

Title of Programme: BSc (Hons) Sports Sciences

Programme Code: HHSPO

BSc (Hons) Sports Therapy

Programme Specification

This programme specification is relevant to students entering:
25 September 2023

Associate Dean of School (Academic Quality Assurance):
Stefanie Schmeer

Signature:

Stefanie Schmeer

A programme specification is a collection of key information about a programme of study (or course). It identifies the aims and learning outcomes of the programme, lists the modules that make up each stage (or year) of the programme, and the teaching, learning and assessment methods used by teaching staff. It also describes the structure of the programme, its progression requirements and any programme-specific regulations. This information is therefore useful to potential students to help them choose the right programme of study, to current students on the programme, and to staff teaching and administering the programme.

Summary of amendments to the programme:

Section	Amendment

If you have any queries regarding the changes please email AQO@herts.ac.uk

Programme Specification BSc (Hons) Sports Therapy

This programme specification (PS) is designed for prospective students, enrolled students, academic staff and potential employers. It provides a concise summary of the main features of the programme and the intended learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the teaching, learning and assessment methods, learning outcomes and content for each module can be found in Definitive Module Documents (DMDs).

Section 1

Awarding Institution/Body	University of Hertfordshire
Teaching Institution	University of Hertfordshire
University/partner campuses	College Lane Campus/ de Havilland Campus
Programme accredited by	The Society of Sports Therapists
Final Qualification	BSc Hons
All Final Award titles	BSc Hons Sports Therapy
(Qualification and Subject)	BSc Hons Sports Therapy (Sandwich) BSc Hons Sports Therapy with a Year Abroad
FHEQ level of award	6

A. Programme Rationale

The BSc (Hons) Sports Therapy programme is accredited by the Society of Sports Therapists and is designed to meet the competencies for a Graduate Sports Therapist. The course provides a graduate education in the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries sustained within a sport and exercise environment, with the objective of producing autonomous clinical practitioners.

The programme is designed to provide a balance of academic theory and clinical practical skills to support an evidence-based, research informed, learning environment. Classes encourage the application of theory to practice with clinical reasoning and problem-based learning in a dynamic environment. Learning and teaching strategies are inclusive and innovative to meet a range of learning needs, and assessment methods are varied to demonstrate the wide breadth of skills achieved by each student. Practical teaching is delivered in high specification, purpose-built laboratories and the state-of-the-art clinical simulation centre, along with specialised facilities at the recently built Institute of Sport. The Institute of Sport contains a large physiology laboratory, research laboratory, biomechanics laboratory, environmental chamber, two sports therapy teaching laboratories, a sports injury clinic, as well as a classroom for more workshop and lecture-based activities.

The degree programme aligns with the University of Hertfordshire's 'Herts Learning Principles'. These principles include prioritising students learning, ensuring coherent design, offers opportunity for personalisation, harnesses technology and builds community. Examples of how the Sports Therapy degree programme harnesses these principles include; using a wide variety of learning and teaching strategies throughout the course, harnessing technology through the use of interactive quizzes, Padlet, Kahoot and a wide range of multimedia for assessments, ensuring real world authentic assessments across the programme (e.g. massage and electrotherapy practical assessments), ensuring students have a wide variety of choice within the programme, including optional modes of assessment, and allowing students a choice of assessment topics to ensure they pursue their specific interests.

The programme includes key aspects of Sport and Exercise Science such as physiology, nutrition, psychology, biomechanics and strength and conditioning. These elements enable a Graduate Sports Therapist to provide a holistic approach to every athlete in the prevention or treatment of injury. Furthermore, the content is mapped against the National Strength and Conditioning Education Recognition Scheme, giving students the opportunity to sit the certified strength and conditioning specialist qualification upon

graduation. In addition, students will be given the option to pursue United Kingdom Strength & Conditioning Association (UKSCA) accreditation upon graduation.

All students have the extraordinary opportunity to undertake a Sandwich Year placement with a professional sports team or a highly successful sports injury clinic in the UK or worldwide. Placement students have dedicated professional and university supervisors to support and enhance their experience. Alternatively, students may choose to study a year abroad at one of the University's academic partner institutions outside of the UK where they may select modules that complement their programme.

Successful completion of this course will enable graduates to apply for Membership of The Society of Sports Therapists. Employability skills are embedded throughout the programme to enhance the attributes of the Graduate Sports Therapist and promote successful employment in a range of settings including but not limited to, professional sport, private clinics, youth sport, the NHS and education.

B. Educational Aims of the Programme

Diversity and Inclusion

Our programmes are purposefully designed to enable all students to engage meaningfully with the curriculum by being accessible and representative. We will support students to shape their learning experience, removing barriers and enabling them to succeed. The curriculum explicitly includes multiple and representative perspectives, valuing collective identities and individual diversity. Learning, teaching and assessment activities help students to understand how they can enhance outcomes both for themselves and for others. All students belong to a learning community, and during their studies we really want to hear their voices, encourage them to listen to others, and express themselves.

The programme has been devised in accordance with the University's graduate attributes of programmes of study as set out in [UPR TL03](#).

Additionally this programme aims to:

- Develop students to become professional, competent, and responsible autonomous practitioners of sports therapy.
- Produce Graduate Sports Therapists who are safe and ethical practitioners for the protection of the public.
- Produce Graduate Sports Therapists who can obtain professional recognition and accreditation and who possess the academic and scientific knowledge to enhance their practical skills and clinical competencies in their role as sports therapists.
- Enhance the post-graduation prospects of students by stimulating the further development of the students' intra- and inter-personal skills and thus preparing them for a wide variety of graduate employment or further training.

