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# Course Specification

## MSc Sports and Exercise Therapy

Course Code: MSSET

2022/23

[leedsbeckett.ac.uk](https://leedsbeckett.ac.uk)

# MSc Sports and Exercise Therapy (MSSET)

## Applicant Facing Course Specification for 2022/23 Postgraduate Entrants

Confirmed at JAN/2022

### General Information

<b>Award</b>	Master of Science Sports and Exercise Therapy  <i>[The minimum requirements for a Masters degree in Sports &amp; Exercise Therapy is successful completion of 180 credit points at M level. Following the successful completion of 200 hours of practice in a Sports and Exercise Therapy context, the student is then eligible to apply for membership of the Society of Sports Therapy].</i>
<b>Contained Awards</b>	Post Graduate Diploma Sports Therapy  <i>[Minimum requirements for this award are that the student successfully completes a minimum of six modules (120 M level credit points), excluding the Research in Practice (Dissertation). Following the successful completion of 200 hours of practice in a Sports and Exercise Therapy context, the student is then eligible to apply for membership of the Society of Sports Therapy].</i>  Post Graduate Certificate Sports and Rehabilitation Studies  <i>[Minimum requirements for this award are that the student successfully completes a minimum of three modules (60 M level credit points) the student is not eligible to apply for membership of the Society of Sports Therapy].</i>
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 180 credit points at Level 7 of the Higher Education Credit Framework for England.
<b>Course Lengths and Standard Timescales</b>	Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is confirmed below:  Full-time: 1 year  Part-time 2 years

## **Part Time Study**

PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that defined within this information set but the modules offered within each level are consistent. For this course, two options are available. Any student wishing to access a loan must follow Route 2 and complete the course within 2 years. Students who wish to study over a longer period, e.g. to fit around existing work commitments, can opt for Route 1.

## **Location(s) of Delivery**

City Campus and Headingley Campus, Leeds

## **Entry Requirements**

Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: [www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning](http://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning).

Admissions enquiries may be directed to: [AdmissionsEnquiries@leedsbeckett.ac.uk](mailto:AdmissionsEnquiries@leedsbeckett.ac.uk).

## **Course Fees**

Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to [Fees@leedsbeckett.ac.uk](mailto:Fees@leedsbeckett.ac.uk).

## **Timetable Information**

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

- i) The Student Portal (MyBeckett)
- ii) The Leeds Beckett app

Any difficulties relating to timetabled sessions may be discussed with your Course Administrator.

## **Policies, Standards and Regulations ([www.leedsbeckett.ac.uk/academicregulations](http://www.leedsbeckett.ac.uk/academicregulations))**

It is requested that Placements within Sports and Exercise Therapy Contexts be delivered over two semesters to facilitate student learning in our student clinic and external placement settings to ensure that the PRSB requirements of 200 hours of placement is achieved.

## Modules – ‘Must Pass’:

Where a student had not on admission to the course demonstrated through prior qualifications the competence requirements for the membership of the Society of Sports Therapists, they must pass all the modules with a skills/practice base to them that form a part of their diet of modules.

These skills/practice based modules are:

- Anatomical Assessment and Examination
- Skills & Practice for Sports and Exercise Therapy
- Placements within Sports and Exercise Therapy Contexts
- Sports Trauma Management

The above practical based modules (and components within module) must be passed at the threshold mark. This is a requirement of the Society of Sports Therapists to ensure that graduates fulfil the competencies of the Society in order to be eligible to apply for membership

For the Masters award the module: Research in Practice (Dissertation) must also be passed.

To make the awards with Merit or Distinction – the criteria will be defined in line with University Academic Principals and Regulations

This is a professional course and students are expected to act in a professional manner at all times in line with the university Policy, Regulations and Procedures relating to professional suitability or professional misconduct. Attendance at all modules: inclusive of lectures, practical sessions, tutorial classes and practice placements is mandatory. Non-attendance for any reason must be reported to the course leader, normally via the course administrator. If a student’s non-attendance is sufficient to give cause for concern regarding the student’s professional suitability this will then be managed through application of the Policy, Regulations and Procedures relating to the Fitness to Practice Policy. Such information is available at <http://www.leedsbeckett.ac.uk/public-information/student-regulations/>

## Professional Suitability

The University has a Fitness to Practice Policy and Procedure 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. <http://www.leedsbeckett.ac.uk/public-information/student-regulations/>

## Key Contacts

<b>Your Course Director</b>	Dr Gareth Jones
<b>Your Academic Advisor</b>	To be advised
<b>Your Course Administrator</b>	Maxine Allinson ( <a href="mailto:M.L.Allinson@leedsbeckett.ac.uk">M.L.Allinson@leedsbeckett.ac.uk</a> )

## Placement Information

### Summary

The placement component of the course is viewed as a vital stage in the educational process. It is in the practice situation that the student learns to practise both the art and science of the profession, applying the theory they have learnt in University into practice with service users and clients.

