



PROGRAMME SPECIFICATION

1. General information

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| Awarding body / institution | Leeds Trinity University |
| Teaching institution | Leeds Trinity University |
| 'Parent' Faculty (<i>ICE / BCDI / SHS</i>) | FHWLS |
| 'Parent' School | Sport and Wellbeing (SAW) |
| Professional accreditation body (if applicable) | The Society of Sports Therapists (SST) |
| Final award (<i>eg. BA Hons</i>) | BSc (Hons) |
| Title of programme(s) | Sports Therapy and Rehabilitation Sports Therapy and Rehabilitation with Foundation in Sport and Exercise |
| Subsidiary award(s) (<i>if any</i>) | <u>Certificate of Higher Education in Musculoskeletal Assessment and Soft Tissue Treatment</u> (With no eligibility to apply for membership with the Society of Sports Therapists) <u>Diploma of Higher Education in Rehabilitation Studies</u> (With no eligibility to apply for membership with the Society of Sports Therapists) <u>Ordinary Degree in Rehabilitation Studies</u> (With no eligibility to apply for membership with the Society of Sports Therapists) |
| Honours type (<i>Single / Joint / Combined</i>) | Single |
| Duration and mode(s) of study | 36 months full time |
| Month/year of approval of programme | June 2025 |
| Start date (this version) (<i>month and year</i>) | September 2025 |
| Periodic review next due (<i>academic year</i>) | Approved for 5 years; reapproval due for September 2030 start |
| HECoS subject code(s) | 100475 – Sports Therapy (100%) |
| UCAS course code & route code (available from Admissions) | C630 |
| SITS codes (<i>Course / Pathway / Route</i>) (available from Student Administration) | SPTHARB |
| Delivery venue(s) | Horsforth Campus: Yes City Campus: No Partner Institutions: N/A |

2. Aims of the programme

**Rationale and general aims, including what is special about this programme
(from the student's and a marketing perspective)**

This programme is accredited by the Society of Sports Therapists (SST) and will provide you with a solid understanding of anatomy, building on this to develop your ability to assess, reduce injury risk, rehabilitate and condition clients. The breadth of content will allow you to establish a career in an industry where there is increasing demand for qualified professionals who can promote long-term health and enhance physical and athletic performance. Examples of the roles you could progress into include;

- Self-employed
- As an employee
- Working independently
- Working as part of a multidisciplinary team
- Within elite sport
- With the general population
- Mobile practitioner
- Clinical practitioner
- Rehabilitator
- NHS sports therapist / rehabilitator
- Military rehabilitation

The curriculum is industry-focused and the delivery model of the taught content promotes the opportunity to accumulate as much practical experience as possible working with clients, in both a hands-on and exercise instruction capacity. This includes an emphasis on practical sessions to put theory into practice and limited group sizes in practical sessions to allow increased time for supervised learning and development. This is further encouraged outside of the taught environment, where LTU have a number of established links with individuals and organisations who offer opportunities to support at one-off events and on longer-term placements.

You will be taught by staff who have a wealth of experience practicing in their areas, including some who are still currently practicing, and there are numerous links with industry experts. These experts are regularly brought in to support the staff with guest lectures and sessions, giving valuable, and often differing, perspectives on the content being delivered. Furthermore, there are LTU-organised extra-curricular opportunities provided throughout your study to allow you to further develop your learning.

The programme has been designed with a career-focused approach to ensure you have the confidence and highest chances of being successful with your career upon graduation. A large element of this is the placement strand that is embedded throughout. This not only allows you to apply your content specific knowledge and understanding in real-world environments, but also gives you the opportunity to develop your surrounding attributes (E.g. professionalism, communication, time-management, organisation, adaptability). These attributes are not only central to all sports therapy and rehabilitation practice, but enhance employability prospects and are beneficial in other aspects of daily life.

