</b>	<p><b>Level 4:</b> <i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPT4003</td> <td>Management of Musculoskeletal Injuries 1</td> <td>40</td> </tr> <tr> <td>SPT4004</td> <td>Applied Anatomy for Sports Therapists</td> <td>20</td> </tr> <tr> <td>SPT4005</td> <td>Introduction to Peripheral Joint Assessment</td> <td>20</td> </tr> <tr> <td>SPX4008</td> <td>Introduction to Academic Skills for Sport and Exercise</td> <td>20</td> </tr> <tr> <td>SPT4006</td> <td>Exercise Science for Sports Therapists</td> <td>20</td> </tr> </tbody> </table> <p><b>Level 5:</b> <i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPT5006</td> <td>Management of Musculoskeletal Injuries 2</td> <td>40</td> </tr> <tr> <td>SPT5005</td> <td>Assessment of Musculoskeletal Injuries</td> <td>20</td> </tr> <tr> <td>SPT5008</td> <td>Assessment and Management of the Spine</td> <td>20</td> </tr> <tr> <td>SPT5007</td> <td>Biomechanics for Musculoskeletal Injury</td> <td>20</td> </tr> <tr> <td>SPX5009</td> <td>Research Skills and Data Analysis</td> <td>20</td> </tr> </tbody> </table> <p><b>Professional Placement Year (Optional):</b> <i>In order to qualify for the award of 'BSc (Hons) Sports Therapy with Professional Placement Year' a student must successfully complete the following module:</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>		Module Code	Module Name	Credit Value	SPT4003	Management of Musculoskeletal Injuries 1	40	SPT4004	Applied Anatomy for Sports Therapists	20	SPT4005	Introduction to Peripheral Joint Assessment	20	SPX4008	Introduction to Academic Skills for Sport and Exercise	20	SPT4006	Exercise Science for Sports Therapists	20	Module Code	Module Name	Credit Value	SPT5006	Management of Musculoskeletal Injuries 2	40	SPT5005	Assessment of Musculoskeletal Injuries	20	SPT5008	Assessment and Management of the Spine	20	SPT5007	Biomechanics for Musculoskeletal Injury	20	SPX5009	Research Skills and Data Analysis	20	Module Code	Module Name	Credit Value			
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PPY5002	Professional Placement	120
<b>Level 6:</b> <i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i>		
Module Code	Module Name	Credit Value
SPX6013	Independent Research Project	40
SPT6006	Sports Injury and Illness Prevention	20
SPT6005	Manual Therapy	20
SPT6007	Clinical Practice	20
SPT6008	Advanced Sports Therapy Practice	20

**15b Structure Diagram**
**Level 4**

SEMESTER ONE	SEMESTER TWO
SPT4004: Applied Anatomy for Sports Therapists (20 credits)	SPT4005: Introduction to Peripheral Joint Assessment (20 credits)
SPT4003: Management of Musculoskeletal Injuries 1 (40 credits)	
SPX4008: Introduction to Academic Skills for Sport and Exercise (20 credits)	SPT4006: Exercise Science for Sports Therapists (20 credits)

**Level 5**

SPT5005: Assessment of Musculoskeletal Injuries (20 credits)	SPT5008: Assessment and Management of the Spine (20 credits)
SPT5006: Management of Musculoskeletal Injuries 2 (40 credits)	
SPT5007: Biomechanics for Musculoskeletal Injury (20 credits)	SPX5009: Research Skills and Data Analysis (20 credits)

**Professional Placement Year (Optional)**

PPY5002 Professional Placement (120 credits)
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**Level 6**

SPT6006: Sports Injury and Illness Prevention (20 credits)	SPT6008: Advanced Sports Therapy Practice (20 credits)
SPX6013: Independent Research Project (40 credits)	

SPT6005: Manual Therapy (20 credits)

SPT6007: Clinical Practice (20 credits)

**16 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 modules taken, 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 sessions, and seminars
- *Directed Learning* includes specific wider reading, peer learning and practising of taught techniques, placements, external visits, online activity, Graduate+
- *Private Study* includes preparation for assessments

The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

**Level 4**
**Workload**
**23% time spent in scheduled teaching and learning activity**

Activity	Number of Hours
Scheduled Learning	265
Directed Learning	576
Private Study	359
<b>Total Hours</b>	<b>1200</b>

**Balance of Assessment**

Assessment Mode	Percentage
Coursework	20%
Exam	10%
In-Person	70%

**Level 5**

### Workload

#### 20% time spent in scheduled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	234
Directed Learning	430
Private Study	536
<b>Total Hours</b>	<b>1200</b>

### Balance of Assessment

Assessment Mode	Percentage
Coursework	17%
Exam	0%
In-Person	83%

### Level 6

### Workload

#### 13% time spent in scheduled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	157
Directed Learning	335
Private Study	708
<b>Total Hours</b>	<b>1200</b>

### Balance of Assessment

Assessment Mode	Percentage
Coursework	25%
Exam	0%
In-Person	75%