



LEEDS
BECKETT
UNIVERSITY

Course Specification

**BSc (Hons) Sports and
Exercise Therapy**

Programme Code: BHSET

2020/21

**Undergraduate Material Information
IMPORTANT INFORMATION FOR CONTINUING STUDENTS**

Version date: 21/07/2020

Undergraduate Material Course Information **Summary**

Revised Course Structure and Delivery Information for Academic Year 2020/21 in Response to Coronavirus Covid-19 and Associated Public Health England Guidance as at 3 July 2020

PART 1 of 2: Important General Information about Course Delivery for Leeds Beckett University Awards in 2020/21 (Information Specific to Your Course is Provided in PART 2)

Introduction

This document contains important information about Leeds Beckett University's planned approach to course delivery and assessment in 2020/21. It provides an update to the information previously available in our online prospectus. You should read this document carefully so that you are aware of any changes that affect your course.

Information is provided in two parts:

The University is informed by Public Health England (PHE) Covid-19 advice and guidance for maintaining a Covid-secure learning and working environment. We have made arrangements to continue to provide a high-quality educational experience in a way that protects the safety and wellbeing of both students and staff. We are engaging closely with Leeds Beckett Students' Union to inform the arrangements and will also be informed by feedback provided by our individual students.

Public Health England guidance continues to evolve, so the arrangements for delivery of your course and use of the campus may need to change during the academic year to continue to protect students and staff.

The taught content advertised at each level of study, or its equivalent, will be delivered across the academic year 2020/21. We have identified an appropriate mix of blended learning – a mix of face-to-face, on-campus, online and digital content and teaching and learning for each subject, reflecting what will maximise learning as well as supporting more vulnerable learners and enabling the university as a whole to minimise transmission risk.

Covid-19 social distancing measures will be implemented during 2020/21 for teaching, learning, assessment and student support.

In the event of further government lockdowns, either local or national, we will prioritise digital and online learning and support to enable students to continue with their studies.

If there is an easing of Covid-19 restrictions, we will continue to provide blended delivery for teaching block 1 or semester 1 in 2020/21. We will keep teaching blocks 2 and 3 or semester 2 under review, informed by Public Health England advice. We may revert to different proportions of on-campus learning and online learning delivery later in the academic calendar year or a later teaching block. Learning will remain accessible for students who are unable to attend on campus sessions.

How we will communicate with you

We have sent information to applicants who have accepted an offer by email on the plans for delivery of your course in 2020/21, the academic calendar (teaching block delivery or alternative) applicable for your course and on the options available to you as a prospective student, to enable you to make informed choices.

As the situation evolves, further information on local course delivery arrangements will be provided to you in emails from your School.

In addition to the course specific information set out in this document and the above communications, the University's Covid-19 microsite contains information for students and applicants, including information relating to University accommodation and University facilities and services. The Covid-19 microsite is regularly reviewed and updated as the situation, advice and planning evolve and is available at:

<https://www.leedsbeckett.ac.uk/COVID19/#tabplaceholder2>.

Key terms and conditions

Further important information for applicants and students is available on our web site: <https://www.leedsbeckett.ac.uk/information-for-applicants-and-students/> . This includes information about the student contract, fees and funding, your rights of cancellation, the student protection plan and the University complaints process. It is essential that you read the information on this webpage carefully as it sets out the rights and obligations that will form the contract between you and the University upon accepting an offer and information about how to make a complaint.

Start dates

Our academic year will begin at the normal time. Start dates will be notified to direct applicants via their offer letter or for UCAS applicants, via UCAS Track. The length of the course is confirmed in the information about your course in Part 2 of this document below.

Location of delivery

In academic year 2020/21, it is planned that your course will be delivered via a blend of online and digital learning and on-campus teaching and learning, with the necessary Covid-19 social distancing and other measures in place on campus informed by Public Health England advice and guidance.

Information on how blended teaching and learning will be delivered and the location of any on-campus delivery is provided in a subsequent section of this document entitled '**Teaching and Learning Activities**' .

