Course Specification

Course Summary Information		
1	**Course Title**	Foundation Certificate in Sport and Physical Activity Leading to BSc (Hons) Sports Therapy with Foundation Year
2	**Course Code**	US1480F
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)	

6	**Course Description**
	Why choose a foundation year course? By studying a foundation year in the Sport and Physical Activity pathway, your first year will be spent learning a wide range of broad subject areas which then open up opportunities for you to specialise further in your next year – which would be the first year of a full degree course. As a student you will undertake a foundation year situated at level 3 study. Your study will be broad in subject focus and has been designed as a prelude to degree study and not just one particular BSc degree. The course provides opportunities for you to develop your knowledge, skills, understanding and the expectations of learning in higher education. Your learning journey through your foundation year will provide a secure platform on which you can build throughout your academic career in higher education. As part of the foundation year, you will explore and develop a number of essential academic, interpersonal and professional skills that will help you succeed in your future degree level studies. **Modules** Academic Skills for Success Interpersonal and Communication Skills Negotiated Studies Introduction to Human Biology Health and Wellbeing in Society Introduction to Sport and Exercise Science, Therapy and Pedagogy Interview Sign Off (Professional Interview for PSRB Society of Sports Therapists Requirements) When studying the modules, classes will consist of a mixture of fellow students from across the Sport and Physical Activity pathway leading to a range of professional pathways. This will provide you with opportunities to learn and share knowledge from within a diverse learning community. Right from the start you will be asked to consider the all-inclusive nature of the roles played within the Sport and Physical Activity pathway.

	Please note: entry requirements for degree course Upon completion of your Foundation Year, if your chosen course is regulated by a professional body such as the Health & Care Professions Council, Nursing and Midwifery Council or the National College for Teaching and Leadership, you will be required to successfully complete the University's selection process for the specific curse which will include an interview in order to proceed onto year one of the full degree course. Entry onto year one of the degree course will also be subject to satisfactory DBS and Occupational Health assessment if these are required for your chosen course.

7	**Course Awards**		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
7b	**Exit Awards and Credits Awarded**		
	Foundation Certificate in Sport and Physical Activity	Level 3	120

8	**Variations from the University Academic Regulations**
	Not applicable

9	**Delivery Patterns**		
Mode(s) of Study	**Location(s) of Study**	**Duration of Study**	**Code(s)**
Full Time	Alexander Stadium/City South Campus	1 year	US1480F

10	**Entry Requirements**	
	Home:	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.
	EU:	
	International:	
	Access:	

11	**Course Aims**
1	Pursuing excellence: To establish a clear understanding of the requirements and expectations of academic study in higher education.
2	Practice-led, knowledge applied: To apply your knowledge and understanding to the processes and protocols of studies in higher education, and to begin to recognise their relevance in a range of subject disciplines and related professional context.
3	Interdisciplinarity: To recognise the interrelated nature of subjects and topics across a range of disciplines and their potential impact on related professions.
4	Employability-driven: To provide a foundation upon which knowledge and understanding can be built in preparation for related and relevant employment.
5	Internationalisation: To promote a global understanding of higher education.

12	Course Learning Outcomes
1	Demonstrate a commitment to continuing personal and professional development and career planning.
2	Demonstrate an ability to adapt behaviours in accordance with diverse cultural and individual factors.
3	Conduct yourself in a manner that is consistent with the values of your future profession.
4	Become an autonomous learner, who is confident, adaptable and capable of independent enquiry.
4	Demonstrate a wide range of transferable skills to appropriately prepare for higher levels of study and employment. Such as: communication and literacy; problem solving; presentation skills; independent learning and working; collaboration and teamwork; IT skills; and a reflective approach to learning

13	Course Learning, Teaching and Assessment Strategy

Course Learning and Teaching

The learning, teaching and assessment strategy reflects the commitment of the course team to deliver high quality teaching and learning experiences that will transform lives and empower students to become independent learners. Our teaching sessions are interactive where students are engaged and active participants who feel confident to ask questions, clarify understanding and to challenge key ideas presented. We know that students learn in a wide range of ways, so we incorporate different strategies that respond to their needs. The learning approaches that students may expect to engage in, include:

- Workshops
- Seminars
- Lectures
- Tutorials
- Small group work
- Independent study
- Online learning via the virtual learning environment (Moodle)
- Peer discussion and peer learning
- Online lessons

We are committed to supporting students to develop their technological skills to prepare them for future work, so we incorporate technology where possible to facilitate learning and teaching. We offer a blended learning approach which includes both face-to-face teaching, and some online learning to support students in engaging in modules in different ways, which we utilise to meet the needs of our students.

Whilst studying with us, we expect students to become autonomous learners; we will set tasks for them to complete either in preparation for their next session, or as a directed learning task after a session. These tasks are designed to support students in extending their knowledge and understanding of key concepts and we expect full engagement with these. A key part of being an active and engaged learner is attendance in sessions, and therefore attendance is a requirement in all scheduled learning activities. In class, we encourage and expect full participation. We are strongly committed to promoting collaborative learning and in sessions we will work with students to support their developing skills. The team collectively appreciate the varied needs of students and work to ensure all needs are adequately met.