Graduate Attributes

Our graduates will be capable and professional, creative and enterprising, and will build their social and global awareness throughout. In addition to their subject expertise and proficiency, as a University of Hertfordshire graduate, they will be:

- Professionally focused
- Globally minded
- Sustainability driven
- Digitally capable and confident
- Inclusive and collaborative
- Evidence based and ethical

C. Intended Learning Outcomes

The programme provides opportunities for students to develop and demonstrate knowledge and understanding, skills and other attributes in the following areas. The programme outcomes are referenced to the QAA benchmark statements for Unit 25 Hospitality, Leisure, Sport and Tourism, and the Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2014) and relate to the typical student.

Additionally, the SEEC Credit Level Descriptors for Further and Higher Education (2021) have been used as a guiding framework for curriculum design.

Knowledge and Understanding	Teaching and learning methods	Assessment strategy
<p>A1- Demonstrate knowledge and understanding of the disciplines (anatomy, physiology, psychology, nutrition or biomechanics) underpinning human structure and function at rest and during sport and exercise.</p> <p>A2- Demonstrate the skills needed to Recognise, evaluate, manage, treat and refer injuries and clinical conditions sustained during sport and exercise.</p> <p>A3- Demonstrate the skills needed to prevent and rehabilitate injuries and clinical conditions sustained during sport and exercise.</p> <p>A4- Demonstrate the ability to plan, organise and perform an independent research project in the field of sports therapy.</p>	<p>Acquisition of knowledge and understanding is through A1- is achieved through a combination of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work at Levels 4, 5 and 6.</p> <p>A2- is predominantly achieved at levels 5 and 6 and is achieved through a combination of lectures, practicals, workshops and coursework in modules across Levels 4, 5 and 6 e.g. Examination and Management of Lower Limb Sports Injuries, Examination and Management of Upper Limb Sports Injuries, Peripheral Manual Therapy.</p> <p>A3 is achieved through a combination of lectures, gym and clinic-based practicals, workshops and coursework in several modules at Levels 5 and 6 e.g. Sport and Exercise Rehabilitation, Strength and Conditioning, Examination and Management of the Vertebral Column.</p> <p>A4 is achieved for those students working towards an Honours award, by the planning, execution, and production of an independent research project. Throughout, the learner is encouraged to undertake independent study both to supplement and consolidate what is being taught/learnt and to broaden their individual knowledge and understanding of the subject.</p> <p>Throughout, the learner is encouraged to undertake independent study both to supplement and consolidate what is being taught/learnt and to broaden their individual knowledge and understanding of the subject.</p>	<p>Knowledge and understanding are assessed through a combination of unseen examinations (A1-A3) and assessed in-course assessments (A1-A4), in the form of laboratory reports (A1), practical assessments (A1-A3), literature reviews (A1-A4), design exercises such as the production of videos (A1, A3), oral/poster presentations (A1-A4), rehabilitation and training programme development (A3) and project reports (A4).</p>

Intellectual skills	Teaching and learning methods	Assessment strategy
<p>B1- Critically analyse data with appropriate statistical tests with a well-founded appreciation of the implications of the results.</p> <p>B2- Demonstrate at a level appropriate to the award, a critical approach in enquiry and a readiness to test hypotheses.</p> <p>B3- Apply knowledge in solving routine and novel problems.</p> <p>B4- Conceptualise and hypothesise, rationally and appropriately, on the basis of known data and facts.</p> <p>B5- Adopt responsibility for their own learning and continuing professional development through both academic and professional reflective practice.</p> <p>B6- Employ relevant scientific theory and the current evidence base to provide clinical reasoning to decision making as a Sports Therapist.</p> <p>B7- Perform effective literature searches using a range of databases.</p>	<p>Intellectual skills are developed through B1-B6 are developed throughout the programme in all of the methods and strategies outlined in section A.</p> <p>For example, some written assessments are based upon problem solving scenarios; others are based upon critical reflection upon professional and clinical practice; some presentations are based upon summarizing research findings, and others involve critiques of published work.</p> <p>B6 is achieved through a combination of lectures, gym and clinic based practicals, workshops and coursework in all clinical modules at Levels 4, 5 and 6 e.g. Examination and Management of Lower Limb Sports Injuries, Therapeutic Modalities, Examination and Management of Upper Limb Sports Injuries, Peripheral Manual Therapy, Examination and Management of the Vertebral Column, Advanced Management of Sports Injuries and Sports Therapy Clinical Placement.</p> <p>Intellectual skills are further developed through critical thinking exercises in lectures, practicals, workshops and tutorials.</p> <p>Throughout, the learner is encouraged to develop intellectual skills further by independent study</p>	<p>Intellectual skills are assessed through unseen examinations (B6) and a combination of assessed in-course assessments in the form of practical assessments (B6), rehabilitation and training programme development (B6), laboratory reports (B1-B4), problem solving exercises (B3, B4, B6) and project reports (B1-B5).</p> <p>B5-B6 are demonstrated in many assignments and activities.</p> <p>Further assessment includes assessment of project design (B3, B5), data analysis (B2, B4) and extraction of sound conclusions based on gathered data analysis (B1 – B5).</p>
Practical skills	Teaching and learning methods	Assessment strategy
<p>C1- Demonstrate appropriate and accurate practical skills in the recognition, evaluation, management, treatment and referral of injuries and clinical conditions sustained during sport and exercise.</p> <p>C2- Demonstrate appropriate and accurate practical skills in the prevention and rehabilitation of injuries and clinical conditions</p>	<p>Practical skills are developed through C1-C3 are developed through an extensive series of practical classes and workshops at all levels.</p> <p>C3- Is achieved in several modules e.g. Human Physiology and Nutrition, Exercise and Environmental Physiology, and Strength and Conditioning.</p> <p>C4- Is achieved in several modules e.g. Sport and Exercise Rehabilitation, Peripheral Manual Therapy.</p>	<p>Practical skills are assessed through practical sessions (C1-C2), laboratory classes (C3), workshops (C3), practical assessments in all clinical modules at Levels 4, 5 and 6 (C1-C2) and coursework assignments (C4-C5).</p>

