

## PROGRAMME SPECIFICATION

1	<b>Awarding institution/body</b> University of Worcester
2	<b>Teaching institution</b> University of Worcester
3	<b>Programme accredited by</b> The Society of Sports Therapists
4	<b>Final award</b> BSc (Hons)
5	<b>Programme title:</b> Sports Therapy
6	<b>Pathways available</b> Single Honours
7	<b>Mode and/or site of delivery</b> Standard taught programme at UW
8	<b>Mode of attendance</b> Full time only
9	<b>UCAS Code:</b> C603 BSc/SpTh
10	<b>Subject Benchmark Statement :</b> Health Care Professions and Hospitality, Leisure, Sport and Tourism
11	<b>Date of Programme Specification preparation/revision:</b> October 2011

### 12 Educational aims of the programme

The course aims to:

1. Develop competent practitioners who, on successful completion of the programme are eligible to apply to register as qualified practitioners with the Society of Sports Therapists
2. Develop practitioners who can draw on relevant knowledge skills and attributes to practice effectively in the key domains of Sports Therapy: injury prevention, injury recognition, evaluation, manage treatment, rehabilitation and provide effective counselling and education.
3. Develop critical analytical research skills
4. Develop students who can practice independently in a reflective and reflexive manner and demonstrate high levels of clinical reasoning, decision making and sound professional judgement
5. Facilitate the development of transferable and graduate skills to enable students to engage effectively in lifelong learning and continuing professional development

### 13 Intended learning outcomes and learning, teaching and assessment methods

**On completion of the course students will be able to:**

1. Apply knowledge of anatomy, and the core disciplines of sports science in order to identify illness and injury risk factors and to implement prevention strategies
2. Plan and implement a comprehensive fitness programme for a range of clients

3. Competently assess sport related illness and injury
4. Provide effective first aid treatment in a variety of environments
5. Plan, implement and evaluate the management of a range of sport injuries
6. In liaison with clients and other, relevant professionals develop, implement and evaluate individualised rehabilitation programmes
7. Practise in a professional, non-judgemental and anti- discriminatory manner
8. Work within boundaries of competence and refer clients to other professionals and agencies as appropriate
9. Communicate effectively using a range of media, and for a variety of purposes
10. Draw on a range of strategies to provide effective health education that is evidence based
11. Critically analyse a range of research and evidence relating to Sports Therapy and demonstrate the ability to select appropriate evidence as a basis for practice.
12. Draw on a range of research strategies and methodologies in order to analyse questions relevant to Sports Therapy.

### **Learning, Teaching and Assessment Methods**

The programme is designed to develop cognitive skills through the accumulation and analysis of relevant underpinning knowledge and theory, affective and psychomotor skills through simulated practice and practice learning in a range of different environments and with a range of clients, and transferable graduate skills. In addition, the programme will develop student's independence and ability to work as a registered, professional practitioner in Sports Therapy.

The course team are committed to the integration of theory and practice, and this is a key learning and teaching strategy in the design of the programme. Students will have opportunities to apply their learning to the development of practical skills throughout the course through the use of simulations, clinical skills sessions and attendance at sporting activities.

A wide variety of learning and teaching strategies will be used, which will include: Lead lectures, group work, seminars, discussion groups, project work, simulated practice in clinical rooms, laboratory work, practicals, practice in sport environments, work based learning. Learning will take place in a range of different environments and with different sectors of the population> It will be supported by the virtual learning environment (Blackboard) and also the e-portfolio Pebble Pad.

Modules at Level 4 will provide the opportunity to develop foundational, underpinning knowledge, first aid in sport, massage and basic joint assessment. It will also

introduce the student to principles of professional behaviour and client assessment.

Modules at level 5 are designed to consolidate and further develop subject knowledge and skills and provide opportunities to critically apply this knowledge to the discipline of Sports Therapy. Students will develop knowledge of different research methodologies and reflect on their applicability to the practice of Sports Therapy. In addition, students will be introduced to a variety of therapeutic skills for the treatment of a range of clients and will have opportunities to practice these skills in a supervised environment.

Modules at level 6 will provide the opportunity for students to develop their competence as Sport Therapists drawing on a wide body of knowledge and therapeutic techniques. In addition, students will have the opportunity to practice their skills in a supervised, work based learning environment.