Information on the delivery of placements and other off-campus learning opportunities is provided in a subsequent section of this document entitled '**Placements and Other Off-Campus Learning Opportunities**'

Course Fees

Your course fee is stated in your offer letter. The course fee published for 2020/21 on the University's Online Prospectus and included in your offer letter has not changed. Other additional costs remain as published on our original Online Prospectus information in addition to the areas of costs outlined below.

The course will be delivered via a blended approach that includes online teaching and learning, digital learning and on campus sessions. If a further lockdown is necessary then delivery will be continued and supported via online and digital learning. Students are advised that they will need a personal digital device for this purpose. The University's wide range of student support services available for students also includes a laptop loans scheme. Students may wish to bring an existing personal device or purchase or lease a laptop or similar device for their personal use which would be an additional cost. The costs of this

would vary depending on your individual requirements but can be in the region of £400-800 depending on the device.

The University is developing a means-tested Covid-19 Financial Assistance Package to support students to acquire a laptop should this be needed. Students may also apply for a living expenses fund for unexpected personal hardship as a result of the Covid-19 Crisis.

Students will need to follow the Public Health England advice and any specific national requirements for maintaining personal safety and hygiene to protect themselves and others from the Covid-19 risks. These personal safety measures such as the wearing of face coverings will be an additional cost that students need to consider.

Where PPE is an essential requirement for the nature of the course you are undertaking this will be detailed below.

Timetable Information

This course will be scheduled using a teaching block/semester-based delivery and will be specified in timetable information.

The 2020/21 academic calendar and term dates are available on our web site at:

<https://www.leedsbeckett.ac.uk/-/media/files/academic-calendars/2021-student-calendar-sept.pdf?la=en>

The academic year 2020/21 will start on the dates notified to you.

Taught sessions will normally be scheduled and included in your timetable. This will include on-campus sessions that you should attend. In 2020/21, depending on your course, this may also include scheduled online teaching and learning sessions where student engagement is required at a specified time and tutor pre-recorded lectures and scheduled discussion sessions. Module information will be made available online by the school for enrolled students.

Timetables will be made available to students during induction week via:

1. The Student Portal (MyBeckett)
2. The Leeds Beckett app

You should discuss any difficulties relating to your engagement with timetabled sessions with your Course Administrator.

Policies, Standards and Regulations (www.leedsbeckett.ac.uk/public-information)

Covid-19 social distancing measures will be in place for teaching, learning, assessment and student support in 2020/21. This means that there will be operational requirements and protocols in place for the way in which your course is delivered and the way in which University activities, facilities, and spaces operate which students and staff will need to follow.

In the event of further government lockdowns either local or national in response to Covid-19, we will prioritise digital and online learning and support to enable students to continue with their studies. We may need to implement approved emergency Covid-19 pandemic academic regulations to take account of the impact of Covid-19 general extenuating circumstances.

Placements and Other Off-Campus Learning Opportunities

Covid-19 response measures are likely to impact on the arrangements for placements, field trips, volunteering and other off-campus activities. If available, these are likely to operate with appropriate social distancing arrangements. Employers may reduce the availability of placement or volunteering opportunities due to the impact of Covid-19 on their operations.

The availability or type of placements with employers, study abroad or volunteering opportunities, may be restricted. The University follows the UK Government's Foreign and Commonwealth travel advice and is also informed by any specific in-country international travel restrictions or requirements.

The University's current position is that we will not facilitate outward (from UK) international/overseas placements, study abroad or volunteering activity in 2020/21. This is to protect students and minimise the risk of you being stranded abroad in the event of a lockdown and the introduction of national/local travel restrictions. We will only consider international placements for students whose domicile address is in the country of their placement.

Inward Exchange study (from other EU countries to the UK under this scheme) will be supported where these align with the teaching blocks academic calendar delivery dates. There may be other national or international travel restrictions or quarantine measures or specific work-place Covid-19 measures that impact on these opportunities.

Should the Covid-19 response and alert level be amended any activity may also be subject to Covid-19 employer, local or in-country requirements applicable at the time of the placement/activity. We will keep the position under review for teaching blocks 2 and 3 or

semester 2, informed by Public Health England and the UK Government's Foreign and Commonwealth travel advice.

Students will have access to advice and support from the University careers and employability team during their studies via the online resources and support.

Further information on placements or other off-campus learning opportunities applicable to your course is provided below.