<p>sustained during sport and exercise.</p> <p>C3- Demonstrate appropriate laboratory and field skills, including safe and ethical working practices.</p> <p>C4- Effectively use software packages for a range of scientific and general purpose functions such as word processing, data analysis, statistical analysis and oral/poster presentations.</p> <p>For students undertaking the Sandwich year:</p> <p>C5- Professionally undertake work-based experiences at an external sports therapy organisation, and communicate the beneficial aspects of the sandwich year to other students.</p>	<p>C5- Is developed by undertaking the Sandwich placement.</p> <p>Throughout, the learner is expected to consolidate their development of practical computing skills by use of computers available in the laboratories and Learning Resources Centres.</p>	
Transferable skills	Teaching and learning methods	Assessment strategy
<p>D1- Communicate effectively with others using a variety of formats.</p> <p>D2- Effectively use a range of information sources.</p> <p>D3- Organise and present intellectual argument commensurate with the level of award.</p> <p>D4- Work effectively both alone (e.g. on assignments or during the independent research project) and as part of a team (e.g. in group work, during group discussions and workshops).</p> <p>D5- Be numerate at a level appropriate to the programme.</p> <p>D6- Use information technology effectively and appropriately.</p> <p>D7- Develop the skills required for continued self-managed professional activity.</p>	<p>Transferable skills are developed through D1-D7 are developed through a series of lectures, practicals, workshops and tutorials; coursework; laboratory, gym and clinic based sessions at levels 4, 5 and 6.</p> <p>The Independent Research Projects encourages students to develop a variety of transferable skills (D1-D6). Students will develop their skills on a variety of different software packages that are used to complete the in-course assessments across levels 4, 5 and 6 (D6).</p> <p>At Levels 4, and 5 the personal tutor system is used to track and develop graduate attributes. Finally the importance of graduate attributes is a key part of the sandwich year/ sports therapy clinical placement module. Practice based learning outcome (D8) will be developed as part of the sandwich year and sports</p>	<p>Transferable skills are assessed through a range of in-course assessments, in the form of practical assessments (D1, D3), rehabilitation and training programmes/laboratory reports (D1-D6), oral/poster presentations (D1-D6), and group projects (D1, D4). The Independent Research Projects assesses a variety of transferable skills (D1-D6). The combination of assessments formatively assesses the students' ability to track the development of their own transferable skills such as problem solving, group working or self-evaluation and reflective practice. (D7). D8 is assessed as part of the coursework for Sports Therapy Clinical Placement and the placement report for those who undertake a sandwich year.</p>

D8- Develop skills relevant to a work-place environment.	therapy clinical placement module.	D9 is assessed by successful completion of the Year Abroad.
For students undertaking the Study Abroad Year:	Throughout, the learner is encouraged to develop transferable skills by maintaining a record of evidence and completing a personal development plan.	
D9 Develop the skills necessary to gain knowledge and understanding of topics in Sports and exercise therapy in a different cultural environment.		

D. Programme Structures, Features, Levels, Modules, and Credits

The programme is offered in full-time (3 years), Sandwich (4 years), Year Abroad (4 years) and part-time modes (6 years) and leads to the award of a BSc (Hons) Sports Therapy, BSc (Hons) Sports Therapy (Sandwich) or BSc (Hons) Sports Therapy with a Year Abroad.

Entry is normally at Level 4, with suitable A level or equivalent qualifications but is possible at Levels 5 or 6 with suitable qualifications (e.g. successful completion of Level 4 or 5 of a SST accredited Sports therapy degree elsewhere where the modules taken are matched to the current programme and a student can demonstrate learning outcomes have been met). Intake is normally Semester A (September).

Professional and Statutory Regulatory Bodies

To be eligible to apply for membership of The Society of Sports Therapists, an honours degree must be achieved to ensure all competencies are achieved.

Work-Based Learning, including Sandwich Programmes

A Sandwich award requires the successful completion of at least 30 weeks full-time equivalent placement activity from a maximum of two separate placements, neither of which should be normally less than 12 weeks in duration, in order for the award to be made. The placement may be completed in the United Kingdom or abroad. Students are required to document this period of work in accordance with the guidelines produced by the Department of Psychology, Sport and Geography. The student's progress is monitored by visits from the University's academic staff within the United Kingdom and by phone or video conferencing if the student is abroad

Student Exchange programme Incoming Exchange

Erasmus students are permitted to study the non-clinical modules 4LMS0185, 4LMS0152, 4LMS0187, 4LMS0190, 5LMS0107, 5LMS0110, 5LMS0113, 6LMS0167.