Students will have the opportunity to demonstrate their independence and autonomy in learning through the completion of a self selected and managed Independent study.

Prior to the end of the course, students will have the opportunity to explore the latest advances and developments impacting on Sports Therapy and so ensure that their practice is current, relevant, and evidence based wherever possible.

### **Work-based Learning**

Students will be provided with a wide range of opportunities to develop practice skills to enable them to become competent sport therapists. After gaining a first aid qualification in level four, students will offer pitch side support to the University sports teams. Then in level five, under the supervision of University staff, students will undertake practice with sport teams both in the University and external to the university, and also within the University clinic. During level six students will continue to work with the University sports teams and in the University clinic but will also undertake a minimum of 100 hours practice in work-based learning environments. The minimum number of supervised clinical experience hours required for the undergraduate degree is stipulated by the SST.

Level six students will also be involved in supporting skills acquisition with year one students within the Skills Room and pitch side via a Buddy system.

### **14 Assessment Strategy**

The learning outcomes of the course reflect the QAA Framework for Higher Education Qualifications level descriptors for undergraduate courses and the assessment strategy is designed to demonstrate achievement of these learning outcomes. The assessment strategy will provide evidence of students' ability to meet the competency requirements of the Society of Sports Therapists and subsequent eligibility to apply for registration with the Society of Sports Therapists.

Both formative, developmental strategies and summative assessments will be used.

Assessment strategies will include:

Unseen tests, examinations, essays, reports, practicals, observed structured clinical

examinations (OSCEs), reflective accounts, work-based learning assessment and competencies.

Assessment of competence to practice as a registered Sports Therapist will be examined by the University of Worcester and moderated by the Society of Sport Therapists

The opportunity for students to engage in a sustained piece of work is provided through the completion of an Independent Study

Assessment and moderation strategies are designed to meet the requirements of the UW Assessment Policy and the Institute of Health, Social Care and Psychology Moderation and Assessment Policy (see appendix 6)

### **15 Programme structures and requirements - see Award Map appended**

All modules at Levels 4 and 5 are mandatory; however, at Level 6 students will have an opportunity to undertake one optional module from the Institute of Sport and Exercise Sciences. On graduation, students gain eligibility to apply for membership of the UK professional body for Sports Therapy, The Society of Sports Therapists (SST). The structure of the programme is designed to meet the competences of SST.

### **16 QAA Academic Infrastructure**

The course has been designed to take account of the QAA Benchmark Statement Hospitality, Leisure, Sport and Tourism and the QAA Benchmark Statement of Common Purpose for the Health and Social Care Professions (See mapping in Appendix 7)

QAA Framework for Qualifications in Higher Education

The practice element the course reflects the QAA Guidance on placement learning.

### **17 Support for students**

There are a number of mechanisms in place to support students.

Personal Tutors All students will be allocated a personal tutor who will offer personal support when requested and will oversee the student's progress on the course. Students are required to meet with their personal tutors a minimum of once per semester. Personal tutors will guide the completion of Personal Development Plans and Skills Passport to record subject specific and transferable skills. One of the key elements of the PDP is the completion of the Skills Passport which will be supervised and guided by the personal tutor.

Module tutors Students will be supported by module tutors who will be responsible for the student's progress within an individual module. Module tutors provide academic support and guidance relevant to the module of study.

Whilst undertaking work-based learning, students will be supervised by an appointed Supervisor from within the placement location. The Supervisor will have received

specific training and will be involved in the assessment of student competencies (via the Skills Passport) and fitness to practice.

#### Student Support Services

(<http://www.worcester.ac.uk/your-home/student-services.html>)

The university offers a range of support services, these include equal opportunities centre, student services including counselling service, academic advice, accommodation office, careers, health support, finance support and the student's union.

A Student Handbook is provided to all students and is updated annually, which outlines services available in the University. In addition, students will be provided with a Course Handbook which will outline course specific information. This is updated annually.