Professional Accreditation or Recognition Associated with the Course

We will prioritise face-to-face teaching and practical teaching to meet any requirements of relevant professional, statutory and regulatory bodies (PSRB) if your course includes these elements. This will ensure that your course retains its full professional status.

Specific information on applicable professional statutory or regulatory body recognition or requirements for your course is summarised below.

Teaching and Learning Activities

The way we will deliver this course and teaching, learning and assessment activities in 2020/21 will be informed by Public Health England advice and guidance on Covid-19 secure requirements and the need for social distancing for the protection of students and staff.

You will experience a blended approach to learning for 2020/21; this is a mix of face-to-face, on campus online, and digital content, teaching and learning.

We are working within the government 2 metre social distancing measures for Teaching Block 1 so we are not planning to deliver large-group teaching on campus throughout 2020/2021. This will ensure that maximum space will be available for small-group teaching.

In most cases, the taught content will also be available online so you can still access it if you are not able to attend campus due to the pandemic (for example, due to self-isolation, shielding or travel restrictions). There will be digital content and recorded lectures available online to support students who may be unable to travel to campus. In some circumstances, other formal taught sessions may also be recorded.

In the event of a further government lockdown in response to Covid-19, we will prioritise digital and online learning and support to enable students to continue with their studies and study towards achieving any specified professional statutory and regulatory body accreditation requirements where this applies.

If there is an easing of Covid-19 restrictions, we will continue to provide blended delivery for teaching block 1 or semester 1 in 2020/21. We will keep teaching blocks 2 and 3 or semester 2 under review, informed by Public Health England advice (see Introduction section above).

Further information on local course delivery arrangements will continue to be available from your School.

Students will be kept up to date with new information when this is available via this University web site.

Learning Support

Our approach to delivering student support in 2020/21

Given the planned social distancing measures in place on campus for 2020/21 to ensure safe delivery of services for students and staff, some of the arrangements for student support will be accessible online.

We are committed to ensuring you continue to have opportunities to access the learning and wellbeing support that you need over the forthcoming year. General learning spaces, including access to libraries, will be available to be booked online; and where specialist space is needed, this will either be provided: as normal; created in newly adapted spaces; or replicated as part of an enhanced suite of online resources.

We want to provide a safe environment for students and staff, so on-campus delivery of student support services will be limited. This may mean that campus-based school offices will operate within defined core office hours. However, full access to advice, learning support and specialist services will be delivered via telephone, email, video calls and online live chat. The Students' Union will also be implementing social distancing arrangements for student advice services.

Access to Library support in 2020/21

The Library offers access to thousands of resources via MyBeckett or the Library website (<http://libguides.leedsbeckett.ac.uk/home>) which also provides full details of all our services.

In response to Covid-19, and the need for social distancing for the protection of students and staff, the libraries will be available via a booking system in 2020/21 for students to study, access PCs and laptops, printer/ copiers, and other equipment, and to use the books and journals.

The Library and Student IT Advice Service is available by online chat, email or phone, and provides support on using the University's online and digital services, finding information, borrowing, Office 365, MyBeckett, online meetings, saving your work, passwords, etc.

- online (including 24/7 chat): http://libguides.leedsbeckett.ac.uk/contact_us
- by phone - 0113 812 1000 (24/7 IT support)

The Library Academic Support Team can help you develop your academic skills such as critical thinking, academic writing and analysing data, and research skills such as how to

find, use and evaluate information for your studies. The team liaises with your lecturers to provide the information resources you need for your subject and to arrange academic skills sessions to support you in your studies. They also have a wide range of short tutorials available on the Library's YouTube channel:

<https://www.youtube.com/channel/UCFFd5u75zmy00EnkM9F2zPQ>

Support from your School

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators work closely with academic staff and can make referrals to teaching staff or to university specialist support services as appropriate. They can also arrange for a confirmation of attendance letter, and a transcript on your behalf. You may also like to contact your Course Representative or the Students' Union Advice team for additional support with course related questions.