The rapidly increasing recognition and understanding of special populations and equality and diversity issues at both local and global level has also been considered in the programme, with frequent application of the content to these areas and even a specific L5 module (Working With Special Populations). This is further supported by the accreditation of the SST, with a whole range of educational competencies that focus on these areas.

3. Student learning outcomes of the programme

Learning outcomes in terms of:

- knowledge and understanding (K)
- intellectual / cognitive / 'thinking' skills (I)
- practical skills specific to the subject (P)
- employability skills (postgraduate) (E) or attributes and skills (undergraduate) (AS)

The 'K1', etc codes are used in section 7b) and module descriptors to refer to each of these learning outcomes.

On successful completion of the programme, students will have *demonstrated*:

Knowledge and Understanding

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| K1 | Comprehensive knowledge of human anatomy, including musculoskeletal structures, physiological functions, and biomechanical principles relevant to sports therapy and rehabilitation. |
| K2 | Understanding of injury risk reduction and rehabilitation, including assessment, treatment modalities, and recovery strategies for a range of injuries. |
| K3 | Consideration of the role of psychology, nutrition and hydration in injury risk reduction and rehabilitation. |
| K4 | Understanding of the legal and ethical frameworks governing sports therapy practice, including standards of proficiency and standards of conduct, performance and ethics. |
| K5 | Knowledge of the latest research and evidence-based practice in sports therapy and rehabilitation, and how it informs clinical practice. |

Intellectual / Cognitive / 'Thinking' Skills

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| I1 | Critical analysis and interpretation of assessments of injuries, applying knowledge of anatomy and pathology to diagnose and plan effective treatment. |
| I2 | Integration of theoretical knowledge with practical application to develop and implement rehabilitation programmes for clients at different stages and throughout injury recovery. |
| I3 | Evaluation of the effectiveness of rehabilitation strategies, using evidence-based approaches, and adaptation of interventions based on ongoing assessment and patient feedback. |
| I4 | Problem-solving skills in complex scenarios, considering factors such as client goals and environmental constraints. |
| I5 | Synthesis of information from various sources (e.g., research, clinical guidelines, patient history) to make informed decisions in the management and rehabilitation of injuries. |
| I6 | Reflective practice of personal performance and identification of areas for continued professional development. |
| I7 | Assessment and management of risks in the sports therapy setting, considering potential complications or contraindications during rehabilitation and injury management. |

Practical Skills

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| P1 | Comprehensive client assessments, including gathering subjective and objective information. |
| P2 | Safe and effective application of a range of therapeutic modalities (e.g., manual therapy, electrotherapy, taping, thermotherapy) to manage injury and promote tissue healing. |

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| P3 | Design, implementation and monitoring of rehabilitation programmes tailored to the specific needs of individual clients. |
| P4 | Emergency first aid and injury management, including the assessment and stabilization of acute injuries, and the safe transport of injured clients. |
| P5 | Collaboration with multidisciplinary teams (E.g. Physiotherapists, Doctors, Coaches) to ensure a holistic approach to sports therapy and rehabilitation. |
| P6 | Effective and professional communication with clients and colleagues, providing clear explanations of plans. |

Attributes and Skills Outcomes (undergraduate degree programmes)