Information Learning Services offer a range of information IT, and media support services, including a subject based librarian to assist students to locate appropriate resources. (<http://www.worc.ac.uk/ils/>)

### **18 Admissions policy, criteria and procedures**

(<http://www.worcester.ac.uk/registryservices/944.htm>)

Applications are welcomed from a variety of students who meet the minimum entry requirements.

#### **Entry Requirements**

280 UCAS Tariff points (these points must include an A2 in either PE or Human Biology) plus GCSE at A-C in Maths, English and Science.

A Criminal Records Bureau disclosure is required for this course. Successful candidates will also be required to complete a medical questionnaire.

Students may also be required to register with the Independent Safeguarding Authority.

Applicants whose first language is not English, must provide evidence of successful achievement of IELTS at 6.5 (not less than 6.0 in any section) **prior** to commencement of the course.

Selection procedures are in line with the UW Equal Opportunities Policy which aims to ensure equality of opportunity to students seeking admission to academic programmes.

Selection is made on the basis of:

- Achievement of minimum entry criteria
- Personal statements to demonstrate full understanding of the programme requirements and the profession of Sports Therapy

- References on UCAS forms
- Students will be interviewed. The interview process is to assess the applicant's suitability for entry to a professional course.

Criteria for admission will be based on:

- Academic qualification or equivalent,
- Appropriate experiential learning
- Ability to communicate effectively
- Demonstration of a good understanding of the profession of Sports Therapy
- Ability to cope with academic, physical and emotional demands of the programme
- Attitude, motivation and commitment

To fulfil the requirements of the course students will be required to participate in practice learning both in the university clinic and in relevant work based learning environments outside of the university. This will involve personal and physical contact with others. Students, therefore, must be reasonably fit and healthy to undertake this course and staff must be informed of any injuries / illnesses which may prevent practical work being undertaken.

Candidates with disabilities are encouraged to apply to the programme if they believe they are able to cope with the demands of professional Sports Therapy, including examination and assessment of sports injuries, pitch-side care and the use of a variety of specialised equipment. Candidates with disabilities will be assessed on an individual basis.

#### Advanced entry and Accreditation of Prior Learning (AP(E)L).

The university welcomes applicants for accreditation of prior learning. All applications are assessed on an individual basis using established APL/APEL processes (

### **19 Methods for evaluating and improving the quality and standards of teaching and learning**

- Annual course monitoring
- Staff meetings and opportunities to share good practice
- End of module evaluations
- Institute Student Forum
- Course Committee (normally one per semester)
- Internal moderation and assessment
- External moderation by External Examiner
- Monitoring of quality by The Society of Sport Therapists
- Post examination board moderation
- Departmental Quality Assurance and Enhancement Committee
- Learning and Teaching Committee
- Peer review of teaching
- Attendance of new staff on PG Cert in Teaching and Learning (HEA accredited)
- Attendance of all staff on staff development programmes (including professional courses as well as teaching and learning)

## 20 Regulation of assessment (UMS)

Students are assessed by a combination of course work, within module tests and examinations. The minimum pass mark is D- for each module.

Students at Level 4 may be permitted to progress to Level 5 when they have passed at least 90 credits at Level 4.

Students at Level 5 may be permitted to progress to Level 6 when they have passed at least 90 credits at Level 5.

The following awards will be available to students who meet the following requirements:

Award	Requirement
CertHE	Passed 120 credits at Level 4 or higher <b>Students will exit with a Cert HE Health Care Studies</b>
DipHE	Passed a minimum of 240 credits with at least 105 credits at Level 5 or higher <b>Students will exit with a Dip HE Health Care Studies</b>
Degree (non-honours)	Passed a minimum of 300 credits with at least 105 credits at Level 5 or higher and a minimum of 60 credits at Level 6 <b>This award will carry the title “Degree in Health Care Studies”</b>
Degree with honours	Passed a minimum of 360 credits with at least 105 credits at Level 5 or higher and a minimum of 120 credits at Level 6 including 30 credits from the Independent Study and 30 credits from the Clinical Placement module. Students must pass all SPTH designated modules.

The honours classification will be determined by whichever of the following two methods results in the higher classification:

Classification determined on the profile of the best grades from 45 credits attained at Level 5 and the best grades from 120 credits at Level 6. Level 5 and Level 6 grades count equally in the profile.

