



## Programme Specification

*With effect from:* September 2024

A programme specification is the definitive record of your programme of study at the University. It sets out the aims, learning outcomes, and indicative content of the programme. You should read this programme specification alongside the relevant module descriptors and the University's Taught Programme Academic Regulations.

This specification only applies to the delivery of the programme indicated below. The details in this specification are subject to change through the modifications or periodic review processes.

### 1 Programme name and award

**This programme specification relates to the following award(s)**

BSc (Hons) Sports Therapy and Rehabilitation

### 2 Aims of the programme

#### **Rationale and general aims, including what is special about this programme**

The BSc (Hons) Sports Therapy and Rehabilitation programme provides you with a solid understanding of the principles and knowledge base, as well as the required skills and professional practices needed to work professionally in Sports Therapy and Rehabilitation upon graduation. You will study the sub-disciplines of exercise physiology, biomechanics and sport and exercise psychology as well as exploring the ways in which these subjects can be applied creatively, both individually and collectively, in supporting sports performers in preventing and treating injuries. The programme will incorporate 200 hours of clinical experience and other learning activities, enabling you to work both independently and within multi-disciplinary teams.

You will develop a range of investigative and research skills enabling you to undertake research and applied practice in your chosen area of study in both an ethical and inclusive way. This applied programme aims to enable you to become employment-ready in a range of exciting sports therapy, sport performance, exercise science and physical activity-promotion careers, whilst also preparing you for a range of post-graduate study and research opportunities.

The Programme Aims are to:

- Develop your scientific knowledge, understanding and problem-solving skills in a range of sports therapy and sport and exercise science disciplines.
- Establish your transferable personal, practical, and intellectual skills to enable you to work effectively in a range of relevant, graduate-level careers and post-graduate settings.
- Foster your clinical sports therapy skills, enabling you to apply these in ethically-sound, evidenced-based interventions in the management and treatment of the injured athlete.
- Develop your research and scientific inquiry skills to enable you to explore, critique and address a range of sports therapy and rehabilitation related issues.
- Develop a broad range of transferable personal, intellectual and business skills that are essential for lifelong learning and career development, including the ability to adopt ethically safe working practices, the ability to think globally and consider issues from a variety of perspectives and the ability to adhere to relevant legislation and professional codes of conduct.
- Provide an understanding of The Society of Sports Therapists, the leading professional body for graduate sports therapists in the UK, and the accrediting PSRB. The Society endeavors to raise standards in Sports Therapy and made major advances in the development of accredited educational qualifications.

### 3 Level Learning Outcomes and Employability Outcomes

Learning outcomes are expressed in terms of:

- Knowledge and understanding (K)
- Intellectual / cognitive / 'thinking' skills (I)
- Practical skills specific to the subject (P)
- Employability skills (E)

We design assessment tasks to enable you to demonstrate the Level Learning Outcomes and relevant Employability Outcomes for your level of study. To a greater or lesser extent, all Level Learning Outcomes at each level of your study are embedded in the assessment task(s) at that level. This means we can take a more integrated view of your overall performance at a level.

To progress to the next level, or to receive an award, you will need to satisfy the Level Learning Outcomes below and relevant Employability Outcomes and achieve credit as per the Taught Programme Academic Regulations.

Level Learning Outcomes	
Level 4 – at the conclusion of Level 4 (focus on foundation and breadth of knowledge and skills) you should be able to demonstrate:	
K1	Evidence of a foundation of anatomical, physiological and psychological knowledge.

