BSc (Hons) Sport and Exercise Therapy and Rehabilitation

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Subject	Level	Study Mode	Duration	Start Date	UCAS Code
Sport and Exercise Science	Bachelors Degree (Level 6)	Full-Time	3 years	September 2027	STSR

The Course

This programme is currently undergoing a refresh to ensure you get the best experience and opportunity to achieve as an employment-ready graduate. Full details of the newly refreshed programme will be available later in the year, subject to approval, and will be communicated to all applicants at the earliest opportunity. Sports and exercise therapy is a strand of healthcare that specifically focuses on the prevention of injury and the rehabilitation of patients back to optimal levels of occupational, functional and sports specific fitness. This degree course has roots within the core disciplines of sport and exercise science, incorporating specific skills and knowledge development to allow you to work in clinical and non-clinical settings to prevent and rehabilitate injuries. This is an applied programme that is aligned to the vocational skills, knowledge and abilities that are required in industry. Upon successful completion of the course you will be eligible for full membership to The Society of Sports Therapists.

Course Aims

- Prepare you for employment within a range of sport and exercise therapy and rehabilitation settings, including rehabilitation clinics, sports teams, allied health organisations and exercise therapy providers. Provide you with a systematic understanding of sports and exercise therapy and rehabilitation; including the ability to diagnose specific injuries and assess the holistic needs of individuals; to plan, implement and evaluate interventions in preparation for practice within industry. Give you a broad understanding of the health benefits of exercise and how to promote these to a variety of population groups. Give you an awareness of the wider applications and impact of sports and exercise therapy and rehabilitation within the sport, health and exercise industry settings. Ensure you maintain an evidence-based approach to the application of sports and exercise therapy and rehabilitation practices. Help you to develop appropriate professional attitudes such as initiative, motivation, intellectual rigor and remit of practice as benefits the needs of employers within the sport, exercise and rehabilitation industry. Ensure that you are capable of communicating effectively with colleagues, clients or members of an interdisciplinary team. Help you to manage and reflect on your own personal development and continued learning for progression within your chosen field of industry.

What You Will Study

Year 1

- Functional Anatomy
- Physiology of Sport Performance
- Soft Tissue Treatment
- Exercise Therapy
- Academic and Professional Development
- Research Skills

Year 2

- Biomechanics and Movement Analysis
- Peripheral Musculoskeletal Assessment
- Injury Rehabilitation
- Peripheral Mobilisations
- Professional Practice and Development
- Research Methods

Year 3

- Advanced Assessment and Treatment
- Advanced Fitness Conditioning
- Sport Trauma Management
- Professional Practice and Development 2
- Dissertation

Entry Requirements

You will be required to have:

- A minimum of 96 UCAS points

AND

- GCSE English at grade 4 or above, or an equivalent qualification

- A suitable reference

UCAS points may be from qualifications such as A Levels, T Levels, BTEC Level 3 Extended Diplomas, Access to Higher Education Diplomas, and City and Guilds Advanced Technical Diplomas amongst others. Please use the UCAS Tariff points calculator to determine the UCAS points value of your qualifications.

Life and/or experience of non-traditional students will be taken into account when considering applications. The successful completion of an entry task may be required when considering applications without the required formal entry qualifications.

If your first language is not English, or a Tier 4 student visa to study is required and GCSE grade C/4 English or equivalent is not held, English language proficiency level such as International English Language Testing System (IELTS) 6.0 overall (with a minimum 5.5 in each skill) will need evidencing.

Advanced entry may be possible due to prior experience or certificated learning; applicants will need to complete the accreditation of prior learning approval process.

Teaching and Learning Approach

This programme is delivered with a variety of learning and teaching approaches to include all students learning styles and preferences. For all modules, theory lectures are delivered that aim to deliver the core content and provide the underpinning knowledge. To complement the theory lectures, you will have have group seminars/practical sessions that are used to reinforce concepts delivered theoretically. The teaching methods focus on facilitating a student centered approach to

enhance your independent learning outside of the classroom.

Time Required on Campus

Contact time includes approximately 12-16 hours a week to include lectures, seminars, practicals and tutorials. You are also expected to carry out a significant amount of independent study in addition to contact time (25-30 hours a week). Independent study includes reading around the subject, preparing for tutorials and seminars, preparing for, and completing, module assessments and revision for examinations; forming an essential part of your learning journey. Wednesday afternoons are reserved for sport and other extra-curricular activities. You can expect to receive your timetable during induction week.

Work Experience

You must complete a minimum of 200 hours of work placement throughout the duration of the programme. A minimum of 80 hours placement must be accrued externally during year three. Across the three years of the programme there will be opportunities to accrue internal experience. This may include supporting and leading on pitch-side first aid provision, supporting and leading on sport therapy clinics.

How You're Assessed

Assessment includes written assignments, seminars, short answer exams, poster presentations, coaching practical, case studies, presentations and independent projects Opportunities for feedback on assessments are available prior to the final submission to support your development and achievement. Staff aim to return assessed work within a 20 working day timeframe (not including holidays) so that you can most benefit from the feedback.

Clothing, Equipment and Additional Costs

- Bishop Burton Sport kit is available for purchase from our online shop at your discretion. (The cost will vary depending on kit purchased; approximate cost &pound 100).
- A suitable electronic device, e.g. a laptop or tablet, with internet connectivity is required for accessing online learning.
- You may require an enhanced DBS Disclosure, which would be at your own expense. You can check the current cost on the www.gov.uk website.
- A range of additional qualifications, short courses and study tours/trips may be offered at additional cost.
- On successful completion of the programme, you will have the opportunity to graduate at a ceremony wearing formal dress. The hire of the formal dress is an additional cost.

Careers

Upon graduation you will have the skills and knowledge to gain employment within a range of sport and exercise therapy and rehabilitation settings.

Financial Information

Find the full details of the fees associated with this programme and the financial support available on our https://www.bishopburton.ac.uk/degree-level-courses/information/fees-and-finance.

How to Apply

To apply, scan the QR code at the top of this page!

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Get In Touch

Bishop Burton College, York Road, Bishop Burton, HU17 8QG,
Tel: 01964 553000 Email: Website: https://www.bishopburton.ac.uk/

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