Study Abroad

A Year Abroad is deemed to be no less than two semesters in a UH approved host Higher Education institution where the student successfully achieves at least 90 credit points.

Students who have not achieved the minimum progression requirements at the end of Level 5 may be prevented from undertaking a Sandwich award or Year Abroad. Additionally, students on a Sandwich award or Year Abroad, who have Level 4 or 5 modules to repeat will not be allowed to re-enrol on these modules until they return to complete L6 studies. This is to avoid conflict between UH attendance requirements and the student's commitments to their employer or host institution.

We encourage students to participate in work experience. It is the responsibility of the student to negotiate with the host organisation where detailed arrangements of timing, location and content of their work experience are a course requirement. Students undertaking the Sports Therapy Clinical Placement module are required to complete a minimum of 200 hours of supervised clinical placement in a sport and/or exercise-

related clinical environment.

Programme Structure

The programme structure and progression information below (Table 1a and 1b) is provided for the Honours award. Any interim awards are identified in Table 1b. The Programme Learning Outcomes detailed above are developed and assessed through the constituent modules. Table 2 identifies where each learning outcome is assessed.

Table 1a Outline Programme Structure

Mode of study Full-time, Sandwich, Year Abroad

Entry point Semester A

Level 4

Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Compulsory Modules							
Therapeutic Modalities	4LMS0192	30	40	0	0	60	AB
Examination and Management of Lower Limb Sports Injuries	4LMS0193	15	40	0	0	60	B
Musculoskeletal Anatomy	4LMS0190	15	40	0	0	60	A
Exercise Prescription and Fitness Testing	4LMS0187	15	0	0	40	60	B
Human Physiology and Nutrition	4LMS0185	30	40	0	30	30	AB
Developing an Academic Approach	4LMS0152	15	0	0	100	0	A

Progression to level 5 requires a minimum of 90 credits.

Level 5 Sports Therapy

Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Compulsory Modules							
Examination and Management of Upper Limb Sports Injuries	5LMS0115	15	40	0	0	60	A
Peripheral Manual Therapy	5LMS0114	15	0	0	0	100	B
Sport and Exercise Rehabilitation	5LMS0116	30	0	0	25	75	AB
Sports Trauma Management	5LMS0117	15	0	0	0	100	A
Exercise and Environmental Physiology	5LMS0107	15	40	0	0	60	A
Research Design	5LMS0110	15	25	0	75	0	B
Functional Anatomy and Clinical Biomechanics	5LMS0113	15	50	0	0	50	B

Progression to level 6 requires a minimum of 210 credits with a minimum of 90 credits at level 5.

Optional Modules

Module Titles

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Year Abroad - Sport	6LMS0189	0	0	0	P/F	0	ABC
Sandwich Placement: Sport	6LMS0169	0	0	0	P/F	0	ABC

Level 6 Sports Therapy**Compulsory Modules**

Module Title

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Examination and Management of the Vertebral Column	6LMS0166	15	0	0	40	60	A
Advanced Management of Sports Injuries	6LMS0052	15	0	0	40	60	B
Sports Therapy Clinical Placement	6LMS0168	30	0	0	40	60	AB
Strength and Conditioning	6LMS0165	15	50	0	0	50	A
Special Populations	6LMS0167	15	0	0	100	0	B
Applied Independent Sports Research Project	6LMS0155	30	0	0	80	20	AB

Mode of study Part-time**Entry point** Semester A**Year 1/Level 4****Compulsory Modules**

Module Title

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Therapeutic Modalities	4LMS0192	30	40	0	0	60	AB
Exercise Prescription and Fitness Testing	4LMS0187	15	0	0	40	60	B
Developing an Academic Approach	4LMS0152	15	0	0	100	0	A

Year2/Level 4

Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Compulsory Modules							
Examination and Management of Lower Limb Sports Injuries	4LMS0193	15	40	0	0	60	B
Musculoskeletal Anatomy	4LMS0190	15	40	0	0	60	A
Human Physiology and Nutrition	4LMS0185	30	40	0	30	30	AB

Year3/Level 5

Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Compulsory Modules							
Examination and Management of Upper Limb Sports Injuries	5LMS0115	15	40	0	0	60	A
Sport and Exercise Rehabilitation	5LMS0116	30	0	0	25	75	AB
Functional Anatomy and Clinical Biomechanics	5LMS0113	15	50	0	0	50	B

Year 4/Level 5

Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Compulsory Modules							
Peripheral Manual Therapy	5LMS0114	15	0	0	0	100	B
Sports Trauma Management	5LMS0117	15	0	0	0	100	A
Exercise and Environmental Physiology	5LMS0107	15	40	0	0	60	A
Research Design	5LMS0110	15	25	0	75	0	B

Year 5/Level 6

Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Compulsory Modules							
Examination and Management of the Vertebral Column	6LMS0166	15	0	0	40	60	A
Sports Therapy Clinical Placement	6LMS0168	30	0	0	40	60	AB
Strength and Conditioning	6LMS0165	15	50	0	0	50	A

Year 6/Level 6

Compulsory Modules Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Advanced Management of Sports Injuries	6LMS0052	15	0	0	40	60	B
Special Populations	6LMS0167	15	0	0	100	0	B
Applied Independent Sports Research Project	6LMS0155	30	0	0	80	20	AB

The award of an Honours degree requires 360 credit points passed with a minimum of at least 120 at level 6 including the final year project.