K2	Evidence an understanding of the principles and theories underpinning musculoskeletal examination and assessment.
K3	Demonstrate an understanding of the principles surrounding the analysis of human movement and performance and sports psychology.
K4	How communication skills, values and awareness of equality and diversity support inclusive and anti-discriminatory sports therapy and rehabilitation practice.
I1	The ability to identify, interpret and evaluate data appropriate to the field of sports therapy and rehabilitation.
I2	Sound judgements in accordance with basic theories and concepts of sports therapy and rehabilitation.
I3	The ability to evaluate the appropriateness of different approaches to solving problems within the discipline of sports therapy and rehabilitation.
P1	The ability to coherently communicate results of work taking into account the intended audience.
P2	Basic soft tissue technique skills, safely and effectively.
P3	Basic clinical examination and assessment skills, safely and effectively.
P4	The ability to work individually, and in groups, and to manage resources effectively.
<b>Level 5 – at the conclusion of Level 5 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) you should be able to demonstrate:</b>	
K1	A detailed understanding of theoretical underpinning and principles pertinent to the field of sports therapy and rehabilitation.
K2	An appreciation / knowledge of the different applications of assessment in the context of individual athletes and injuries.
K3	Knowledge of the use of a range of clinical techniques allied to the work of a sport therapy and rehabilitation practitioner, including but not limited to the safe and effective application of peripheral mobilisations, taping and cryotherapy/thermotherapy.
K4	A knowledge of the requirements of injured individuals and how they change throughout the rehabilitation process and fit within a multidisciplinary team.
I1	The ability to apply principles of rehabilitation to effectively return an injured athlete to activity / competition with due regard to safety, ethics and risk assessment for a diverse range of athletes and individuals.
I2	The ability to effectively communicate assessment findings and to articulate suitable hypotheses regarding those findings.

I3	A detailed understanding of ethics as relating to research and professional practice in sports therapy and rehabilitation.
I4	The ability to reflect critically on one's own practices in sports therapy and rehabilitation.
P1	The ability to safely and effectively perform an injury examination and assessment, identifying injury specific characteristics and tailoring the assessment to the specific injury and/or individual.
P2	The ability to practically demonstrate the safe and effective application of a range of therapies in the management of the injured athlete, including but not limited to peripheral mobilisations and the application of cryotherapy and thermotherapy.
P3	The ability to use a range of research skills to communicate sports therapy and rehabilitation ideas and interventions to a range of third parties and individuals within the fitness industry.
P4	Articulation of professional values as they relate to sports therapy and rehabilitation standards, ethics and inclusivity. Demonstrating an understanding of diversity, non-discriminatory practice and social injustice.
P5	In a practical context, demonstrate safe and effective instruction of the injured athlete in a range of exercises used in the injury rehabilitation process.
<b>Level 6 – at the conclusion of Level 6 (focus on synthesis and integration, and real-world application, in-depth evaluation and reflective practice) you should be able to demonstrate:</b>	
K1	A coherent and detailed knowledge and critical understanding of the theoretical aspects of sport therapy and rehabilitation and their application.
K2	The ability to make flexible use of concepts and techniques inherent to the field of sports therapy and rehabilitation.
K3	A critical evaluation of problem-solving approaches as related to sports therapy and rehabilitation.
I1	An understanding of how you synthesise information and plan the appropriate management of injured individuals from diverse backgrounds, with multiple needs.
I2	The ability to review and critically analyse contemporary research in the area of professional practice issues.
I3	The ability to communicate complex assessment findings at a level appropriate for the target audience in topics relating sports therapy and rehabilitation.
I4	The ability to apply analytical, problem-solving and clinical reasoning skills in the context of the sport and exercise environment, with specific application to sports injuries and their rehabilitation.

P1	An ability to work independently in a sports therapy and rehabilitation setting, under supervision of a qualified therapist, displaying safe and effective clinical reasoning skills and practice.
P2	The ability to use a range of manual therapies in the treatment and management of the injured athlete, included but not limited to the safe and effective application of spinal mobilisations and electrotherapies.
P3	A professional standard of practice in the clinical environment, working with individual athletes, displaying an appropriate level of care and knowledge.
P4	The ability to apply critical reflective processes to your sports therapy and rehabilitation practice.

### Employability Outcomes

Employability skills are embedded and assessed throughout your programme. Therefore, we use a generic set of employability outcomes at all levels of study.