- AS1 **Working Independently** - prioritising workload, anticipating and troubleshooting potential problems, and achieving this without requiring continual oversight from a supervisor or manager;
- AS2 **Research & Thinking Critically** - systematic investigation of resources to identify relevant information. Critical thinking refers to a process of independent scrutiny, allowing formation of a well-reasoned opinion for application of the research to decision-making and action;
- AS3 **Digital Confidence** - identifying, learning and confident adoption of digital tools, applications and software to improve existing processes, meet emerging challenges or develop new approaches;
- AS4 **Adaptability** - the ability to make the most of changing circumstances and adapt to new conditions;
- AS5 **Resilience** - the ability to recognise that you will be exposed to adversity but that you will be able to respond positively and ultimately adapt and grow from challenging events;
- AS6 **Professional Outlook** - preparing yourself to successfully research, plan and apply for opportunities through effectively articulating your skills and attributes whilst understanding how to present yourself in professional working environments to achieve your career goals;
- AS7 **Effective Communication** - the ability to work cooperatively with others to achieve a group objective and the recognition that good leadership empowers achievement of collective goals through combined efforts;
- AS8 **Ethics, Diversity, Sustainability** - making a positive impact on society and the environment as a whole;
- AS9 **Enterprise and Entrepreneurship** - entrepreneurship is the application of enterprise behaviours, attributes and competencies into the creation of cultural, social, or economic value. Enterprise is generating and applying ideas that are practical when undertaking a new venture or project.

3a External benchmarks

Statement of congruence with the relevant published subject benchmark statements (including appropriate references to any PSRB, employer or legislative requirements)

All Leeds Trinity University programmes are congruent with the Frameworks for HE Qualifications (FHEQ) and, where appropriate, the Qualifications and Credit Framework (QCF) (formerly National Qualification and Credit Framework (NQF)).

The programme is congruent with the QAA Benchmark Statements in Health Studies (2024) and Events, Hospitality, Leisure, Sport and Tourism (2019).

The programme is accredited by the The Society of Sports Therapists and is congruent with their Education Competencies (2024), Standards of Proficiency (2012) and Standards of Conduct, Performance and Ethics (2012).

4. Learning outcomes for subsidiary awards

| Guidance | |
|--|---|
| <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.</p> <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4 & 5.</p> | <p>Learning outcomes for the award of <u>Certificate of Higher Education in Musculoskeletal Assessment and Soft Tissue Treatment</u> (With no eligibility to apply for membership with the Society of Sports Therapists):</p> <p>On successful completion of 120 credits at Level 4, students will have demonstrated an ability to:</p> <ul style="list-style-type: none"> i) adhere to professional standards of the sports therapy and rehabilitation industry; ii) safely apply a range of client assessment techniques for peripheral presentations; iii) interpret and evaluate data gathered through client assessment and communicate the findings coherently; iv) make sound judgements based on findings from client assessments; v) safely apply soft tissue treatments; <p>and will have had specific opportunities to display transferable skills relevant to employment related to the discipline.</p> <p>Learning outcomes for the award of <u>Diploma of Higher Education in Rehabilitation Studies</u> (With no eligibility to apply for membership with the Society of Sports Therapists):</p> <p>On successful completion of 240 credits, including 120 at Level 5, students will have demonstrated, in addition to the outcomes for a Certificate:</p> <ul style="list-style-type: none"> i) critical consideration of a range of treatment options available for rehabilitation of non-vertebral presentations; ii) safe selection and application of a range of treatments for non-vertebral therapeutic and rehabilitation purposes; iii) understanding of the sports therapy and rehabilitation client body, including special populations; iv) understanding of the research methods processes and the value of research for sports therapy and rehabilitation; <p>and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of at least one professional placement or school-based training component.</p> |

The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 & 6.

Learning outcomes for the award of an Ordinary Degree in Rehabilitation Studies (With no eligibility to apply for membership with the Society of Sports Therapists):

On successful completion of 300 credits, including 60 at Level 6, students will have demonstrated, **in addition to the outcomes for a Diploma:**

- i) an ability to make flexible use of disciplinary concepts and techniques;
- ii) critical evaluation of approaches to solving problems in a disciplinary context;
- iii) an ability to work autonomously within a structured learning experience;
- iv) effective communication of the results of their work in a variety of forms;

and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of two professional placements or school-based training placements.

5. Content

Summary of content by theme

(providing a 'vertical' view through the programme)

Level 4 will introduce you to the core knowledge, understanding and practical skills that underpin all sports therapy and rehabilitation practice, including functional anatomy, client assessment (peripheral) and soft tissue manual therapy. Furthermore, you will begin to develop your professionalism and key skills to assist you studying effectively.