Honours classification

The University has approved structure and assessment regulations common to all programmes. Full details are provided in [UPR AS14](#), Section D.

Table 1b Final and interim awards available

The programme provides the following final and interim awards:

Final Award	Award Title	Minimum requirements	Available at end of Level	Programme Learning Outcomes developed (see above)
BSc (Hons)	Sports Therapy	360 credit points including 240 at level 6/5 of which 120 must be at level 6	6	All programme learning outcomes (see Table 2) except C5 and D9.
BSc (Hons)	Sports Therapy (Sandwich)	360 credit points including 240 at level 6/5 of which 120 must be at level 6	6	All programme learning outcomes except D9. (See table 2).
BSc (Hons)	Sports Therapy with a Year Abroad	360 credit points including 240 at level 6/5 of which 120 must be at level 6	6	All programme learning outcomes except C5. (See table 2)

Interim Award	Award Title	Minimum requirements	Available at end of Level	Programme Learning Outcomes developed (see above)
University Certificate		45 credit points at level 4	4	See UPR AS11, section 13: http://sitem.herts.ac.uk/secreg/upr/AS11.htm
Certificate of Higher Education		120 credit points at level 4	4, 5	See UPR AS11, section 13: http://sitem.herts.ac.uk/secreg/upr/AS11.htm
Diploma of Higher Education	Sports Rehabilitation Studies	240 credit points including at least 120 at level 5	5, 6	A1, A2, A3, B2, B3, B4, B5, B7, C2, C3, C4, D1, D2, D3, D4, D5, D6
BSc	Sports Rehabilitation Studies	300 credit points including 180 at level 6/5 of which 60 must be at level 6	6	A1, A2, A3, B2, B3, B4, B5, B6, B7, C1, C2, C3, C4, D1, D2, D3, D4, D5, D6, D7

Programme-specific assessment regulations

The programme complies with the University's academic regulations (in particular, [UPR AS11](#), [UPR AS12/UPR AS13](#) (and [UPR AS14](#)) with the exception of those listed below, which have been approved by the University:

None

Further points of clarification and interpretation relevant to this specific programme are given below:

- A pass grade in the final year Applied Independent Research Project is required for a BSc (Hons) Sports Therapy award.
- A fail grade in the Applied Independent Research Project will not be compensated by the Programme Board.
- A fail grade in a Sports Therapy Clinical module, listed below, will not be compensated by the Programme Board.
- Full-time students will normally be required to have successfully accumulated at least 90 credit points at Level 5 (and at least 210 credit points in total) for progression to the Sandwich year or the Year Abroad.

Clinical Sports Therapy Modules

For clinical modules, attendance at all timetabled practical and workshop classes is compulsory. In order to be eligible to sit the clinical practical assessments, students must attend a minimum of 90% of all clinical or practical workshop sessions held by the time of the assessment. A student who is denied practical assessment due to inadequate attendance will accrue a fail grade for that assessment. Students will not be eligible for a referral opportunity and an assessment status of FREN would normally be awarded.

Where a student has provided valid evidence for absence, catch-up sessions would normally be provided for a maximum of 3 practical/workshop classes. A student who is absent for more than 3 classes would not normally be eligible for a catch-up opportunity and consequently denied the opportunity to sit the practical assessment.

Where a student misses more than 3 classes they would normally be awarded an assessment status of FREN.

Clinical modules have learning outcomes that are assessed primarily through the practical assessments of the module. In order to demonstrate the attainment of these learning outcomes it is necessary that each practical assessment must be passed in order to pass the module.

The following are considered clinical modules:

4LMS0192 Therapeutic Modalities,
4LMS0193 Examination and Management of Lower Limb Sports Injuries,
5LMS0115 Examination and Management of Upper Limb Sports Injuries,
5LMS0114 Peripheral Manual Therapy,
5LMS0116 Sport and Exercise Rehabilitation
5LMS0117 Sports Trauma Management
6LMS0166 Examination and Management of the Vertebral Column,
6LMS0052 Advanced Management of Sports Injuries,
6LMS0168 Sports Therapy Clinical Placement.

Certain clinical modules at each level have pre-requisites requiring the successful completion of the previous level clinical modules in order to ensure a progressive acquisition of clinical skills and knowledge. These are detailed below:

5LMS0115 Examination and Management of Upper Limb Sports Injuries has the following pre-requisites:

4LMS0192 Therapeutic Modalities
4LMS0193 Examination and Management of Lower Limb Sports Injuries

5LMS0114 Peripheral Manual Therapy has the following pre-requisites:
4LMS0192 Therapeutic Modalities
4LMS0193 Examination and Management of Lower Limb Sports Injuries

5LMS0116 Sport and Exercise Rehabilitation has the following pre-requisites:
4LMS0192 Therapeutic Modalities
4LMS0193 Examination and Management of Lower Limb Sports Injuries

6LMS0166 Examination and Management of the Vertebral Column has the following pre-requisites:
5LMS0115 Examination and Management of Upper Limb Sports Injuries
5LMS0114 Peripheral Manual Therapy

6LMS0052 Advanced Management of Sports Injuries has the following pre-requisites:
5LMS0115 Examination and Management of Upper Limb Sports Injuries
5LMS0116 Sport and Exercise Rehabilitation
5LMS0114 Peripheral Manual Therapy

6LMS0168 Sports Therapy Clinical Placement has the following pre-requisites:
5LMS0115 Examination and Management of Upper Limb Sports Injuries
5LMS0116 Sport and Exercise Rehabilitation
5LMS0114 Peripheral Manual Therapy
5LMS0117 Sports Trauma Management

Clinical modules may not be compensated by the board of examiners due to the competencies included which are required by The Society of Sports Therapists.

