

## Course Specification

<b>Published Date:</b>	17-May-2023
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<b>Status:</b>	Validated

## Core Information

<b>Awarding Body / Institution:</b>	University of Wolverhampton		
<b>School / Institute:</b>	Institute of Human Sciences		
<b>Course Code(s):</b>	SR034H01UV SR034H31UV	Full-time Part-time	3 Years 6 Years
<b>Course Title:</b>	BSc (Hons) Sport and Exercise Therapy		
<b>Hierarchy of Awards:</b>	Bachelor of Science with Honours Sport and Exercise Therapy Bachelor of Science Sport and Exercise Studies Diploma of Higher Education Sport and Exercise Studies Certificate of Higher Education Sport and Exercise Studies University Statement of Credit University Statement of Credit		
<b>Language of Study:</b>	English		
<b>Date of DAG approval:</b>	21/Sep/2020		
<b>Last Review:</b>	2018/9		
<b>Course Specification valid from:</b>	2018/9		
<b>Course Specification valid to:</b>	2024/5		

## Academic Staff

<b>Course Leader:</b>	Katie Davies
<b>Head of Department:</b>	Mr Julian Smith

# Course Information

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<b>Location of Delivery:</b>	University of Wolverhampton
<b>Category of Partnership:</b>	Not delivered in partnership
<b>Teaching Institution:</b>	University of Wolverhampton
<b>Open / Closed Course:</b>	This course is open to all suitably qualified candidates.

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## Entry Requirements:

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Entry requirements are subject to regular review. The entry requirements applicable to a particular academic year will be published on the University website (and externally as appropriate e.g. UCAS)

## Distinctive Features of the Course:

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- The course is accredited by the leading professional body for this subject in the UK, The Society of Sports Therapists (SST), with the course being built upon the society's five pillars of competency:
  1. Prevention
  2. Recognition & Evaluation
  3. Management, Treatment and Referral
  4. Rehabilitation
  5. Education and Professional Issues.
- Upon successful completion of the course, graduates will be eligible to apply for full insured membership with The Society of Sports Therapists.
- The course is also endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The course has been mapped against employer-set professional standards of a Gym Instructor, meaning that you will be equipped with the competencies and skills needed to meet the requirements of potential employers.
- You will have access to our sport therapy/physiotherapy suite, sport and exercise science laboratories that include cutting edge technology such as our 3D motion capture system, and our environment chamber
- You will have opportunities to work with some of our key partners such as British Judo, Wolverhampton Wanderers F.C. and Walsall F.C, as well as university sports teams to develop industry skills relevant to a career in sport and exercise therapy. In addition we have close links with local organisations such as cardiac rehabilitation centres.
- Our employability modules enable you to explore Sport and Exercise Therapy related career pathways and engage in career development planning that prepares you for graduate-level employment in a competitive industry.
- A placement module will provide the opportunity to gain hands-on experience and mentoring in an applied sports and exercise therapy context.
- You will have the opportunity to transfer to a sandwich placement year\*. Our sandwich placement option allows you to take a full-year work placement, which can be undertaken abroad. A number of students in our department have been successful in securing places on these schemes in countries such as Spain, France, Canada and the US.

\* You should be aware that transferring to a sandwich placement year would result in a total course duration of 5 years. There would therefore be funding implications if you failed to complete the course within 5 years if you were studying on a full-time basis.

## Educational Aims of the Course:

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This exciting, hands-on course is accredited by The Society of Sport and Exercise Therapists. Sport and exercise therapy involves the prevention of injury and rehabilitation back to optimum levels of functional,

occupational and sports specific fitness for a wide range of patients. The course uses the principles of sport and exercise sciences, and the study of health, injury, and disease, to prepare patients for training, competition, or work. Throughout the course, you will develop the skills required to provide the immediate care of injuries and basic life support in a recreational, training & competitive environment. You will learn how to assess and treat musculoskeletal injuries, and, where appropriate, refer on for specialist advice and intervention. Working as part of a professional team in a real-world environment, you will gain applied practical skills in sport and remedial massage, and plan and implement appropriate rehabilitation programmes.

Graduates of this course will be able to:

- Utilise sports and exercise principles to optimise performance, preparation and injury prevention programmes
- Provide the immediate care of injuries and basic life support in a recreational, training & competitive environment
- Assess, treat and, where appropriate, refer on for specialist advice and intervention
- Provide appropriate sport and remedial massage in a sport & exercise context
- Plan and implement appropriate rehabilitation programmes

Intakes:

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September

Major Source of Funding:

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Office for Students (OFS)

Tuition Fees:

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Tuition fees are reviewed on an annual basis. The fees applicable to a particular academic year will be published on the University website.