### Length

The Society of Sports Therapists require students to complete 200 hours of placement experience. They may accrue these hours 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 placements students are supernumerary to the work of the unit to which they are attached.

### Location

Practice placement opportunities can be undertaken in a variety of Sports and Exercise Therapy environments. These must be undertaken under the supervision of a qualified (appropriate governing body registration and professional indemnity insurance required) Sports Therapist, Sports Rehabilitator, Physiotherapist, Massage Therapist, Osteopath or Strength and Conditioning Coach. Additional hours of placement can be accrued in the Student Massage and Sports Injury Clinics based at Headingley Campus.

## Professional Accreditation or Recognition Associated with the Course

**Professional Body:** The Society of Sports Therapists

### Accreditation/Recognition Summary:

Following successful completion of the MSc Sports and Exercise Therapy course graduates are eligible to apply for full membership of the Society.

Further details can be found here: <https://society-of-sports-therapists.org/public-information/what-is-sports-therapy/>

## Course Overview

### Aims

The MSc in Sports & Exercise Therapy will provide a progression opportunity for suitably qualified graduates to undertake a programme of study leading to both a Masters award and eligibility to apply for membership of the Society of Sports Therapists. This course is aimed at a range of graduates from a sports, health, physiotherapy or sports science background who may benefit from being able to further develop their knowledge and skills in this professional area. Students on this course will enhance their employability and promote their career opportunities in the area of sports and exercise therapy and rehabilitation. Our

educational strategy outlines a learning pathway that is underpinned by research to engage students both academically and professionally.

With the national drive to improve health there are increasing numbers of people participating in sports and this has resulted in increased demand for skilled and trained therapists to meet the needs of people with sports injuries.

Graduate sports therapists are specifically prepared to meet the health demands of a varied sporting population. The Society of Sports Therapists (SST) currently approves courses in Sports Therapy at HE institutions in the UK.

**The aims of the course are:**

1. To develop the students as competent, autonomous learners and reflective practitioners;
2. To provide a learning environment that promotes enquiry and the adoption of an evidenced based approach to Sports and Exercise Therapy practice;
3. To enable students to develop, apply and critically evaluate skills in the management of sports injuries and conditions; including being able to assess accurately the holistic needs of individuals from diverse backgrounds, to plan, implement and evaluate interventions that are safe, efficient and effective, and to organise and manage a case load;
4. To enable students to develop an understanding and critical awareness of the health benefits of exercise, and to promote these benefits to the wider public;
5. To foster a culture of continuing professional development and commitment to life-long learning;
6. To enable students to develop a critical appreciation of existing knowledge through the use of effective research strategies and to initiate, conduct and disseminate research findings that further develop the professional knowledge base of sports and exercise therapy.

**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 and how they are applied to practice at a level of academic attainment appropriate to a Masters degree graduate;
2. Apply, critically reflect on and evaluate skills in the management of sports injuries and conditions;
3. Critically discuss and synthesise the main principles, theories and concepts of the contributory disciplines studied to generate innovative solutions in Sports and Exercise Therapy practice;
4. Critically evaluate research related to Sports and Exercise Therapy for its contribution to increasing the knowledge base;
5. Demonstrate creativity in contributing to the knowledge base by the formulation of research questions and the selection, development and implementation of appropriate research strategies;
6. Demonstrate critical reflective practice and the capacity to be a lifelong learner and to engage with Continuing Professional Development;
7. Demonstrate critical awareness of, and ability to comply with, the professional, ethical and legal requirements for practice as a sports and exercise therapist working with diverse populations.

## **Teaching and Learning Activities**

### **Summary**

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 City campus, Headingley campus and Carnegie Stadium.

At 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 up to form two larger rooms. All have Smartboards or large mobile TVs with PC access. A 4-bedded ward area can be achieved by using one of the generic clinical skills rooms if required for specific teaching sessions. 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 and the Carnegie Sports Centre. The physiology, biochemistry and biomechanics laboratories are based at the Headingley campus to enable students to assess physical activity and sporting performance in high calibre facilities. There are a variety of teaching rooms within Carnegie Stadium and the Carnegie Pavilion, overlooking world-class sporting venues.

### **Learning Activities**

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. During placements students will be required to develop portfolios and reflections of work experience.

### **Your Modules**

This information is correct for students progressing through the programme within standard timescales. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable.