E1	<b>Self-management</b> – the ability to plan and manage time; readiness to accept responsibility and improve their own performance based on feedback/reflective learning; the ability to take initiative and be proactive, flexible and resilient.
E2	<b>Team-working</b> – the ability to co-operate with others on a shared task and to recognise and take on appropriate team roles; leading, contributing to discussions and negotiating; contributing to discussions; awareness of interdependence with others.
E3	<b>Business and sector awareness</b> – an understanding of the key drivers for business success, including the importance of customer/client satisfaction and innovation; understanding of the market/sector in which an organisation operates; the ability to recognise the external context and pressures on an organisation, including concepts such as value for money, profitability and sustainability.
E4	<b>Problem-solving</b> – a capacity for critical reasoning, analysis and synthesis; a capacity for applying knowledge in practice; an ability to retrieve, analyse and evaluate information from different sources.
E5	<b>Communication</b> – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes.
E6	<b>Application of numeracy</b> – a general awareness of mathematics and its application in practical contexts; the ability to carry out arithmetic operations and understand data, to read and interpret graphs and tables and to manage a budget.
E7	<b>Application of information technology</b> – the ability to identify and use the appropriate IT package for a given task; familiarity with word-processing, spreadsheets and file management; the ability to use the internet and email effectively.

E8	<b>Entrepreneurship/enterprise</b> – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities.
E9	<b>Social, cultural &amp; civic awareness</b> – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures and customs in the wider community.

## 4 External Benchmarks

### Statement of congruence with the relevant external benchmarks

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

The programme is congruent with the QAA Benchmark Statement in Events, Hospitality, Leisure, Sport and Tourism (EHLTS, 2019)

*The BSc (Hons) Sports Therapy and Rehabilitation programme is accredited by The Society of Sports Therapists. Upon graduation from this degree programme, you will be eligible to apply for full membership of The Society of Sports Therapists. As part of Leeds Trinity University's contract with The Society of Sports Therapists you will receive regular visits from their representatives, who will moderate exams and speak to you and your fellow students.*

## 5 Indicative Content

### Summary of content by theme

The programme is modular based and includes core themes: sports therapy, rehabilitation and the sport and exercise sciences.

At Level 4, you will select and describe theories and concepts relevant to the understanding of the field. Both theory and practice in key sciences are addressed throughout all modules at this level and you will be introduced to working with patients and manual therapy techniques. On completion, you will be expected to communicate knowledge in situations of limited complexity, in order to provide a foundation for further study in the subject.

Level 5 builds upon Level 4 content and you are expected to apply knowledge of exercise, health and nutrition to develop solutions to sports therapy and rehabilitation problems. Your core sports therapy content will focus on assessment, management and rehabilitation.

At Level 6, you will be able to synthesis and critically evaluate key theories, concepts, principles and policies and be able to develop and hone clinical reasoning skills relating to interventions. Modules at this level enable you to consolidate your learning pathways and demonstrate the skills highlighted.

Subject specific skills and the importance of adopting ethically and morally safe and non-discriminatory working practices and adherence to relevant legislation and professional codes of conduct will be evident throughout all years of study.

## 6 Programme Structure

Programme Structure – BSc (Hons) Sports Therapy and Rehabilitation			
Duration	3 years full-time		
Total credit rating	360 (180 ECTS)		
Level 4 – With effect from: September 2021			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits
SHN4113	Skills for Sports Therapy	Semester 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
Level 4 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15 credits
SHN4035	Fundamentals of Human Movement	Semester 1	15 credits
SHN4065	Introduction to Sport Psychology	Semester 1	15 credits
SHN4015	Functional Anatomy for Sport and Exercise Therapy	Semester 1	15 credits
SHN4113	Skills for Sports Therapy	Semester 2	30 credits



SHN4173	Professional Skills in Sport, Therapy and Rehabilitation	Semester 2	30 credits
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**Level 5 – With effect from: September 2022**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15 credits
SHN5173	Assessment and Management of Peripheral Injuries	Semester 1	30 credits
SHN5113	Applying Professional Skills in Sport Therapy and Rehabilitation	Semester 1 & 2	30 credits
SHN5183	Sports Injury Rehabilitation	Semester 2	30 credits
SHN5055	Research Methods and Enquiry	Semester 2	15 credits

**Level 6 – With effect from: September 2023**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Semester 1 & 2	30 credits
SHN6123	Sports Therapy in Practice	Semester 1	30 credits
SHN6203	Interventions and S&C in Rehabilitation	Semester 2	30 credits

**Programme Structure – BSc (Hons) Sports Therapy and Rehabilitation**

<b>Duration</b>	6 years part-time
<b>Total credit rating</b>	360 (180 ECTS)
<b>Level 4 Year 1 – With effect from: September 2021</b>	