Classification determined on the profile of the best grades from 120 credits attained at Level 6 only.

Institute-level Assessment Boards review and confirm results for modules, and the Board of Examiners considers students' mark profiles to make decisions about progression, awards and degree classifications as appropriate.

For further information on honours degree classification, see Section 17 of the Undergraduate Regulatory Framework.

The University requires Institutes and/or course teams to have a formally stated policy for internal and external verification and moderation of marking which meets the requirements of the institutional Assessment Policy (<http://www.worcester.ac.uk/registryservices/658.htm>)

### **Course Specific Regulations**

Only students completing the full named diet of modules will be eligible for the named award of BSc (Hons) Sports Therapy.

Interim awards and a non-honours award will carry the title Health Care Studies.

All level 4 and level 5 “Sports Therapy” (SPTH) designated modules must be passed prior to commencing the final year Clinical Placement module at level 6 in order to be eligible for professional indemnity insurance through student membership of the professional body (SST). This insurance currently provides cover for 200 hours of supervised practice.

Clinical Placement is the module which allows students to demonstrate their competence and safety to practice. There are a number of pre-requisites at levels 4 and 5 which must be **passed prior** to commencing this module as students must be of a sufficiently competent standard to make the most beneficial use of the clinical placement time. This module has only one reassessment opportunity with the requirement to undertake additional supervised placement hours, normally within the University injury clinic.

**All** mandatory modules must be passed in order to be eligible to gain the named Honours degree and be eligible to apply for full membership of The Society of Sports Therapists.

### **Attendance requirement**

The majority of the Sports Therapy (SPTH) modules have a high practical element and therefore have a specific attendance requirement in these modules. Students are required to attend all sessions, unless specifically advised otherwise within the module outline. Where a session is missed, the student will be required to discuss with the module leader how to facilitate the required learning. Where a student misses more than two sessions, they will automatically be awarded a fail grade due to non-attendance (NA) for the module. This allows no resubmission opportunity and will require students to retake the whole module at the next running of it. All UW regulations for retaking modules will apply.

## **21 Indicators of quality and standards**

- External Examiner Reports
- Monitoring and review by Society of Sports Therapists
- Periodic Review
- FHEQ
- QAA Code of Practice for Placement Learning (2007)

- Competencies Society of Sports Therapists
- Standards of Conduct, Performance and Ethics (Society of Sports Therapists)
- The University underwent a QAA Institutional Audit in March 2011. The audit confirmed that confidence can be placed in the soundness of the institution's current and likely future management of the academic standards of its awards and the quality of the learning opportunities available to students. The audit team highlighted several aspects of good practice, including the student academic representative (StARs) initiative, the proactive approach which supports the student experience for disabled students, the comprehensiveness of the student online environment (SOLE), the wide range of opportunities afforded to students to enhance their employability, the institution's commitment to enhancement, and the inclusive approach to working with its collaborative partners.

## **22 Career Opportunities & Links with Employers**

There is an increasingly diverse range of opportunities for employment for individuals who want to work in Sports Therapy. There is a growing recognition that individuals who engage in sport at professional, amateur or fun level need appropriate and specific support to prevent injury, treat injury and plan and provide appropriate rehabilitation following injury.

Sports therapists can work in a number of different settings with a wide range of client groups these include:

- Independent practice
- Linked to different sporting clubs or societies
- As a specialised practitioner as part of a multi professional team
- As a researcher
- As a teacher of sports therapy
- Working with National Governing Bodies and representative teams

The Institute of Health & Society has an established track record of supporting students in a range of work based learning environments. Links with employers are good and are developed through a partnership approach.

The Institute of Sport and Exercise Sciences also have well established links with numerous employers, teams and clubs in the sporting arena.

**Please note:** This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each module can be found in the module study guide and course handbook. The accuracy of the information contained in this document is reviewed by the University and may be checked by the Quality Assurance Agency for Higher Education.