Year	Status	Mode	Amount
2020/1	H	Full Time / Sandwich	£9250.00
2020/1	Overseas	Full Time / Sandwich	£12250.00
2020/1	H	Part Time	£3050.00
2020/1	Overseas	Part Time	£6125.00
2021/2	H	Full Time / Sandwich	£9250.00
2021/2	Overseas	Full Time / Sandwich	£12950.00
2021/2	H	Part Time	£3100.00
2022/3	H	Full Time / Sandwich	£9250.00
2022/3	Overseas	Full Time / Sandwich	£13450.00
2022/3	H	Part Time	£3120.00
2023/4	H	Full Time / Sandwich	£9250.00
2023/4	Overseas	Full Time / Sandwich	£14450.00

PSRB:

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SR034H01UV (Full-time)

Professional Accreditation Body:  
The Society of Sports Therapists

Accrediting Body:  
"Society of Sports Therapists, the"

Accreditation Statement:  
Accredited by the Society of Sports Therapists.

Additional Notes:

"Upon successful completion of an approved programme of study, Graduate Sports Therapists are eligible to become Members of The Society of Sports Therapists, the professional body for sports therapy in the UK. In order to maintain their eligibility for membership, they are required to agree to uphold the Society's Standards of Performance, Conduct and Ethics and to agree to engage in and show evidence of Continual Professional Development on an annual basis. They must also possess a valid First Aid certificate at the point of registration and renewal. Graduate Sports Therapists have access to employment in a variety of settings. These include, but are not exclusive to, professional and amateur sports clubs, private practice, education, NHS and other relevant healthcare environments, as determined by the requirements that are specific to each area."

Approved	Start	Expected End	Renewal
17/Jan/2020	01/Sep/2020	31/Aug/2025	31/Aug/2025

SR034H31UV (Part-time)

Professional Accreditation Body:  
The Society of Sports Therapists

Accrediting Body:  
"Society of Sports Therapists, the"

Accreditation Statement:  
Accredited by the Society of Sports Therapists.

Additional Notes:

"Upon successful completion of an approved programme of study, Graduate Sports Therapists are eligible to become Members of The Society of Sports Therapists, the professional body for sports therapy in the UK. In order to maintain their eligibility for membership, they are required to agree to uphold the Society's Standards of Performance, Conduct and Ethics and to agree to engage in and show evidence of Continual Professional Development on an annual basis. They must also possess a valid First Aid certificate at the point of registration and renewal. Graduate Sports Therapists have access to employment in a variety of settings. These include, but are not exclusive to, professional and amateur sports clubs, private practice, education, NHS and other relevant healthcare environments, as determined by the requirements that are specific to each area."

Approved	Start	Expected End	Renewal
17/Jan/2020	01/Sep/2020	31/Aug/2025	31/Aug/2025

SR034H01UV (Full-time)

Professional Accreditation Body:  
Chartered Institute for the Management of Sport and Physical Activity

Accrediting Body:  
Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Accreditation Statement:  
Endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Approved	Start	Expected End	Renewal
01/Jun/2021	01/Jun/2021	27/May/2023	

SR034H31UV (Part-time)

Professional Accreditation Body:

Chartered Institute for the Management of Sport and Physical Activity

Accrediting Body:

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Accreditation Statement:

Endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Approved	Start	Expected End	Renewal
01/Jun/2021	01/Jun/2021	27/May/2023	

Course Structure:

## September (Full-time)

Part time students study alongside full time students. However, they do not study more than 80 credits in each academic calendar year.

Module	Title	Credits	Period	Type
4SR056	Introduction to Sport in Higher Education	20	IN YR	Core
4SR057	Managing Trauma in Sport and Exercise	20	IN YR	Core
4SR059	Musculoskeletal Anatomy	20	IN YR	Core
4SR058	Fundamentals of Sports Injuries	20	IN YR	Core
4SR060	Sports & Exercise Massage	20	IN YR	Core
4SR061	Fundamentals of Exercise Therapy	20	IN YR	Core

## September (Full-time)

Part time students study alongside full time students. However, they do not study more than 80 credits in each academic calendar year.