Student Advice and Support

If you have any questions about life at our University in general, you may contact the Student Advice Hub to speak to one of our Student Services Advisers. This team, consisting of recent graduates, are able to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. Our Student Advice Hub will be operating via live chat, video, telephone and email services. Telephone lines - 0113 812 3000 will open as usual 09.00-17.00 Mon-Fri. You can book an appointment via telephone or online video chat with an adviser via the link at: <https://www.leedsbeckett.ac.uk/studenthub/student-experience-team/>. This is where contact details for all specialist support services can also be found. You can also email the team at studentadvicehub@leedsbeckett.ac.uk.

Range of Support Services Available

There is a range of support for disabled or vulnerable students. Any student with a disability, who may or may not have declared this to the University and wishes to discuss their learning support for the year ahead or their status as a Covid-19 extremely vulnerable person, should contact their Disability Adviser for their School who is based in Student Services to discuss their support needs in the first instance. The service contact details are disabilityadvice@leedsbeckett.ac.uk or telephone 0113 812 5831. Students who are classed at Covid-19 Extremely Vulnerable (i.e. you have received a Shielding Letter from the NHS) but who do not regard themselves as disabled, and have not registered with the Disability Team, should discuss any support arrangements they may need, directly with their Course Director and if resident in halls, their Residential Life Team.

Once enrolled, you will have access to our virtual learning environment, MyBeckett. Within this system you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The Support tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access

to online appointments/registration. The Opportunities tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.

You can also access details of all University student support teams at our web A-Z of Services. This can be found at <https://www.leedsbeckett.ac.uk/studenthub/student-support/>. Here you can obtain further information including service contact details, access self-help resources or book an appointment with a range of support services.

In order to provide you with information on student services support in 2020/21 in response to the changing Covid-19 position, updated information will be provided on our University Covid-19 microsite.

Part 2: Important Information Specific to the BSc (Hons) Sports and Exercise Therapy course for 2020/21

| | |
|---|---|
| Award | Bachelor of Science (with Honours) Sports and Exercise Therapy |
| Contained Awards | Bachelor of Science Sport and Health Studies Diploma of Higher Education Sport and Health Studies Certificate of Higher Education Sport and Health Studies |
| Awarding Body | Leeds Beckett University |
| Level of Qualification & Credits | Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (360 credits in total). |

Course Lengths & Standard Timescales

The standard start date for Leeds Beckett University induction week is reproduced below and relates to the majority of students starting a course in September 2020. A proportion of courses have alternate start dates which are displayed on the online prospectus and additionally will be notified to the students concerned via the offer letter. Non-September starters will also have their start dates confirmed in their offer letters.

- 3 years (full time, campus based)

Timetable Information

This course will be taught via teaching block delivery. Details of on campus and other scheduled sessions will be confirmed in your timetable.

Further information on learning and teaching activities and your modules is provided in a later section of this document.

Placements and Other Off-Campus Learning Opportunities

Summary

<http://www.leedsbeckett.ac.uk/studenthub/placement-information/>

Length

The Society of Sports Therapists require students to complete a minimum of 200 hours of supervised practice placement experience. They may accrue these hours upon successful completion of Level 5 studies and in line with the course timetable for such experiential learning. Students should also gain confirmation that the University and Society of Sports Therapists will insure them for their learning activities. Students are required to work only within their scope of practice. During practice placements, students are supernumerary to the work of the unit to which they are attached

Location

Placements are self-sourced by students at a variety of locations within the UK. In addition, some university sourced placements will be available within the Yorkshire region.

Policies, Standards and Regulations (www.leedsbeckett.ac.uk/public-information)

The BSc (Hons) Sports and Exercise Therapy is a professional course, and students are always expected to act in a professional manner in line with the university Fitness to Practice Policy and Procedures.

<http://www.leedsbeckett.ac.uk/public-information/>

The course team consider that the following modules on the course must be passed to ensure that the Society of Sports Therapists competencies are met by all students achieving the target award.