Assessment

Our assessment methods are designed based on the modules offered and in line with practice. We recognise that students respond well when there is a clear connection to their learning and

	assessment, and we provide support within each module to support students in understanding the assessment tasks and ways that they can be approached. We assess students' knowledge and understanding of the key concepts explored, and we will support them to further develop skills to strengthen graduate attributes. We know that students will need to draw upon a wide range of skills when working in their intended professions, so our assessment methods are designed to help them develop these. Throughout the course we will offer different assessments that draw on a wide range of written and verbal skills. These may include (but are not limited to): - Essays - Posters - Portfolios - Projects - Reflective journals - Patchwork assessments - Presentations - Exams Support is ongoing in all modules where students can receive formative feedback. In the formative submissions, students will receive feedback from their tutor either verbally (which is recorded) or written to identify strengths and areas of improvement prior to final submissions. Students will be supported by module leaders throughout the modules to ensure they understand the assessment. After each summative assignment submission, students will receive written, detailed, and individual 'feedback' to enable them to understand the grade they achieved on the work submitted and 'feedforward' which will provide key points to improve upon for their next submission. All information about the assignments, including the marking criteria is made available to students at the start of each module. Tutors refer to this throughout teaching sessions and will plan for formative teaching opportunities when, for example, students may be asked to peer review other students work or projects, complete self-assessment tasks against learning outcomes, demonstrate current learning and thinking about a particular concept through preparing a short presentation or piece of writing.

14	**Course Requirements**
14a	**Level 3:** **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
LSS3001	Academic Skills for Success	20 credits
LSS3003	Interpersonal and Communication Skills	20 credits
LSS3005	Negotiated Studies	20 credits
LSS3004	Health and Wellbeing in Society	20 credits
LSS3002	Introduction to Human Biology	20 credits
LSS3007	Introduction to Sport and Exercise Science	20 credits

	LSS3006	Interview Sign Off (Professional Interview for PSRB Society of Sports Therapists Requirements)	0 credits	

14b Structure Diagram

Level 3

SEMESTER ONE	SEMESTER TWO
LSS3001: Academic Skills for Success (20 credits) LSS3003: Interpersonal and Communication Skills (20 credits) LSS3002: Introduction to Human Biology (20 credits)	LSS3005: Negotiated Studies (20 credits) LSS3004: Health and Wellbeing in Society (20 credits) LSS3007: Introduction to Sport and Exercise Science (20 credits)
LSS3006 Interview Sign Off (Professional Interview for PSRB Society of Sports Therapists Requirements) (0 credits)	

15 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 3

Workload

16% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	193 hours
Directed Learning	272 hours
Private Study	735 hours
Total Hours	1200 hours

Balance of Assessment

Assessment Mode	Percentage
Coursework	73%

Exam	10%
In-Person	17%

Course Specification

Course Summary Information		
1	**Course Title**	BSc (Hons) in Sports Therapy BSc (Hons) in Sports Therapy with Professional Placement Year
2	**Course Code**	US1480 / US1481 US1482
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** (Marketing text for website)
	Overview 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. **What's covered in the course?** 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 competed the first year of study on the standard course.

7	**Course Awards**		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
	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	**Exit Awards and Credits Awarded**		
	Certificate of Higher Education Sport and Health	4	120
	Diploma of Higher Education Sport and Health	5	240

	Bachelor of Science Sport and Health Bachelor of Science Sport and Health with Professional Placement Year	6 6	300 420

8	**Variations from the University Academic Regulations**
	This course has approved variations to the University's Academic Regulations. These can be accessed via the student contract page: https://www.bcu.ac.uk/student-info/student-contract.

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

10	**Entry Requirements**	
	Home:	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. 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.

11	**Course Aims**
	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.

12	**Course Learning Outcomes**
1	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
2	Formulate, demonstrate, and defend effective treatment and management strategies for a range of injuries and medical conditions in the sport and exercise environment
3	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

13	**Level Learning Outcomes**
	Upon completion of Level 4 / the Certificate of Higher Education, students will be able to:
	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
	Upon completion of Level 5 / the Diploma of Higher Education, students will be able to:
	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

	Upon completion of 60 credits at Level 6 / the Bachelor's Degree, students will be able to:
	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

14	**Course Learning, Teaching and Assessment Strategy**
	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.

15 Course Requirements

15a 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
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

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
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

Professional Placement Year (Optional):

In order to qualify for the award of 'BSc (Hons) Sports Therapy with Professional Placement Year' a student must successfully complete the following module:

Module Code	Module Name	Credit Value
PPY5002	Professional Placement	120

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
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)

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
Total Hours	1200

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
Total Hours	1200

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
Total Hours	1200

Balance of Assessment

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