Practical assessments on this programme/module will be video and/or audio recorded for the purposes of assessment moderation, external examining, and any necessary review by the Module Team. Recordings will be stored securely, with access limited to the Institute of Sport Technical Team, the Module Team, the Internal Moderator and External Examiner. Recordings will be retained for the duration of the module, the meeting of the Module Board of Examiners, and until any investigation of an appeal, complaint, academic misconduct or fitness to practise case has been completed. Recordings will be destroyed in accordance with UPR IM07. If you wish to discuss the video/audio recording of assessments, please contact your Programme/Module Leader.

E. Management of Programme & Support for student learning.

Management

The programme is managed and administered through:

- The Dean of School.
- Associate Deans of School who have delegated responsibility for Academic Quality and Learning & Teaching for programmes in Life and Medical Sciences.
- The Head of Department who has designated responsibility for the Department of Psychology, Sport and Geography.
- The Subject Group Leader who has designated responsibility for the Institute of Sport Subject Group.
- A Programme Leader and three deputies who are responsible for the day-to-day management of the programme, each of the deputy tutors is responsible for a specific level of the programme but can also advise students on the programme as a whole.
- An Admissions Tutor with specific responsibility for open days and selection.
- A Placements Tutor with responsibility in supporting students in finding placements as required by the programme syllabus.
- A designated programme administration team to deal with day-to-day administration associated with the programme.

- Module Leaders who are responsible for individual modules.
- The Sport Sciences Programme Committee, the membership of which includes staff and student representatives.

Support

Students are supported by:

- An induction week or part-week at the beginning of each new academic session.
- Overseas Orientation
- A Programme Leader and Level Tutors to help students understand the course/programme structure.
- You will have a Personal Tutor who will be an important point of contact, able to help you gain a good understanding of the School and programme you are studying and to provide academic and pastoral support.
- A Project Supervisor to advise and support in respect of the level 6 project.
- A Placement Tutor.
- Module Leaders.
- A substantial Student Centre that provides advice on issues such as finance, University regulations, legal matters, accommodation, international student support, etc.
- Office of Dean of Students, Student Wellbeing (incorporating Counselling, Mental Health and Disability Support), Chaplaincy, and Day Nursery.
- A versatile online interactive intranet and learning environment.
- Guided student-centred learning on Canvas module sites.
- Access to extensive digital and print collections of information resources.
- Attractive modern study environments in 2 Learning Resources Centres.
- Student Success Hubs, which include a Mathematics Drop-in Centre.
- Medical Centre.
- University Disability Advisors.
- Careers and Employment Service.
- Hertfordshire Student's Union.
- Dedicated programme site.
- Student representatives on programme committees.
- A designated team of programme administrators.
- Access to sporting facilities, and opportunities for participation in inter – university competitive sport at national level.
- Athletic support through athletic scholarships.
- School of Life and Medical Sciences Academic Support Unit.

F. Other sources of information

In addition to this Programme Specification, the University publishes guidance to registered students on the programme and its constituent modules:

- A dedicated programme site
- A Definitive Module Document (DMD) for each constituent module;

The [Ask Herts](#) website provides information on a wide range of resources and services available at the University of Hertfordshire including academic support, accommodation, fees, funding, visas, wellbeing services and student societies.

As a condition of registration, all students of the University of Hertfordshire are required to comply with the University's rules, regulations and procedures. These are published in a series of documents called 'University Policies and Regulations' (UPRs). The University requires that all students consult these documents which are available on-line, on the UPR web site, at: <http://www.herts.ac.uk/secreg/upr/>. In particular, [UPR SA07](#) 'Regulations and Advice for Students' Particular Attention - Index' provides information on the UPRs that contain the academic regulations of particular relevance for undergraduate and taught postgraduate students.

In accordance with section 4(5) of the Higher Education and Research Act 2017 (HERA), the UK Office for Students (OfS) has registered the University of Hertfordshire in the register of English higher education providers. The Register can be viewed at: <https://www.officeforstudents.org.uk/advice-and-guidance/the-register/the-ofs-register/>.

G. Entry requirements

The normal entry requirements for the programme are:

112 - 120 UCAS points with a grade C in GCE A Level Biology or other relevant life science,

or

DMM: BTEC Sport and Exercise Science or Applied Science Extended Diploma at DMM, BTEC Sport Extended Diploma (RQF 2016) at DMM (with merits achieved in the following modules – Anatomy and Physiology and Fitness Training and Programming for Health, Sport and Well-Being), BTEC Sport Extended Diploma (QCF) at DMM (with merits achieved in the following modules – Principles of Anatomy and Physiology in Sport, The Physiology of Fitness and Fitness Testing for Sport and Exercise), Level 3 OCR CTEC (Cambridge Technical in Sport and Physical Activity), Extended Diploma at DMM (with merits achieved in the following modules – Body Systems and the Effects, Nutrition and Diet for Sport and Exercise, Sports Injuries and Rehabilitation). Additional Science BTEC's will be considered at tutor discretion.