Further details about the course can also be found in the course handbook and the following regulations:

Academic regulations:

<http://www.worcester.ac.uk/registryservices/649.htm>

Assessment:

<http://www.worcester.ac.uk/registryservices/658.htm>

Academic appeals and complaints:

<http://www.worcester.ac.uk/registryservices/662.htm>

University Student Handbook

<http://www.worcester.ac.uk/registryservices/666.htm>

## AWARD MAP FOR A SINGLE HONOURS AWARD

**Title: Sports Therapy**

**Year: 1**

**Last Updated: July 2008**

### Single Honours Requirements at Level 4

*Students must take the All Mandatory modules*

<b>LEVEL 4</b>				
<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Status</b> (Mandatory (M) or Optional(O))	<b>Prerequisites</b>
			<b>Single Hons</b>	
SPRT1003	Foundations of Sport (physiology)	15	M	
SPTH1006	Special Populations	15		
SPTH1007	Musculoskeletal Anatomy	30	M	
SPTH 1008	Sports Injuries & Assessment	30	M	
SPTH1009	Fundamentals of Sports Therapy	30	M	

### Single Honours Requirements at Level 5

*Students must take the All Mandatory modules*

<b>LEVEL 5</b>				
<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Status</b> (Mandatory (M) or Optional(O))	<b>Prerequisites</b> (Code of Module required)
			<b>Single Hons</b>	
SPRT 2001	Research Methods	15	M	
SPRT 2004	Sports Psychology	15	M	
SPTH 2006	Sports Rehabilitation	30	M	
SPTH 2007	Further assessment & peripheral joint mobilisations	30	M	
SPRT 2022	Sport Nutrition	15	M	
SPOR 2004	Biomechanics of sport and exercise	15	M	

## Single Honours Requirements at Level 6

*Students must take the All Mandatory modules*

LEVEL 6				
Module Code	Module Title		Status (Mandatory (M) or Optional(O))	Prerequisites (Code of Module required)
		Credits	Single Hons	
SPTH 3002	Independent Studies	30	M	SPRT 2001
SPTH 3003	Clinical Placement	30	M	SPTH1008 } SPTH1009 } SPTH 2006 } ** SPTH 2007 }  <b>**must pass prerequisites</b>
SPTH 3005	Advances and Developments within Sports Therapy	15	M	
SPTH3007	Manual Therapy 2	15	M	
SPRT3006	The Sports Entrepreneur	15	M	
SPRT3005	Strength, Power & Speed	15	O	
SPRT3013	Consultancy in Applied Sport & Exercise Psychology	15	O	SPRT2004
SPRT3014	Biomechanical Analysis of Sports Techniques	15	O	SPOR2004
SPRT3024	Physical Activity & Disease Prevention	15	O	

Students at Level 6 must select 1 optional module from a restricted menu from the Institute of Sport & Exercise Sciences.

## **BSc (Hons) Sports Therapy course map by semester**

### **LEVEL 4**

<b>Semester 1</b>	<b>Semester 2</b>
SPTH1006 Special Populations (15-credit)	SPTH1008 Sports Injuries & Assessment (30-credit)
SPRT1003 Exercise Physiology (15-credit)	
SPTH1007 Musculoskeletal Anatomy (30-credit)	
SPTH1009 Fundamentals of Sports Therapy (30-credit)	

### **LEVEL 5**

<b>Semester 1</b>	<b>Semester 2</b>
SPTH2006 Sports Rehabilitation (30-credit)	
SPTH2007 Further assessment & mobilisations of peripheral joints (30-credit)	
SPRT2022 Sports Nutrition (15-credit)	SPRT2004 Sports Psychology (15-credit)
SPRT2001 Research Methods (15-credit)	SPOR2004 Biomechanics (15-credit)

### **LEVEL 6**

<b>Semester 1</b>	<b>Semester 2</b>
SPTH3002 Independent Study (30-credit)	
SPTH3003 Clinical Placement (30-credit)	
SPTH3007 Manual Therapy 2 (15-credit)	SPRT3006 Sports Entrepreneur (15-credit)
SPRT optional module * (15-credit)	SPTH3005 Advances & Developments in Sports Therapy (15-credit)

### **SPRT OPTIONS - choose one from:**

- SPRT3005 Strength, Power & Speed
- SPRT3013 Consultancy in Applied Sport & Exercise Psychology
- SPRT3014 Biomechanical Analysis of Sports Techniques
- SPRT3024 Physical Activity & Disease Prevention