



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification

## BSc (Hons) Sports and Exercise Therapy

Course Code: BHSET

[leedsbeckett.ac.uk](http://leedsbeckett.ac.uk)

# BSc Hons Sports and Exercise Therapy

## Material Information Summary for 2019/20 Entrants

Confirmed at 5<sup>th</sup> October 2018

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### General Information

<b>Award</b>	Bachelor of Science (with Honours) Sports and Exercise Therapy
<b>Contained Awards</b>	Bachelor of Science Sport and Health Studies Diploma of Higher Education Sport and Health Studies Certificate of Higher Education Sport and Health Studies
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification &amp; Credits</b>	Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (360 credits in total)

### Course Lengths & Standard Timescales

The standard start date for Leeds Beckett University induction week is reproduced below and relates to the majority of students starting a course in September 2019. A proportion of courses have alternate start dates which are displayed on the online prospectus and additionally will be notified to the students concerned via the offer letter. Non-September starters will also have their start dates confirmed in their offer letters.

- 3 years (full time, campus based)  
Starts 23rd September 2019/ Ends June 2022

<b>Location(s) of Delivery</b>	City Campus, Leeds
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning/">http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning/</a>
<b>Course Fees</b>	Course fees and additional course costs are confirmed in your offer letter

### Timetable Information

Timetables will be made available to students during induction week via:

- i) The Student Outlook Calendar

- ii) The Student Portal
- iii) The Leeds Beckett app

Any difficulties relating to timetabled sessions can be discussed with your Course Administrator.

## **Policies, Standards and Regulations**

The BSc (Hons) Sports and Exercise Therapy is a professional course, and students are expected to act in a professional manner at all times in line with the university Fitness to Practice Policy and Procedures.

<http://www.leedsbeckett.ac.uk/public-information/>

The course team consider that the following modules on the course must be passed in order to ensure that the Society of Sports Therapists competencies are met by all students achieving the target award.

Level 4:

- Professional Skills for Sports and Exercise Therapy Practice 1
- Professional Skills for Sports and Exercise Therapy Practice 2

Level 5:

- Assessment of the Athlete in Sports and Exercise Therapy
- Sports Trauma Management
- Evidence Based Rehabilitation in Sports and Exercise Therapy

Course regulations will comply with University Academic Regulations with the following exceptions:

### **UAR**

**2.2.7.5** Student Attendance

**2.3.4** Pre-requisite Modules

**2.3.5** Progression Requirements and Profile of Achievement: Specifically :-

**2.3.5.3** Attainment Requirements

**2.3.5.4** Profile of Progression – Level 4 to Level 5

**2.3.5.5** Profile of Progression – Level 5 to Level 6

**2.3.6** Re-assessment for Progression – General Provisions: Specifically :-

**2.3.6.2** Requirement to recover failure

**2.3.13.8** Bachelor Degree with Honours

**2.3.19** Aegrotat Awards

**2.3.22.3** Contained Awards

### **2.2.7.5 Student Attendance**

Attendance at all modules and practice placements is mandatory. Non-attendance for any reason must be reported to the course director, normally via the course administrator. If a students' non-attendance is sufficient to give cause for concern regarding the students' fitness to practice this will then be managed through application of the Fitness to Practice Policy and Procedures.

### **Placement attendance**

A student must attain 200 hours of approved, supervised practice placements (as stipulated by the Society of Sports Therapists).

### **2.3.4 Pre-requisite Modules**

The following pre-requisites apply:

Successful completion of the following level 4 modules are pre-requisites for progression to level 5, subject to the provisions for progression below.

- Professional Skills for Sports and Exercise Therapy Practice 1
- Professional Skills for Sports and Exercise Therapy Practice 2

Successful completion of the following level 5 modules are pre-requisites for progression to level 6, subject to the provisions for progression below.

- Assessment of the Athlete in Sports and Exercise Therapy

### **2.3.5 Progression Requirements and Profile of Achievement**

#### **2.3.5.3 Attainment Requirements**

A student will be required to re-submit for assessment in respect of all failed components of assessment, where his or her profile of attainment for the module shows an overall average of **less than 30%**. For modules designated as “must pass” a student will be required to re-submit for assessment in respect of all failed components of assessment, where his or her profile of attainment for the module shows an overall average of **less than 40%**.