Level 4:

- Professional Skills for Sports and Exercise Therapy Practice 1

- Professional Skills for Sports and Exercise Therapy Practice 2

Level 5:

- Assessment of the Athlete in Sports and Exercise Therapy

- Sports Trauma Management

- Evidence Based Rehabilitation in Sports and Exercise Therapy

Course regulations will comply with University Academic Regulations with the following exceptions:

UAR

- 2.2.7.5** Student Attendance
- 2.3.4** Pre-requisite Modules
- 2.3.5** Progression Requirements and Profile of Achievement: Specifically :-
- 2.3.5.3** Attainment Requirements
- 2.3.5.4** Profile of Progression – Level 4 to Level 5
- 2.3.5.5** Profile of Progression – Level 5 to Level 6
- 2.3.6** Re-assessment for Progression – General Provisions: Specifically :-
- 2.3.6.2** Requirement to recover failure
- 2.3.13.8** Bachelor Degree with Honours
- 2.3.19** Aegrotat Awards
- 2.3.22.3** Contained Awards

2.2.7.5 Student Attendance

Attendance at all modules and practice placements is mandatory. Non-attendance for any reason must be reported to the course director, normally via the course administrator. If a students' non-attendance is sufficient to give cause for concern regarding the students' fitness to practice this will then be managed through application of the Fitness to Practice Policy and Procedures.

Placement attendance

A student must attain 200 hours of approved, supervised practice placements (as stipulated by the Society of Sports Therapists).

2.3.4 Pre-requisite Modules

The following pre-requisites apply:

Successful completion of the following level 4 modules are pre-requisites for progression to level 5, subject to the provisions for progression below.

- Professional Skills for Sports and Exercise Therapy Practice 1
- Professional Skills for Sports and Exercise Therapy Practice 2

Successful completion of the following level 5 modules are pre-requisites for progression to level 6, subject to the provisions for progression below.

- Assessment of the Athlete in Sports and Exercise Therapy
- Sports Trauma Management
- Evidence Based Rehabilitation in Sports and Exercise Therapy

2.3.5 Progression Requirements and Profile of Achievement

2.3.5.3 Attainment Requirements

A student will be required to re-submit for assessment in respect of all failed components of assessment, where his or her profile of attainment for the module shows an overall average of **less than 30%**. For modules designated as "must pass" a student will be required to re-

submit for assessment in respect of all failed components of assessment, where his or her profile of attainment for the module shows an overall average of ***less than 40%***.

2.3.5.4 Profile of Progression – Level 4 to Level 5

Where a student has attained or exceeded the following profile, they will be deemed to have passed Level 4 for the purposes of progression; to have achieved the overall learning outcomes for the level; and to have achieved the standard required to progress from Level 4 to Level 5:

- achieved a minimum of 40% or more in modules equivalent to 100 credit points at Level 4 or above;
- achieved an overall average of **30%** or more in each module studied;
- achieved an overall average of **40%** or more in each “must pass” module designated in section **2.3.4** above;
- achieved an average of 40% or more across all modules studied at this level. On achievement of this profile for progression, a student will be accredited with 120 credit points at Level 4.

2.3.5.5 Profile of Progression – Level 5 to Level 6

Where a student has attained or exceeded the following profile, they will be deemed to have passed Level 5 for the purposes of progression; to have achieved the overall learning outcomes for the level; and to have achieved the standard required to progress from Level 5 to Level 6:

- achieved a minimum of 40% or more in modules equivalent to 100 credit points at Level 4 or above;
- achieved an overall average of **30%** or more in each module studied;
- achieved an overall average of **40%** or more in each “must pass” module designated in section **2.3.4** above;
- achieved an average of 40% or more across all modules studied at this level. On achievement of this profile for progression, a student will be accredited with 120 credit points at Level 5.

Re-assessment for Progression – General Provisions

2.3.6.2 Requirement to recover failure

A student failing to achieve an average of 40% across all components of assessment of must pass modules and, an average of 30% across all components of assessment of all other modules will be required to re-submit for assessment, provided that such re-assessment falls within the limits on re-assessment set out in Section 2.3.6.4 of UAR.

2.3.13.8 Bachelor Degree with Honours

Target Award: BSc (Hons) Sports and Exercise Therapy (with eligibility to apply for membership of the Society of Sports Therapists)

The Bachelor Degree with Honours in Sports and Exercise Therapy is awarded to students who meet the requirements set out in section 2.3.13.8 of the Academic regulations. It should be noted that as the modules “Practice Placement” and “Research and Extended Protocol” are both 30 credit point modules, these modules must be passed in order to achieve the target award.

2.3.19 Aegrotat Awards

An aegrotat award does not give eligibility to apply for membership of the Society of Sports Therapists.