Applicants must achieve GCSE English language, mathematics and double science at grade 4 (C) or above (or 2 single sciences).

Applicants require a satisfactory Enhanced Disclosure and Barring Service (DBS) check:

Non-disclosure of any criminal activity prior to or during studies may lead to a student being withdrawn from the programme, as outlined in the School's Disclosure and Barring Service Procedure.

All applicants must pass an interview which will be conducted by a member of the Sports Therapy teaching team. The main selection criteria are:

- Sports involvement
- Relevant experience
- Awareness of the profession
- Good interpersonal and communication skills

IB – 112-120 points with a minimum of 2 HL subject at grade 4 or above including one Science subject (with the remaining points to come from a combination of HL, SL and Core).

Access to HE in a Science based subject with 60 credits overall and 45 at Level 3 with 30 Level 3 credits at Distinction. A minimum IELTS score of 6.5 overall and a minimum of 6.0 in each band is required for those for whom English is not their first language.

For current entry tariff point requirements, please refer to the relevant page for the Course on the University website or on the online prospectus.

The programme is subject to the University's Principles, Policies and Regulations for the Admission of Students to Undergraduate and Taught Postgraduate Programmes (in [UPR SA03](#)), along with associated procedures. These will take account of University policy and guidelines for assessing accredited prior certificated learning (APCL) and accredited prior experiential learning (APEL).

If you would like this information in an alternative format, please contact: icaq@herts.ac.uk

If you wish to receive a copy of the latest External Examiner's Report for the programme, please email a request to aqo@herts.ac.uk

BSc (Hons) Sports Therapy

Table 2: Development of Intended Programme Learning Outcomes in the Constituent Modules

This map identifies where the programme learning outcomes are delivered and assessed in the constituent modules. It provides (i) an aid to academic staff in understanding how individual modules contribute to the programme aims (ii) a checklist for quality control purposes and (iii) a means to help students monitor their own learning, personal and professional development as the programme progresses.

		Programme Learning Outcomes (as identified in section 1 and the following page)																									
		Knowledge & Understanding				Intellectual Skills							Practical Skills					Transferable Skills									
Module Title		Module Code	A1	A2	A3	A4	B1	B2	B3	B4	B5	B6	B7	C1	C2	C3	C4	C5	D1	D2	D3	D4	D5	D6	D7	D8	D9
Level 4	Musculoskeletal Anatomy	4LMS0190	X						X							X	X		X	X		X		X			
	Developing an Academic Approach	4LMS0152					X	X	X	X			X			X	X		X	X	X	X	X	X	X		
	Human Physiology and Nutrition	4LMS0185	X	X			X	X	X	X		X	X	X		X	X		X	X	X	X	X	X			
	Examination and Management of Lower Limb Sports Injuries	4LMS0193	X	X	X				X	X		X	X	X	X	X	X		X	X	X	X			X		
	Therapeutic Modalities	4LMS0192	X	X	X			X	X	X	X	X	X	X	X		X		X	X	X	X		X	X		
	Exercise Prescription and Testing	4LMS0187	X		X				X	X		X					X	X		X	X	X	X	X	X	X	
Level 5	Peripheral Manual Therapy	5LMS0114	X	X	X		X		X		X	X	X	X	X	X	X		X	X	X		X	X			
	Examination and Management of Upper Limb Sports Injuries	5LMS0115	X	X	X				X	X		X	X	X	X	X	X		X	X	X	X		X			
	Sports Trauma Management	5LMS0117		X	X			X	X	X	X	X	X	X	X	X	X		X	X	X	X	X	X	X		
	Sport and Exercise Rehabilitation	5LMS0116	X		X				X			X	X		X	X	X		X	X	X	X	X	X	X		
	Exercise and Environmental Physiology	5LMS0107	X	X	X		X	X	X	X			X			X	X		X	X	X	X	X	X	X		
	Research Design	5LMS0110				X	X	X	X	X		X	X			X	X		X	X	X	X	X	X	X		
	Functional Anatomy and Clinical Biomechanics	5LMS0113	X				X		X	X						X	X		X	X	X	X	X	X	X		
	Sandwich Year: Sport	6LMS0169	X	X	X				X		X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	
Level 6	Year Abroad: Sport	6LMS0189	X	X	X				X		X	X	X	X	X	X	X		X	X	X	X	X	X	X		X
	Examination and Management of the Vertebral Column	6LMS0166	X	X	X		X		X	X	X	X	X	X	X		X		X	X	X	X		X	X		
	Advanced Management of Sports Injuries	6LMS0052	X	X	X				X	X	X	X	X	X	X	X	X		X	X	X	X		X	X		
	Sports Therapy Clinical Placement	6LMS0168		X	X			X	X	X	X	X	X	X	X	X	X		X	X	X	X		X	X		
	Special Populations	6LMS0167	X		X			X	X	X	X	X	X			X	X		X	X	X	X		X	X		
	Strength and Conditioning	6LMS0165	X		X	X			X			X	X		X	X	X		X	X	X	X		X	X		
Applied Independent Research Project	6LMS0155	X			X	X	X	X	X	X		X			X	X		X	X	X	X	X	X	X			

KEY TO PROGRAMME LEARNING OUTCOMES

Knowledge and Understanding

- A1. Demonstrate knowledge and understanding of the disciplines (anatomy, physiology, psychology, nutrition or biomechanics) underpinning human structure and function at rest and during sport and exercise.
- A2. Demonstrate the skills needed to Recognise, evaluate, manage, treat and refer injuries and clinical conditions sustained during sport and exercise.
- A3. Demonstrate the skills needed to prevent and rehabilitate injuries and clinical conditions sustained during sport and exercise.
- A4. Demonstrate the ability to plan, organise and perform an independent research project in the field of sports therapy.