#### **2.3.5.4 Profile of Progression – Level 4 to Level 5**

Where a student has attained or exceeded the following profile, they will be deemed to have passed Level 4 for the purposes of progression; to have achieved the overall learning outcomes for the level; and to have achieved the standard required to progress from Level 4 to Level 5:

- achieved a minimum of 40% or more in modules equivalent to 100 credit points at Level 4 or above;
- achieved an overall average of **30%** or more in each module studied;
- achieved an overall average of **40%** or more in each “must pass” module designated in section **2.3.4** above;
- achieved an average of 40% or more across all modules studied at this level. On achievement of this profile for progression, a student will be accredited with 120 credit points at Level 4.

#### **2.3.5.5 Profile of Progression – Level 5 to Level 6**

Where a student has attained or exceeded the following profile, they will be deemed to have passed Level 5 for the purposes of progression; to have achieved the overall learning outcomes for the level; and to have achieved the standard required to progress from Level 5 to Level 6:

- achieved a minimum of 40% or more in modules equivalent to 100 credit points at Level 4 or above;
- achieved an overall average of **30%** or more in each module studied;
- achieved an overall average of **40%** or more in each “must pass” module designated in section **2.3.4** above;
- achieved an average of 40% or more across all modules studied at this level. On achievement of this profile for progression, a student will be accredited with 120 credit points at Level 4.

### **Re-assessment for Progression – General Provisions**

#### **2.3.6.2 Requirement to recover failure**

A student failing to achieve an average of 40% across all components of assessment of must pass modules and, an average of 30% across all components of assessment of all other modules will be required to re-submit for assessment, provided that such re-assessment falls within the limits on re-assessment set out in Section 2.3.6.4 of UAR.

#### **2.3.13.8 Bachelor Degree with Honours**

**Target Award: BSc (Hons) Sports and Exercise Therapy** (with eligibility to apply for membership of the Society of Sports Therapists)

The Bachelor Degree with Honours in Sports and Exercise Therapy is awarded to students who meet the requirements set out in section 2.3.13.8 of the Academic regulations. It should be noted that as the modules “Practice Placement” and “Research and Extended Protocol” are both 30 credit point modules, these modules must be passed in order to achieve the target award.

#### **2.3.19 Aegrotat Awards**

An aegrotat award does not give eligibility to apply for membership of the Society of Sports Therapists.

#### **2.3.22.3 Contained Awards**

Contained awards cannot be target awards in their own right, however, a contained award can be made as a fall back award, for example when a student has failed a level of his/her programme of study but satisfactorily completed the previous level.

The contained awards for the BSc (Hons) Sports and Exercise Therapy course are as follows:

**Certificate of Higher Education, Sport and Health Studies** (with no eligibility to apply for membership of the Society of Sports Therapy)

**Diploma of Higher Education, Sport and Health Studies** (with no eligibility to apply for membership of the Society of Sports Therapy)

**BSc Degree, Sport and Health Studies** (with no eligibility to apply for membership of the Society of Sports Therapy)

Eligibility for the above contained awards is as in UAR 2.3.13.3, 2.3.13.5 and 2.3.13.7 respectively.

### **Professional Suitability**

The University has a Fitness to Practice Policy, which applies to students preparing for professional registration. These regulations and procedures apply to the conduct of a student whilst enrolled on the programme of study. Where an issue relating to the conduct of a student, or cause for concern is raised there is provision for the School to establish a conduct panel. These panels are established to hear individual cases and depending on the level of the panel will have external representation from an appropriate professional group. When appropriate a range of sanctions are available to conduct panels from the issuing of an admonition to a student to recommending the Vice-Chancellor in respect of the suspension or expulsion of a student from the University. Such information is available at:

<http://www.leedsbeckett.ac.uk/public-information/student-regulations/>

### **Key Contacts**

<b>Your Course Director</b>	Helen Llewellyn
<b>Your Academic Advisor</b>	An academic advisor drawn from the course team will be allocated to you at induction
<b>Your Course Administrator</b>	Joanne Featherby & Maxine Allinson

### **Placement Information**

**Summary** <http://www.leedsbeckett.ac.uk/studenthub/placement-information/>

**Length** The Society of Sports Therapists require students to complete a minimum of 200 hours of supervised practice placement experience. They may accrue these hours upon successful completion of Level 5 studies and in line with the course timetable for such experiential learning. Students should also gain confirmation that the University and Society of Sports Therapists will insure them for their learning activities. Students are required to work only within their scope of practice. During practice placements, students are supernumerary to the work of the unit to which they are attached

**Location** Placements are self sourced by students at a variety of locations within the UK. In addition, some university sourced placements will be available within the Yorksgire region.