**Pathway 1: Full time course for those with a Sports Science/ cognate degree background (All modules to be Core modules)**

Semester 1	Semester 2
Anatomical Assessment and Examination (30 credits) (Core)(City)	Sports Injury Management and Rehabilitation (20 credits) (Core)(City)
Skills and Practice for Sports and Exercise Therapy (20 credits) (Core)(City)	Clinical Decision Making in Sport (20 credits) (Core)(City)
Sports Trauma Management (10 credits) (Core) (City)	
Research in Practice (Dissertation) (60 credits) (Core) (City)	
Placements within Sports and Exercise Therapy Contexts (20 credits) (Core) (City)	

**Pathway 2: Full time course for those with a Physiotherapy/ Sports Therapy degree background (modules to be core or optional)**

Semester 1	Semester 2
Anatomical Assessment and Examination (30 credits) (Core) (City)	Sports Injury Management and Rehabilitation (20 credits) (Core) (City)  (Shared with MSc Sport and Exercise Medicine)
Skills and Practice for Sports and Exercise Therapy (20 credits) (Core) (City)	Clinical Exercise Testing  (20 credits) (Option) (Headingley)
Sports Trauma Management (10 credits) (Core) (City)	
Neuromuscular Biomechanics (20 credits) (Option) (Headingley)	Clinical Decision Making in Sport (20 credits) (Option)(City)
Evidence-Based Practice in Sports Physiology (20 credits) (Option) (Headingley)	
Research in Practice (Dissertation) (60 credits) (Core) (City)	
Placements within Sports and Exercise Therapy Contexts (20 credits) (Optional) (City)	

140 credits are completed from core modules

40 credits to be completed through option modules

NOTE: Physiotherapy background must take a Sports Science option module and the Placement module to become eligible to join the Society of Sports Therapists.

**Pathway 3: Part time course for those with a Sports Science/Cognate degree background (All modules to be core modules)**

Year 1		Year 2	
Semester 1	Semester 2	Semester 1	Semester 2
Anatomical Assessment and Examination (30 credits) (Core) (City)	Sports Injury Management and Rehabilitation (20 credits) (Core) (City)	Skills and Practice for Sports and Exercise Therapy (20 credits) (Core) (City)	Clinical Decision Making in Sport (20 credits) (Core) (City)
		Sports Trauma Management(10 credits) (Core) (City)	
		Dissertation (60 credits) (Core) (City)	
		Placement (20 credits) (Core) (City)	

**Pathway 4: Part time course for those with a Physiotherapy/Sports Therapy degree background (Modules to be core or optional)**

Year 1		Year 2	
Semester 1	Semester 2	Semester 1	Semester 2
Anatomical Assessment and Examination (30 credits) (Core) (City)	Sports Injury Management and Rehabilitation (20 credits) (Core) (City)	Skills and Practice for Sports and Exercise Therapy (20 credits) (Core) (City)	Clinical Decision Making in Sport (20 credits) (Option) (City)
	Clinical Decision Making in Sport (20 credits) (Option) (City)	Sports Trauma Management (10 credits) (Core) (City)	Clinical Exercise Testing (20 credits) (Option) (Headingley)

	Clinical Exercise Testing (20 credits) (Option) (Headingley)	Neuromuscular Biomechanics (20 credits) (Option) (Headingley)	
Evidence-Based Practice in Sports Physiology (20 credits) (Option) (Headingley)		Evidence-Based Practice in Sports Physiology (20 credits) (Option) (Headingley)	
Neuromuscular Biomechanics (20 credits) (Option) (Headingley)		Research in Practice (Dissertation) (60 credits) (Core) (City)	
Placements within Sports and Exercise Therapy Contexts (20 credits) (Optional) (City)			

140 credits are completed from core modules

40 credits to be completed through option modules

NOTE: Physiotherapy background must take a Sports Science option module and the Placement module to become eligible to join the Society of Sports Therapists.

### **Assessment Balance and Scheduled Learning and Teaching Activities**

The assessment balance and overall workload associated with this course are calculated from core modules and typical option module choices undertaken by students on the course. They have been reviewed and confirmed as representative by the Course Director but applicants should note that the specific option choices students make may influence both assessment and workload balance.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, any embedded placement activities and independent study. Modules may have more than one component of assessment.

### **Assessment**

On this course students will be assessed through a broadly even mix of written assessments, oral presentations, written examinations and practical examination. There is a major independent study module which will require the production of a dissertation of 12 thousand words.

## Workload

The number of hours of workload generally equates to 1800 for Masters programmes, 1200 for PG Diplomas and 600 for PG Certificates, corresponding to the national standard of 10 notional hours of learning for each UK HE credit point.

Overall Workload	
Teaching, Learning and Assessment	290 hours
Independent Study	1360 hours
Placement	200 hours

## Learning Support

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 specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

## Student Services

If you have any questions about life at University, call into our Student Services Centre at either campus or contact Student Advice directly. This team, consisting of trained officers and advisers are available 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. They also work on a wide range of projects throughout the year all designed to enhance your student experience and ensure you make the most of your time with us. Student Advice are located in the Student Services Centre in the Leslie Silver Building at City Campus and on the ground floor of the Priestley Building at Headingley Campus. The team can also be contacted via email at [studentadvice@leedsbeckett.ac.uk](mailto:studentadvice@leedsbeckett.ac.uk), telephone on 0113 812 3000, or by accessing our online chat link, available on the student homepage.

## Support and opportunities

Within MyBeckett 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.