Level 5 will add further treatment options to your skillset and include a variety of more advanced therapeutic modalities. You will also cover the rehabilitation process, understanding how to achieve different goals within the different stages, as well as how you may have to adapt your general practice with different clients and populations. Level 5 will also require you to begin applying your developing knowledge and practical skills in real-world environments.

Level 6 will include the most advanced content, including client assessment for spinal and neurological related pathologies and will advance your first aid knowledge, enabling you to deal with a variety of acute trauma scenarios. You will begin to understand how to train and develop clients at the upper ranges of the performance spectrum. Finally, Level 6 will require a substantial volume of application of your knowledge and practical skills in real-world environments and will require you to conduct an independent project to contribute to the changing industry.

Both the programme design and the how the programme will be delivered have been developed with careful consideration of how to incorporate LTU's Curriculum for Social Justice framework. Some examples include;

- The discussion of culture and race within the L4 Professional, Personal and Academic Development modules and how cultural backgrounds may determine which treatment modalities and options are appropriate
- The gradual progression of employability and placement requirements throughout the levels (L4 Professional, Personal and Academic Development, L5 Working in Sport and Wellbeing (STR), L6 Professional Development and Practice) that culminates in over 250 hours of experience being gathered and a career development plan for post-graduation progression

- A sustainable approach when selecting consumable resources and a consideration of how consumable resources can have an environmental impact, particularly at mass participation events (e.g. Buying numerous small bottles of massage mediums vs. large bottles to refill smaller bottles, travelling to and from mass participation events as individuals vs. in groups)
- Digital based assessments (e.g. video submissions) to develop digital skills

6. Structure

BSc (Hons) Sports Therapy and Rehabilitation

Duration: 3 years full-time

Total credit rating: 360 (180 ECTS)

Level 4 – with effect from September 2025

Core: Students are required to take:

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| SHN4095 | Physiology for Sports Therapy | Sem 1 | 15 credits |
| SHN4005 | Professional, Personal and Academic Development ++ | Sem 1 & 2 | 15 credits |
| SHN4075 | Exercise Preparation and Coaching | Sem 2 | 15 credits |
| SHN4085 | Health Screening and Healthy Lifestyles | Sem 2 | 15 credits |
| SHN4283 | Functional Anatomy and Peripheral Joint Assessment (Clinical) | Sem 1 & 2 | 30 credits |
| SHN4293 | Skills for Sports Therapy | Sem 1 & 2 | 30 credits |

Level 5 – with effect from September 2026

Core: Students are required to take:

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|---------|--|-----------|------------|
| SHN5163 | Contemporary Issues in Sport and Wellbeing | Sem 1 | 15 credits |
| SHN5175 | Working in Sport and Wellbeing (STR) (incl. placement) | Sem 1 & 2 | 15 credits |
| SHN5185 | Movement Analysis | Sem 2 | 15 credits |
| SHN5195 | Working With Special Populations | Sem 2 | 15 credits |
| SHN5243 | Therapeutic Modalities | Sem 1 & 2 | 30 credits |
| SHN5253 | Injury Rehabilitation | Sem 1 & 2 | 30 credits |

Level 6 – with effect from September 2027

Core: Students are required to take:

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|---------|--|-----------|------------|
| SHN6025 | Acute Trauma Management | Sem 1 | 15 credits |
| SHN6035 | High Performance Strength and Conditioning | Sem 2 | 15 credits |
| SHN6283 | Spinal Assessment and Treatment (Clinical) | Sem 1 & 2 | 30 credits |
| SHN6293 | Professional Development and Practice | Sem 1 & 2 | 30 credits |
| SHN6303 | Sport and Wellbeing Project (STR) | Sem 1 & 2 | 30 credits |

Indicate as applicable:

+ The indicated module(s) are not available to visiting students.