<b>Core:</b> You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
<b>Level 4 Year 2 – With effect from: September 2022</b>			
<b>Core:</b> You are required to take the following modules			
Module Code	Module Code	Module Code	Module Code
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits
SHN4113	Skills for Sports Therapy	Semester 2	30 credits
<b>Level 4 Year 1 – With effect from: September 2022</b>			
<b>Core:</b> You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15 credits
SHN4015	Functional Anatomy for Sport and Exercise Therapy	Semester 1	15 credits
SHN4173	Professional Skills in Sport, Therapy and Rehabilitation	Semester 2	30 credits
<b>Level 4 Year 2 – With effect from: September 2023</b>			
<b>Core:</b> You are required to take the following modules			
Module Code	Module Code	Module Code	Module Code
SHN4035	Fundamentals of Human Movement	Semester 1	15 credits
SHN4065	Introduction to Sport Psychology	Semester 1	15 credits
SHN4113	Skills for Sports Therapy	Semester 2	30 credits
<b>Level 5 Year 3 – With effect from: September 2023</b>			

<b>Core:</b> You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5173	Assessment and Management of Peripheral Injuries	Semester 1	30 credits
SHN5183	Sports Injury Rehabilitation	Semester 2	30 credits
<b>Level 5 Year 4 – With effect from: September 2024</b>			
<b>Core:</b> You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15 credits
SHN5055	Research Methods and Enquiry	Semester 2	15 credits
SHN5113	Applying Professional Skills in Sport Therapy and Rehabilitation	Semester 1 & 2	30 credits
<b>Level 6 Year 5 – With effect from: September 2025</b>			
<b>Core:</b> You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6123	Sports Therapy in Practice	Semester 1	30 credits
SHN6203	Interventions and S&C in Rehabilitation	Semester 2	30 credits
<b>Level 6 Year 6 – With effect from: September 2026</b>			
<b>Core:</b> You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Semester 1 & 2	30 credits

## 7 Pre-requisites

**Modules students must study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award**

Modules that are a pre-requisite for progression to the following year are detailed below:

SHN4113 Skills for Sports Therapy  
 SHN4143 Professional Skills in Sport, Exercise and Health  
 SHN5113 Applying Professional Skills in Sport Therapy and Rehabilitation  
 SHN5173 Assessment and Management of Peripheral Injuries  
 SHN5183 Sports Injury Rehabilitation

Please note that the above modules are core sports therapy modules and contain a practical component and therefore allow demonstration of safe and effective practice which is required by The Society of Sports Therapists before the student can progress to the subsequent academic year.

## 8 Learning, Teaching and Assessment

The University's Learning, Teaching and Assessment Strategy informs the design of your programme. You can find more information about learning, teaching and assessment for your programme (including information on Integrated Assessment) within the relevant Assessment Handbooks.

The PSRB for your programme of study is The Society of Sports Therapists which requires that you attend a minimum of 80% of practical sessions and the non-condonement of practical assessments. To be eligible for membership of the Society upon graduation, you must complete a minimum of 200 hours supervised placement. To support you in this the Society will provide up to a maximum of 250 hours of placement insurance. It is envisaged that the majority of these placement hours will be obtained during your final year at Level 6.

## 9 Entry requirements

<b>Do the University's standard entry requirements apply?</b>	Yes
<b>Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable)</b>	N/A

## 10 Additional support needs

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.

**Programme-specific requirements / unavoidable restrictions on participation in the programme**

N/A

## 11 Technical Information

<b>Awarding Body / Institution</b>	Leeds Trinity University
<b>Teaching institution</b>	Leeds Trinity University
<b>Parent School</b>	Faculty of Social and Health Sciences
<b>Department</b>	School of Health, Sport and Life Sciences
<b>Professional accreditation body</b>	The Society of Sports Therapists
<b>Final award</b>	BSc (Hons)
<b>Title of programme(s)</b>	Sports Therapy and Rehabilitation
<b>Subsidiary award(s)</b>	Certificate of Higher Education Sports Rehabilitation, Diploma of Higher Education Sports Rehabilitation, Ordinary Degree Sports Rehabilitation
<b>Honours type</b>	Single
<b>Duration and mode(s) of study</b>	3 years full-time; 6 years part-time
<b>Month/year of approval of programme</b>	August 2021
<b>Periodic review due date</b>	2025/26
<b>HECoS subject code(s)</b>	100475 Sports Therapy (100%)
<b>UCAS course code(s)</b>	C630
<b>SITS route codes</b>	SPTHARB

<b>Delivery venue(s)</b>	Leeds Trinity University
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## 12 Level Learning Outcomes

The grid below demonstrates where Level Learning Outcomes are assessed at module level and ensure that students are assessed in all Level Learning Outcomes at each level of their study.