## **Professional Accreditation or Recognition Associated with the Course**

**Professional Body**                      The Society of Sports Therapists

### **How is Accreditation/ Recognition Achieved?**

On successful completion of the target award of BSc (Hons) Sports and Exercise Therapy (including 200 hours of practice placement) students are eligible to apply for full membership of the Society of Sports Therapists.

**Course Accreditation/ Recognition Period**                      Current to 31/08/2022

## **Course Overview**

### **Aims**

The aims of the programme are to:

- 1            To enable students to acquire a wide range of Sports and Exercise Therapy skills and competencies appropriate to practice; including being able to assess the holistic needs of individuals, to plan, implement and evaluate interventions that are safe, efficient and effective, and to organise and manage a case load.
- 2            To enable students to develop a broad understanding and awareness of the health benefits of exercise, and to promote these benefits to the wider public.
- 3            To provide a progressive programme of study that enables students to achieve a holistic approach which embraces the disciplines that inform the practice of Sports and Exercise Therapy.
- 4            To provide a supportive learning environment that encourages students to adopt an evidence based approach to Sports and Exercise Therapy.
- 5            To enable students to develop a critical appreciation of existing knowledge through the use of effective research strategies.
- 6            To foster the development of reflective and evaluative skills to enable students to become lifelong learners who will engage with Continuing Professional Development.
- 7            To enable students to communicate effectively with individuals who may be clients, colleagues or members of inter professional teams.
- 8            To foster a responsible and thoughtful approach incorporating the professional, ethical and legal issues related to their studies, future employment and professional system.
- 9            To create graduates suitably equipped with professional, technical, critical, analytical and problem solving skills in preparation for employment as Sports and Exercise Therapists.

## Course Learning Outcomes

At the end of the course, students will be able to:

1. Demonstrate a critical understanding of the principles of Sports and Exercise Therapy practice using digital and non-digital strategies at a level of academic attainment appropriate to an honours graduate
2. Demonstrate competent practical skills in Sports and Exercise Therapy and the capabilities required to be an autonomous practitioner.
3. Demonstrate the ability to collaborate and integrate knowledge base through interdisciplinary working to promote innovative solutions in Sports and Exercise Therapy practice
4. Demonstrate the ability to comply with the professional, ethical and legal requirements of practice, and the requirements for membership of the Society of Sports Therapists, and show the capacity to be a lifelong learner and to engage with Continuing Professional Development.

## Teaching and Learning Activities

### Summary

Teaching takes place in multi-purpose rooms with additional specialised facilities for technical, clinical and interpersonal skills development. The course accesses teaching and learning resources at both City campus and Headingley campus.

At the City Campus, teaching accommodation is available in Portland and Calverley Buildings, Broadcasting Place and the Rose Bowl. In particular, the Clinical Skills Suite has been developed for inter-professional use across the health and social care courses. Its skills rooms contain ten examination couches, stools and arm tables and can accommodate up to 20 students or can be opened up to form two larger rooms. All have Smartboards or large mobile TVs with PC access. A 4-bedded ward area can be achieved by using one of the generic clinical skills rooms if required for specific teaching sessions. Technology enhanced learning is enhanced with the addition of LabTutor (physiological experiments) and Anatomy TV (3D anatomy tutorials with self-assessments). The Clinical Skills suite offers a vast array of equipment to be utilised to enhance learning during sessions. Some examples of this include extensive sports trauma management equipment, Game Ready and Squid.

At the Headingley Campus teaching accommodation is available in Fairfax, James Graham and the Carnegie Sports Centre. The teaching and learning experiences to assess physical activity and sporting performance are enhanced with specialised facilities linked to state of the art biomechanics testing areas and laboratories, physiology research laboratories, a variety of well-equipped sports halls including strength and conditioning areas, tennis courts, running tracks and a pool.