Intellectual Skills

- B1. Critically analyse data with appropriate statistical tests with a well-founded appreciation of the implications of the results.
- B2. Demonstrate at a level appropriate to the award, a critical approach in enquiry and a readiness to test hypotheses.
- B3. Apply knowledge in solving routine and novel problems.
- B4. Conceptualise and hypothesise, rationally and appropriately, on the basis of known data and facts.
- B5. Adopt responsibility for their own learning and continuing professional development through both academic and professional reflective practice.
- B6. Employ relevant scientific theory and the current evidence base to provide clinical reasoning to decision making as a Sports Therapist.
- B7. Perform effective literature searches using a range of databases.

Practical Skills

- C1. Demonstrate appropriate and accurate practical skills in the recognition, evaluation, management, treatment and referral of injuries and clinical conditions sustained during sport and exercise.
- C2. Demonstrate appropriate and accurate practical skills in the prevention and rehabilitation of injuries and clinical conditions sustained during sport and exercise.
- C3. Demonstrate appropriate laboratory and field skills, including safe and ethical working practices.
- C4. Effectively use software packages for a range of scientific and general purpose functions such as word processing, data analysis, statistical analysis and oral/poster presentations.
- C5. Professionally undertake work-based experiences at an external sports therapy organisation, and communicate the beneficial aspects of the sandwich year to other students.

Transferable Skills

- D1. Communicate effectively with others using a variety of formats.
- D2. Effectively use a range of information sources.
- D3. Organise and present intellectual argument commensurate with the level of award.
- D4. Work effectively both alone (e.g. on assignments or during the independent research project) and as part of a team (e.g. in group work, during group discussions and workshops).
- D5. Be numerate at a level appropriate to the programme.
- D6. Use information technology effectively and appropriately.
- D7. Develop the skills required for continued self-managed professional activity.
- D8. Develop skills relevant to a work-place environment.
- D9. Develop the skills necessary to gain knowledge and understanding of topics in Sports and exercise therapy in a different cultural environment.

Table 3: Development of Graduate Attributes in the Constituent Modules

This map identifies where the Graduate Attributes are delivered in the constituent modules. It provides (i) an aid to academic staff in understanding how individual modules contribute to the development of the Graduate Attributes (ii) a checklist for quality control purposes and (iii) a means to help students monitor their own personal and professional development as the programme progresses.

D = Delivered

	Module Title	Module Code	Professionally Focused	Globally Minded	Sustainability Driven	Digitally capable & confident	Inclusive and collaborative	Evidenced based and Ethical
Level 4	Musculoskeletal Anatomy	4LMS0190	D	D	D	D	D	D
	Developing and Academic Approach	4LMS0152	D	D	D	D	D	D
	Human Physiology and Nutrition	4LMS0185	D	D	D	D	D	D
	Examination and Management of Lower Limb Sports Injuries	4LMS0193	D	D	D	D	D	D
	Therapeutic Modalities	4LMS0192	D	D	D	D	D	D
	Exercise Prescription and Fitness Testing	4LMS0187	D	D	D	D	D	D
Level 5	Peripheral Manual Therapy	5LMS0114	D	D	D	D	D	D
	Examination and Management of Upper Limb Sports Injuries	5LMS0115	D	D	D	D	D	D
	Sports Trauma Management	5LMS0117	D	D	D	D	D	D
	Sport and Exercise Rehabilitation	5LMS0116	D	D	D	D	D	D
	Exercise and Environmental Physiology	5LMS0107	D	D	D	D	D	D
	Research Design	5LMS0110	D	D	D	D	D	D
	Functional Anatomy and Clinical Biomechanics	5LMS0117	D	D	D	D	D	D
Level 6	Sandwich Year: Sport	6LMS0169	D	D	D	D	D	D
	Year Abroad: Sport	6LMS0189	D	D	D	D	D	D
	Examination and Management of the Vertebral Column	6LMS0166	D	D	D	D	D	D
	Advanced Management of Sports Injuries	6LMS0052	D	D	D	D	D	D
	Sports Therapy Clinical Placement	6LMS0168	D	D	D	D	D	D
	Special Populations	6LMS0167	D	D	D	D	D	D
	Strength and Conditioning	6LMS0165	D	D	D	D	D	D
	Applied Independent Sports Research Project	6LMS0155	D	D	D	D	D	D

Section 2

Programme management

Relevant QAA subject benchmarking statements	Unit 25 Hospitality, Leisure, Sport, and Tourism
Type of programme	Undergraduate
Date of validation/last periodic review	November 18
Date of production/ last revision of PS	March 2023
Relevant to level/cohort	Level 4 entering September 2023
Administrative School	School of Life and Medical Sciences
Language of Delivery	English

Table 4 Course structure

Course details			
Course Code	Course Description	HECOS	UCAS
HHSP0	BSc (Hons) Sports Therapy	100433	CB63