Level 4											
	K1	K2	K3	K4	I1	I2	I3	P1	P2	P3	P4
	Anatomical & physiological knowledge	Musculoskeletal examination & assessment	Analysis of human movement & performance	Inclusive & anti-discriminatory sports therapy	Use of data	Informed judgements	Approaches to Problem Solving	Communication	Soft tissues technique skills	Clinical examination & assessment skills	Working individually & in groups
SHN4093 Assessing Psychological and Physiological needs in Sport, Exercise and Health											
SHN4103 Fundamentals in Sport, Exercise and Health											
SHN4113 Skills for Sports Therapy											
SHN4173 Professional Skills in Sport, Therapy and Rehabilitation											
SHN4045 Introduction to Anatomy and Physiology											
SHN4035 Fundamentals of Human Movement											
SHN4065 Introduction to Sport Psychology											
SHN4015 Functional Anatomy for Sport and Exercise Therapy											

Level 5	Assessed level learning outcomes												
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3	P4	P5
	Underpinning theory & principles	Different applications of assessment	Application of variety of techniques	Individual needs analysis	Sports Therapy	Communication	Ethics: research & professional practice	Reflective practice	Injury examination & assessment	Principles of rehabilitation, strength & conditioning	Research Skills	Professional Values	Instruction of Rehabilitation Exercises
SHN5035 Physiology of Training													
SHN5173 Assessment and Management of Peripheral Injuries													
SHN5183 Sports Injury Rehabilitation													
SHN5113 Applying Professional Skills in Sport Therapy and Rehabilitation													
SHN5055 Research Methods and Enquiry													



Level 6	Assessed level learning outcomes										
	K1	K2	K3	I1	I2	I3	I4	P1	P2	P3	P4
	Theory & practice	Concepts & techniques	Devising solutions	Using knowledge	Contemporary research	Communication	Problem-solving	Independent practice	Manual Therapy	Professional practice	Reflective Practice
SHN6033 Independent Project											
SHN6143 Professional Learning Through Work in Sport and Exercise Sciences											
SHN6203 Interventions and S&C in Rehabilitation											
SHN6123 Sports Therapy in Practice											

### 13 Employability Outcomes

The grid below shows where Employability Outcomes are assessed. Students might not be assessed in all Employability Outcomes at each level of study. However, all Employability Outcomes will have been assessed by the end the programme.

	Assessed Employability Skills								
	E1	E2	E3	E4	E5	E6	E7	E8	E9
	Self-management	Teamworking	Business & sector awareness	Problem-solving	Communication	Application of numeracy	Application of IT	Entrepreneurship / enterprise	Social, cultural & civic awareness
<b>Level 4</b>									
SHN4093 Assessing Psychology and Physiological needs in Sport, Exercise and Health									
SHN4103 Fundamentals in Sport, Exercise and Health									
SHN4113 Skills for Sports Therapy									
SHN4173 Professional Skills in Sport, Therapy and Rehabilitation									
SHN4045 Introduction to Anatomy and Physiology									
SHN4035 Fundamentals of Human Movement									
SHN4065 Introduction to Sport Psychology									
SHN4015 Functional Anatomy for Sport and Exercise Therapy									
<b>Level 5</b>									

SHN5035 Physiology of Training									
SHN5173 Assessment and Management of Peripheral Injuries									
SHN5113 Applying Professional Skills in Sport Therapy and Rehabilitation									
SHN5183 Sports Injury Rehabilitation									
SHN5055 Research Methods and Enquiry									
<b>Level 6</b>									
SHN6033 Independent Project									
SHN6143 Professional Learning Through Work in Sport and Exercise Sciences									
SHN6203 Interventions and S&C in Rehabilitation									
SHN6123 Sports Therapy in Practice									