Module	Title	Credits	Period	Type
5SR056	Sport and Exercise Rehabilitation	20	IN YR	Core
5SR055	Peripheral Manual Therapy	20	IN YR	Core
5SR054	Examination and Assessment of Peripheral Joints	20	IN YR	Core
5SR023	Research Methods and Analytical Procedures	20	IN YR	Core
5SR007	Sport and Exercise Physiology	20	IN YR	Core
5SR035	Sport & Physical Activity Industry Practice	20	IN YR	Core

## September (Full-time)

Part time students study alongside full time students. However, they do not study more than 80 credits in each academic calendar year.

Module	Title	Credits	Period	Type
6SR047	Working with Special Populations	20	IN YR	Core
6SR048	Clinical Placement	20	IN YR	Core
6SR049	Applied Sport and Exercise Therapy Techniques	20	IN YR	Core
6SR050	Vertebral Mobilisation Techniques	20	IN YR	Core
6SR019	The Professional Project	40	IN YR	Core

Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, to create the best learning experience.

## Learning, Teaching and Assessment

### Academic Regulations Exemption:

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Formal decisions/recommendations made by AFRSC:

Undergraduate Sport Portfolio.

Section 1.2.3 - Exemption for delivery outside the standard University Academic Calendar in order to facilitate teaching over four consecutive blocks of study in each academic year (Level 4, Level 5 and Level 6).

Section 4.4.3 - Exemption in accordance with Professional Body (SST) requirements agreed for BSc (Hons) Sport and Exercise Therapy. Compensation will not be permitted on the following modules (additional third attempts are permitted for all modules except for 6SR019);

4SR057 Managing Trauma in Sport and Exercise

4SR059 Applied Anatomy and Physiology for Sport and Exercise Therapy

4SR060 Sports and Exercise Massage

5SR035 Sport and Physical Activity Industry Experience

5SR054 Examination and Assessment of Peripheral Joints

5SR055 Peripheral Manual Therapy

5SR056 Sport and Exercise Rehabilitation

6SR048 Clinical Placement

6SR049 Advanced Sport and Exercise Therapy Techniques

6SR050 Vertebral Mobilisation Techniques

6SR019 Professional Project.

APPROVED.

Formal decisions/recommendations made by AFRSC:

*This will include the relevant extract(s) from the draft minutes of AFRSC*

Section 4.3.3 - Exemption in accordance with the standards required for the Professional Body (The Royal Society of Sports Therapist. There will be no automatic right to a second attempt for any failed practice components at the discretion of the Assessment Board (second attempts are permitted for theory components) for the following modules:

4SR057 Managing Trauma in Sport and Exercise

4SR059 Applied Anatomy and Physiology for Sport and Exercise Therapy

4SR060 Sports & Exercise Massage

5SR054 Examination & Assessment of Peripheral Joints

5SR055 Peripheral Manual Therapy

5SR056 Sport & Exercise Rehabilitation

6SR049 Applied Sport & Exercise Therapy Techniques

6SR050 Vertebral Mobilisation Techniques

Effective Date: September 2020

APPROVED - 28/01/2021 AFRSC meeting

#### Reference Points:

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UK Quality Code for Higher Education  
University Policies and Regulations  
Equality Act (2010)  
The Society of Sports Therapists

#### Overview of Assessment:

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As part of the course approval process, the course learning outcomes were mapped to each of the modules forming the diet of the programme of study. This process confirmed that all course learning outcomes can be met through successful completion of the modules. This mapping applies to the final award as well as to all of the intermediate awards.

Learning Outcomes	Modules
CERTHE01 Demonstrate knowledge of the underlying concepts and principles associated with your area(s) of study, and an ability to evaluate and interpret these within the context of that area of study	
CERTHE02 Demonstrate an ability to present, evaluate and interpret qualitative and quantitative data, in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of your subject(s) of study.	
CERTHE03 Evaluate the appropriateness of different approaches to solving problems related to your area(s) of study and/or work	
CERTHE04 Communicate the results of your study/work accurately and reliably, and with structured and coherent arguments	