++ Integrated Assessment Modules

* There is a prerequisite for enrolment on this module – see section 10.

7. Learning, teaching and assessment

7a) Statement of the strategy for learning, teaching and academic experience for the programme

The School of Sport and Wellbeing at LTU aims to provide a set of dynamic, inclusive and career focused educational experiences. This approach aligns with the university's broader strategic goals of placing partnership and inclusion at the heart of how we teach, enhancing

student retention and progression, fostering employability, and promoting social justice through education.

You can expect to be partners in your learning journey, with all learning activity adopting a student-centred approach. Student feedback is integrated into all of our programmes and we strive to provide active and participatory learning experiences.

All programmes embed employability skills and career development opportunities within the curriculum. This includes practical placements, industry partnerships and the use of the Career Passport to track and showcase student skills and achievements.

In an effort to reflect the changing nature of the sporting and wellbeing industries we adopt a multi-modal pedagogical approach in the classroom. This includes active learning such as group work, problem-solving and practicals and the use of digital tools and platforms in the form of simulations, online assessments and tools to foster student collaboration. You are also encouraged to become a reflective practitioner with our programmes offering you the chance to reflect on your journey and plan for their next steps. This is demonstrated in particular within the progression of the employability and placement strands throughout the programme; in Level 4 (Professional, Personal and Academic Development) you are introduced to the process of reflection and how to get value from this, in Level 5 (Working in Sport and Wellbeing (STR)) you are required to reflect on your experiences and in Level 6 (Professional Development and Practice) you are required to critically reflect and then develop a career plan based on this.

You will be assessed using a range of authentic assessment methods that are co-created to reflect real world challenges and tasks. Timely and constructive feedback will be provided as you prepare for assessment (formative) and at the end of the assessment period (summative). Peer to peer feedback mechanisms are also used to enhance the student community and develop responsibilities towards each other.

The School of Sport and Wellbeing approach to teaching and learning aims to create an exciting, supportive, engaging and career-focused educational environment.

7b) Programme learning outcomes covered

| | Assessed learning outcomes of the programme | | | | | | | | | | | | | | | | | | Attributes and Skills | | | | | | | | |
|--|---|--|----------------------------------|-----------------|---------------------|-------------------|-----------------------------------|------------------------------|-----------------|--------------------------|---------------------|------------------------------|-------------------|------------------------|---------------------------|-------------------------------------|-------------------|---------------|-----------------------|--------------------------------|--------------------|--------------|------------|----------------------|-------------------------|-----------------------------------|-------------------------------|
| <i>Adjust LO codes as necessary. ⬇</i> | K1 | K2 | K3 | K4 | K5 | I1 | I2 | I3 | I4 | I5 | I6 | I7 | P1 | P2 | P3 | P4 | P5 | P6 | AS1 | AS2 | AS3 | AS4 | AS5 | AS6 | AS7 | AS8 | AS9 |
| Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these. | Human Anatomy | Injury Risk Reduction & Rehabilitation | Psychology, Nutrition, Hydration | Legal & Ethical | Research & Evidence | Client Assessment | Integration of Theory & Practical | Evaluation of Rehabilitation | Problem Solving | Informed Decision Making | Reflective Practice | Risk Assessment & Management | Client Assessment | Therapeutic Modalities | Rehabilitation Programmes | First Aid & Acute Injury Management | MDT Collaboration | Communication | Working Independently | Research & Thinking Critically | Digital Confidence | Adaptability | Resilience | Professional Outlook | Effective Communication | Ethics, Diversity, Sustainability | Enterprise & Entrepreneurship |
| SHN4005 - Professional, Personal and Academic Development | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHN4095 - Physiology for Sports Therapy | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHN4075 - Exercise Preparation and Coaching | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHN4085 - Health Screening and Healthy Lifestyles | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHN4283 - Functional Anatomy and Peripheral Joint Assessment (Clinical) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHN4293 - Skills for Sports Therapy | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SHN5165 - Contemporary Issues in Sport and Wellbeing | | | | | | | | | | | | | | | | | | | | | | | | | | | |