2.3.22.3 Contained Awards

Contained awards cannot be target awards in their own right, however, a contained award can be made as a fall back award, for example when a student has failed a level of his/her programme of study but satisfactorily completed the previous level.

The contained awards for the BSc (Hons) Sports and Exercise Therapy course are as follows:

Certificate of Higher Education, Sport and Health Studies (with no eligibility to apply for membership of the Society of Sports Therapy)

Diploma of Higher Education, Sport and Health Studies (with no eligibility to apply for membership of the Society of Sports Therapy)

BSc Degree, Sport and Health Studies (with no eligibility to apply for membership of the Society of Sports Therapy)

Eligibility for the above contained awards is as in UAR 2.3.13.3, 2.3.13.5 and 2.3.13.7 respectively.

Professional Suitability

The University has a Fitness to Practice Policy, which applies to students preparing for professional registration. These regulations and procedures apply to the conduct of a student whilst enrolled on the programme of study. Where an issue relating to the conduct of a student, or cause for concern is raised there is provision for the School to establish a conduct panel. These panels are established to hear individual cases and depending on the level of the panel will have external representation from an appropriate professional group. When appropriate a range of sanctions are available to conduct panels from the issuing of an admonition to a student to recommending the Vice-Chancellor in respect of the suspension or expulsion of a student from the University. Such information is available at: <http://www.leedsbeckett.ac.uk/public-information/student-regulations/>

Key Contacts

| | |
|----------------------------------|--|
| Your Course Director | Helen Llewellyn |
| Your Academic Advisor | An academic advisor drawn from the course team will be allocated at induction. |
| Your Course Administrator | Alice Green |

Professional Accreditation or Recognition Associated with the Course

Professional Body The course is accredited by The Society of Sports Therapists.

Accreditation/ Recognition Summary

On successful completion of the target award of BSc (Hons) Sports and Exercise Therapy (including 200 hours of practice placement) students are eligible to apply for full membership of the Society of Sports Therapists.

Course accreditation/Recognition Period: Current to 31st August 2022.

Course Overview:

Aims

The aims of the programme are to:

1. To enable students to acquire a wide range of Sports and Exercise Therapy skills and competencies appropriate to practice; including being able to assess the holistic needs of individuals, to plan, implement and evaluate interventions that are safe, efficient and effective, and to organise and manage a case load.
2. To enable students to develop a broad understanding and awareness of the health benefits of exercise, and to promote these benefits to the wider public.
3. To provide a progressive programme of study that enables students to achieve a holistic approach which embraces the disciplines that inform the practice of Sports and Exercise Therapy.
4. To provide a supportive learning environment that encourages students to adopt an evidence-based approach to Sports and Exercise Therapy.
5. To enable students to develop a critical appreciation of existing knowledge through the use of effective research strategies.
6. To foster the development of reflective and evaluative skills to enable students to become lifelong learners who will engage with Continuing Professional Development.
7. To enable students to communicate effectively with individuals who may be clients, colleagues or members of inter professional teams.
8. To foster a responsible and thoughtful approach incorporating the professional, ethical and legal issues related to their studies, future employment and professional system.

9. To create graduates suitably equipped with professional, technical, critical, analytical and problem solving skills in preparation for employment as Sports and Exercise Therapists.

Course Learning Outcomes

At the end of the course, students will be able to:

1. Demonstrate a critical understanding of the principles of Sports and Exercise Therapy practice using digital and non-digital strategies at a level of academic attainment appropriate to an honours graduate
2. Demonstrate competent practical skills in Sports and Exercise Therapy and the capabilities required to be an autonomous practitioner.
3. Demonstrate the ability to collaborate and integrate knowledge base through interdisciplinary working to promote innovative solutions in Sports and Exercise Therapy practice
4. Demonstrate the ability to comply with the professional, ethical and legal requirements of practice, and the requirements for membership of the Society of Sports Therapists and show the capacity to be a lifelong learner and to engage with Continuing Professional Development.