Learning Outcomes	Modules
<p><b>GENPH05</b> Demonstrate the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility</p>	
<p><b>DIPHE01</b> Demonstrate knowledge and critical understanding of the well-established principles of your area(s) of study, and of the way in which those principles have developed with an understanding of the limits of your knowledge, and how this influences analyses and interpretations based on that knowledge.</p>	
<p><b>DIPHE02</b> Demonstrate the ability to apply underlying concepts and principles outside the context in which they were first studied, including, where appropriate, the application of those principles in an employment context</p>	
<p><b>DIPHE03</b> Demonstrate knowledge of the main methods of enquiry in the subject(s) relevant to the named award, and ability to evaluate critically the appropriateness of different approaches to solving problems in the field of study</p>	
<p><b>DIPHE04</b> Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis</p>	
<p><b>DIPHE05</b> Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences, and deploy key techniques of the discipline effectively</p>	
<p><b>DIPHE06</b> Demonstrate the qualities and transferable skills necessary for employment, requiring the exercise of personal responsibility and decision-making and undertake further training, developing existing skills and acquire new competences that will enable them to assume significant responsibility within organisations.</p>	
<p><b>BHONSN01</b> Plan, implement, and critically evaluate sport and exercise therapy interventions designed to optimise preparation and performance, and prevent injury, for a range of clients/sports participants; this could include but is not limited to special populations such as older adults, disabled people, people with a chronic disease and children.</p>	
<p><b>BHONSN02</b> Apply coherent and detailed knowledge and understanding of sports science principles in order to assess, treat, rehabilitate, and refer musculoskeletal injuries across the spectrum of sport and occupational settings.</p>	
<p><b>BHONSN03</b> Critically reflect on and demonstrate a range of attributes, skills, and professional and ethical standards that underpin a variety of graduate roles in your subject area.</p>	
<p><b>BHONS01</b> Plan, implement, and critically evaluate sport and exercise therapy interventions designed to optimise preparation and performance, and prevent injury, for a range of clients/sports participants; this could include but is not limited to special populations such as older adults, disabled people, people with a chronic disease and children.</p>	
<p><b>BHONS02</b> Apply coherent and detailed knowledge and understanding of sports science principles in order to assess, treat, rehabilitate, and refer musculoskeletal injuries across the spectrum of sport and occupational settings.</p>	
<p><b>BHONS03</b> Critically reflect on and demonstrate a range of attributes, skills, and professional and ethical standards that</p>	



underpin a variety of graduate roles in your subject area.

## Learning Outcomes

## Modules

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**BHONS04** Develop sport and exercise therapy focused research skills in order to work with higher levels of autonomy to collect interpret and evaluate relevant data utilising established techniques of analysis and enquiry in an applied sport and exercise science context

### Teaching, Learning and Assessment:

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Learning activities on this course will include:

- Lectures
- Seminar discussion
- Practical sessions
- Workshops
- Work-based learning
- Clinical practice
- Tutorial support
- Independent reading of core and supplementary material from books, journals and electronic sources
- Independent practical study
- Canvas (VLE) structured on-line tasks and independent study
- Problem solving, reflection and decision making
- Assessment preparation workshops

Assessment methods on this course will include:

- Practical
- Examination/in-class test
- Research
- Portfolio
- Case Study
- Report
- Coursework
- Project

In accordance with the Professional Body (The Society of Sports Therapists) requirements, you will not be permitted compensation on modules that contribute to the required 200 clinical placement hours and/or include practical assessment. In addition, where modules include a practical assessment, you will be required to attend at least 80% of practical module sessions. This is to ensure safe and effective practice, especially in those modules where skills that can cause serious harm (or worse) are taught. Consequently if compensation is permitted there is the potential for students to pass a module when they have not demonstrated safe and effective practice in one of the practical skills being assessed.

Assessment has a focus on real-world, practical competency that will be required in the field of sport and exercise therapy. There is an emphasis on practical, case studies, portfolios, and reports. Level 4 introduces you to the sport and exercise therapy landscape, career routes, key theoretical knowledge and foundational skills.

At Level 5 and 6 you will start to apply your developing sports and exercise therapy competencies in a real world setting. This will include a placement in a clinical setting at Level 6. Assessments will also progress to encourage critical reflection and analysis of contemporary literature. This will allow you to build an evidence base of your knowledge, competencies, attributes and professional values as you prepare for graduate level employment.

Assessment on certain modules has been designed to allow you to select an area which relates to your interest, graduate destination or your community/real world interests. For example, the Level 5 research proposal and final year project allow you to select your own topic area (provided it links to staff expertise in the department) and to choose from a range of project submission formats.