Teaching activities include: staff-led lectures and workshops, student led seminars and workshops, practical work, study packs, tutorials, clinically based teaching; case studies, problem solving exercises; reflective learning techniques, computer-assisted learning, simulated practice and inter-personal group skills. All enrich the versatility of the delivery.

Problem solving exercises and case studies enable students to integrate their knowledge and increase their interest in the subject matter. Oral communication and the ability to work effectively in groups are developed by assignments such as group presentations and seminars. Interpersonal skills and interviewing techniques are developed in workshops.

Throughout the course from Level 4 to Level 6 students, undertake supervised placement opportunities, in the university massage/injury clinic at levels 4-6 and external opportunities at level 6 that encompass the range of competencies of the sports and exercise therapist. During the practice placements students will be required to develop portfolios and reflective learning logs of work experience.

## **Your Modules**

*(Correct for students progressing through the programme within standard timescales. Students who are required to undertake repeat study may be taught alternate modules, which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable).*

### **Level 4 Core Modules (2019/20 for FT students and 2019/20 and 2020/21 for standard PT students)**

Fundamentals of Biomechanics for Sports and Exercise Therapy

Peripheral Anatomy for Sports Therapists

Physiology of Sports and Exercise Science for Sports and Exercise Therapists 1

Professional Skills for Sports and Exercise Therapy Practice 1

Professional Skills for Sports and Exercise Therapy Practice 2

Spinal Anatomy for Sports Therapists

### **Level 5 Core Modules (2020/21 for FT students and 2021/22 and 2022/23 for standard PT students)**

Assessment of the Athlete in Sports & Exercise Therapy

Biomechanical Analysis of Sport Performance and Injury

Evidence-Based Rehabilitation in Sports & Exercise Therapy

Exercise for Referred Populations

Physiology of Sport and Exercise Science for Sport & Exercise Therapists

Research Methods for Sports & Exercise Therapy

Sports Trauma Management

### **Level 6 Core Modules (2021/22 for FT students, 2022/23 for sandwich placement students and 2023/24 and 2024/25 for standard PT students)**

Professional Practice & Development for Sports & Exercise Therapy

Research & Extended Protocol (Dissertation)

Practice Placement



## Level 6 Option Modules (delivery years as per Level 6 core modules above)

*The following option modules are indicative of a typical year. There may be some variance in the availability of option modules*

Applied Sport & Clinical Exercise Physiology

Biomechanics of Strength & Injury

Cardiac Rehabilitation

Current Concepts in Sports & Exercise Therapy

Obesity Management

Orthopaedic Rehabilitation Principles

Psychology of Sports Injury

Contemporary Health Issues & Physical Activity Rehabilitation

## Assessment Balance and Scheduled Learning and Teaching Activities by Level

The assessment balance and overall workload associated with this course are calculated from core modules and a sample of option module choices undertaken by a typical student. They have been reviewed and confirmed as representative by the Course Director.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, placement activities and independent study. Sandwich placement years spent out of the University are not be included in the calculation unless they are credit bearing and attributed to a level of the course. Modules may have more than 1 component of assessment.

Assessment Balance	Level 4	Level 5	Level 6
Examination	22 %	48 %	0 %
Coursework	10 %	24 %	93 %
Practical	68 %	28 %	7 %
<b>Overall Workload</b>			
Teaching, Learning and Assessment	258 hours	316 hours	132 hours
Independent Study	942 hours	884 hours	688 hours
Placement			200 Hours

## Learning Support

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators works closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You

may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

If you have any questions about life at our University in general, call into or contact the Student Hub on either campus to speak to our Student Experience Team. This team, consisting of recent graduates and permanent staff, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. There is a Student Hub on the ground floor of the Rose Bowl at City Campus and one in Campus Central at Headingley. You can also find the team in the Gateway in the Leslie Silver Building at City Campus. The telephone number is 0113 812 3000, and the e-mail address is [StudentHub@leedsbeckett.ac.uk](mailto:StudentHub@leedsbeckett.ac.uk).

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The **Support** tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The **Opportunities** tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.