Teaching and Learning Activities and Your Modules

Summary

Students will be engaged in a variety of teaching approaches whilst studying the BSc (Hons) Sports and Exercise Therapy programme. Challenging and authentic tasks will be used to stretch students' capabilities in experiential learning and assessment. On campus teaching takes place in multi-purpose rooms with additional specialised facilities for technical, clinical, and interpersonal skills development. The course accesses teaching and learning resources at both City campus and Headingley campus.

At the City Campus, teaching accommodation is available in Portland and Calverley Buildings, Broadcasting Place, and the Rose Bowl. In particular, the Clinical Skills Suite has been developed for inter-professional use across the health and social care courses. Its skills rooms contain ten examination couches, stools and arm tables and can accommodate up to 20 students or can be opened to form two larger rooms. All have Smartboards or large mobile TVs with PC access. Technology enhanced learning is enhanced with the addition of LabTutor (physiological experiments) and Anatomy TV (3D anatomy tutorials with self-assessments). The Clinical Skills suite offers a vast array of equipment to be utilised to enhance learning during sessions. Some examples of this include extensive sports trauma management equipment, Game Ready and Squid.

At the Headingley Campus teaching accommodation is available in Fairfax, James Graham, Carnegie Teaching and Research Building, and the Carnegie Sports Centre. The teaching and learning experiences to assess physical activity and sporting performance are enhanced with specialised facilities linked to state of the art biomechanics testing areas and laboratories, physiology research laboratories, a variety of well-equipped sports halls including strength and conditioning areas, tennis courts, running tracks and a pool.

Teaching activities include: staff-led lectures and workshops, student led seminars and workshops, practical work, study packs, tutorials, clinically based teaching; case studies, problem solving exercises; reflective learning techniques, computer-assisted learning, simulated practice and inter-personal group skills. All enrich the versatility of the delivery.

Problem solving exercises and case studies enable students to integrate their knowledge and increase their interest in the subject matter. Oral communication and the ability to work effectively in groups are developed by assignments such as group presentations and seminars. Interpersonal skills and interviewing techniques are developed in workshops.

Throughout the course students undertake supervised placement opportunities in the university massage/injury clinic at levels 4-6, and external opportunities at level 6 that encompass the range of competencies of the sports and exercise therapist. During the practice placements students will be required to develop portfolios and reflective learning logs of work experience.

Remote learning will take place using a variety of online platforms. Academic support and skills required for remote learning will be delivered at induction and within each module. It is expected that students engage with all online learning and independent study required for each module.

Your Modules

| Level 5 | Core (Y/N) |
|--|------------|
| Teaching Block 1 | |
| Professional Skills for Sports and Exercise Therapy Practice 2 (L4 deferred module week 2) | Y |
| Spinal Anatomy for Sports Therapists (L4 deferred module week 5) | Y |
| Research Methods for Sports and Exercise Therapy (weeks 1-4, 6, & 7) | Y |
| Exercise for Referred Populations (weeks 1-10) | Y |
| Sports Trauma Management (weeks 9 -10) | Y |
| Teaching Block 2 | |
| Assessment of the Athlete in Sports & Exercise Therapy | Y |
| Physiology of Sport and Exercise Science for Sport & Exercise Therapists 2 | Y |
| Sports Trauma Management (weeks 1-3) | Y |
| Teaching Block 3 | |
| Biomechanical Analysis of Sport Performance and Injury | Y |
| Evidence Based Rehabilitation in Sports and Exercise Therapy | Y |

Level 6 Core Modules (2021/22 for FT students)

Professional Practice & Development for Sports & Exercise Therapy

Research & Extended Protocol (Dissertation)

Practice Placement

Indicative Level 6 Option Modules (delivery years as per Level 6 core modules above)

The following option modules are indicative of a typical year. There may be some variance in the availability of option modules.