### Assessment Methods:

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At the University of Wolverhampton, a variety of modes of assessment will be used to support and test your learning and progress and to help you develop capabilities that are valued beyond your University studies and into your working life. Your course may include a variety of assessment activities:

Written examinations (including online examinations, open and closed book examinations and quizzes)  
Coursework (for example, essays, reports, portfolios, project proposals and briefs, CVs, poster presentation)  
Practical (for example, oral and video presentations, laboratory work, performances, practical skills assessment)

In the final year of your undergraduate degree, and at the end of your postgraduate degree, you are likely to be expected to write an extended piece of work or research, such as a dissertation or a practice-based piece of research.

## Student Support:

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### General University support:

The University Library is the key source of academic information for students. The Library provides physical resources (books, journal, DVDs etc.) and offers a range of study areas to allow you to study in the environment that suits you best: Social areas, quiet and silent areas. It also provides access to wide range of online information sources, including eBooks, e-Journals and subject databases.

The Library also provides academic skills support via the Skills for Learning programme. If you are based on campus then you can attend workshops or ask for one-to-one help on a range of skills such as academic writing and referencing. You can also access a range of online skills material at: [www.wlv.ac.uk/lib/skills](http://www.wlv.ac.uk/lib/skills).

### Course Specific Support

- You will study a module designed to facilitate your transition into Higher Education at the start of level 4.
- Your course will be overseen by a Course Leader and you will also be allocated a Personal Tutor. You can book 1-to-1 appointments with them via our online Student Appointment Management System (SAMS).
- Specific assessment support will be factored into each module.
- If you have disabilities and/or specific learning difficulties you can gain a wide range of support from Student Support and Well Being.
- Higher Education academic skills will be embedded throughout the curriculum, with a focus on these skills in module such as 4SR056 Introduction to Sport in Higher Education, 5SR023 Research Methods and Analytical Procedures, 5SR035 Sport & Physical Activity Industry Experience, and 6SR049 Applied Sport & Exercise Therapy Techniques.
- You will be allocated a supervisor for your final year project.

## Employability in the Curriculum:

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This course will prepare you for employment in a range of roles within the Sport and Physical Activity sector, which contributes approximately £40 billion to the UK economy each year and employs approximately one million people. Professional Standards for roles in this sector are developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The University of Wolverhampton is working in partnership with CIMSPA, demonstrating our commitment to the ongoing development of the sector Professional Standards.

In addition, this course is endorsed by the leading professional body for this subject in the UK, The British Association of Sport and Exercise Scientists (BASES) through the BASES Undergraduate Endorsement Scheme (BUES). BASES endorsed courses provide undergraduates with the opportunity to develop the knowledge, skills and competencies deemed essential to enter into the sport and exercise science profession.

BASES Endorsement also ensures that you get hands-on experience in our excellent laboratories in the methods used by practicing sport and exercise scientists. You will have the opportunity to develop professional skills and attributes throughout your studies. You will have the opportunity to work with a range professional sport organisations, clubs and university sports teams to develop industry skills relevant to a career in sport and exercise science. You will also have the opportunity to work with a range of people including athletes, and clinical populations.

The course has also been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The course has been mapped against employer-set professional standards of a Gym Instructor, meaning that you will be equipped with the competencies and skills needed to meet the requirements of potential employers.

Our employability modules enable you to explore sport and exercise science career pathways and engage in career development planning that prepares you for graduate-level employment in a competitive industry. As part of these employability modules you will reflect on the experiences and skills you have gained in order to articulate your readiness to work in sport and exercise science related industries.

Placement modules allow you to gain hands-on experience and mentoring with an applied sports and exercise science context. You can also choose to transfer to an optional sandwich placement year. In addition, in each year you will have opportunities to participate in career development activities and obtain additional qualifications to support your employability. There are also further opportunities to follow National Governing Body Qualifications provided within and alongside the degree course to supplement your professional skills and career plans. Our course offers academic knowledge and accredited practical expertise in the assessment and correction of sport techniques, physical and psychological preparation for competition, exercise and mental health, and sports nutrition. We'll support you to develop scientific research and practical skills in our specialist laboratories and encourage you to work on existing and new projects in the department.

The Wolverhampton Enterprise and Employability Awards (WEEA) will be embedded in the modules below:

- 4SR029 Training and Conditioning Principles in Practice
- 5SR010 Introductory Principles of Exercise Referral Systems
- 6SR045 Career Development in Sport and Exercise Science

Upon successful completion on these modules and your course you may be eligible for the WEEA certificate.



THE UNIVERSITY OF OPPORTUNITY