8. Entry requirements

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| Do the University's standard entry requirements apply (as outlined within the University's Admissions Policy)? | Yes |
| Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable) | N/A |

9. Progression, classification and award requirements

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| Details of requirements for student progression between levels and receipt of the award(s) (A certain level of attainment which <u>must</u> be achieved in a specific module; any modules exempted from condonement, any deviation from the standard institutional stipulations for award classification, e.g. exclusion of Level 4 module marks from Foundation Degree classification) |
| <p>The following regulations apply, together with the General Taught Academic Regulations:</p> <ul style="list-style-type: none">• Bachelor's Degree Programme Regulations• All theoretical and practical components of assessments on the following modules must be passed for the module to be passed;<ul style="list-style-type: none">○ SHN4075 - Exercise Preparation and Coaching○ SHN4085 - Health Screening and Healthy Lifestyles○ SHN4283 - Functional Anatomy and Peripheral Joint Assessment (Clinical)○ SHN4293 - Skills for Sports Therapy○ SHN5243 - Therapeutic Modalities○ SHN5253 - Injury Rehabilitation○ SHN6025 - Acute Trauma Management○ SHN6035 - High Performance Strength and Conditioning○ SHN6283 - Spinal Assessment and Treatment (Clinical) |

10. Prerequisites and additional information

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|--|----------------|---|---|---|-------------------------------------|----------------|----------------------------------|---------------------------------|
| Details of modules students <u>must</u> study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award | | | | | | | | |
| <p>The modules below are pre-requisites to modules at higher levels of study and / or are not eligible for compensation.</p> | | | | | | | | |
| <table><tr><td>Level 4</td></tr><tr><td>SHN4075 - Exercise Preparation and Coaching</td></tr><tr><td>SHN4085 - Health Screening and Healthy Lifestyles</td></tr><tr><td>SHN4283 - Functional Anatomy and Peripheral Joint Assessment (Clinical)</td></tr><tr><td>SHN4293 - Skills for Sports Therapy</td></tr><tr><td>Level 5</td></tr><tr><td>SHN5243 - Therapeutic Modalities</td></tr><tr><td>SHN5253 - Injury Rehabilitation</td></tr></table> | Level 4 | SHN4075 - Exercise Preparation and Coaching | SHN4085 - Health Screening and Healthy Lifestyles | SHN4283 - Functional Anatomy and Peripheral Joint Assessment (Clinical) | SHN4293 - Skills for Sports Therapy | Level 5 | SHN5243 - Therapeutic Modalities | SHN5253 - Injury Rehabilitation |
| Level 4 | | | | | | | | |
| SHN4075 - Exercise Preparation and Coaching | | | | | | | | |
| SHN4085 - Health Screening and Healthy Lifestyles | | | | | | | | |
| SHN4283 - Functional Anatomy and Peripheral Joint Assessment (Clinical) | | | | | | | | |
| SHN4293 - Skills for Sports Therapy | | | | | | | | |
| Level 5 | | | | | | | | |
| SHN5243 - Therapeutic Modalities | | | | | | | | |
| SHN5253 - Injury Rehabilitation | | | | | | | | |

| Level 6 |
|--|
| SHN6025 - Acute Trauma Management |
| SHN6035 - High Performance Strength and Conditioning |
| SHN6283 - Spinal Assessment and Treatment (Clinical) |

11. Additional support needs

Arrangements made to accommodate students with additional support needs and any unavoidable restrictions on their participation in the programme/scheme

Students with disabilities or other support needs are welcome and are expected to be able to participate fully in this programme. Arrangements will be made, via the normal University support systems, to accommodate students with additional support needs wherever possible, with reasonable adjustments made to accommodate individual needs.