Applied Physiology of Sports Performance

Biomechanics of Health and Sports Injury

Cardiac Rehabilitation

Current Concepts in Sports & Exercise Therapy

Obesity Management

Orthopaedic Rehabilitation Principles

Psychology of Sports Injury

Contemporary Health Issues & Physical Activity Rehabilitation

| Level 6 | Core (Y/N) |
|--|-------------------|
| Teaching Block 1 | |
| Practice Placement (weeks 6, 8, & 10) | Y |
| Research and Extended Protocol (weeks 1-5) | Y |
| Professional Practice and Development for Sports and Exercise Therapy (weeks 1- 8) | Y |
| Psychology of Sports Injury | Y |
| Cardiac Rehabilitation | Y |
| Biomechanics of Strength and Injury | Y |
| Teaching Block 2 | |
| Orthopaedic Rehabilitation Principles | N |
| Applied Physiology of Sports Performance | Y |
| Practice Placement | Y |
| Teaching Block 3 | |
| Practice Placement | Y |
| Current Concepts in Sports and Exercise Therapy | N |
| Contemporary Health Issues & Physical Activity Rehabilitation | N |
| Obesity Management | N |

Assessment Balance and Scheduled Learning and Teaching Activities by Level

Each module will consist of 20 credits, except for Practice Placement (30 credits) and Research and Extended Protocol (30 credits). We plan to deliver large group lectures and smaller group seminar/practical/tutorial sessions online, with some practical teaching on campus where possible with appropriate social distancing measures in place. The learning hours and planned online/on campus activities for each module are shown in the table below.

| Level 5 | Scheduled Learning Hours | Online | On Campus (where permitted) |
|-----------------------------------|--------------------------|--------|-----------------------------|
| Teaching Block 1 | | | |
| Research Methods | 36hrs | 36hrs | |
| Exercise for Referred Populations | 44hrs | 44hrs | |
| Sports Trauma Management | 30hrs | 4hrs | |
| Teaching Block 2 | | | |
| Sports Trauma Management | 30hrs | 5hrs | 21hrs |
| Assess the Athlete | 48hrs | 28hrs | 20hrs |
| Physiology | 42hrs | TBC | TBC |
| Teaching Block 3 | | | |
| Evidence Based Rehabilitation | 48hrs | 28hrs | 20hrs |
| Biomechanics | 42hrs | TBC | TBC |

| Level 6 | Scheduled Learning Hours | Online | On Campus (where permitted) |
|-----------------------------------|--------------------------|--|-----------------------------|
| Teaching Block 1 | | | |
| PPD | 36hrs | 36hrs | |
| Research & Extended Protocol | 16hrs | 6hrs + 10hrs of supervision over three blocks. | |
| Practice Placement | 20hrs | 6hrs | |
| Psychology (Elective) | 48hrs | TBC | |
| Cardiac Rehabilitation (Elective) | 48hrs | TBC | |
| Biomechanics (Elective) | 48hrs | TBC | |
| Teaching Block 2 | | | |
| Practice Placement | 20hrs | 6hrs | |
| Physiology (Elective) | 48hrs | TBC | TBC |

| | | | |
|---------------------------------------|-------|------|-----|
| Orthopaedic Rehabilitation (Elective) | 24hrs | TBC | TBC |
| Teaching Block 3 | | | |
| Practice Placement | 20hrs | 8hrs | |
| Obesity Management (Elective) | 48hrs | TBC | TBC |
| Contemporary Issues (Elective) | 48hrs | TBC | TBC |

The assessment balance and overall workload associated with this course are calculated from core modules and a sample of option module choices undertaken by a typical student. They have been reviewed and confirmed as representative by the Course Director.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, placement activities and independent study. Sandwich placement years spent out of the University are not be included in the calculation unless they are credit bearing and attributed to a level of the course. Modules may have more than 1 component of assessment.

Level 4 is assessed by practical work predominantly with some examinations and coursework.

Level 5 is assessed by examinations predominantly with some coursework and practical assessments.

Level 6 is assessed by coursework predominantly with some examinations and practical assessments.

| | Level 4 | Level 5 | Level 6 |
|-----------------------------------|-----------|-----------|-----------|
| Overall Workload | | | |
| Teaching, Learning and Assessment | 258 hours | 316 hours | 132 hours |
| Independent Study | 942 hours | 884 hours | 688 hours |
| Placement | | | 200 hours |

Learning Support Arrangements

Course level support will be available online throughout the academic year. You will be allocated an academic advisor at induction who can support you in academic matters while you are studying on this course. In addition, the Course Director will hold monthly drop-in sessions to support students with course related matters. Contact details of academic support will be signposted via the course pages on My Beckett.

Where applicable practical sessions will be taught using PPE in accordance with Public Health England and UK Government guidance.