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UNIVERSITY

# Course

# Specification

## BSc (Hons) Sports

## and Exercise Therapy

Course Code: BHSET

2024/25

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

# BSc (Hons) Sports and Exercise Therapy (BHSET)

## Applicant Course Specification for 2024/25 Undergraduate Entrants

Confirmed at November 2023

### General Information

<b>Award</b>	Bachelor of Science with Honours Sports and Exercise Therapy
<b>Contained Awards</b>	Bachelor of Science Sport and Health Studies (Level 6) Diploma of Higher Education Sport and Health Studies (Level 5) Certificate of Higher Education Sport and Health Studies (Level 4)
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	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).
<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 are: <ul style="list-style-type: none"><li>• 3 years, full time, campus based</li></ul>
<b>Locations of Delivery</b>	Teaching will be at City Campus and Headingley Campus, plus placement location
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/">https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/</a>  Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a> .
<b>Course Fees</b>	Course fees and any additional course costs are confirmed in your offer letter. Fees' enquiries may be directed to <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a> .

### Timetable Information

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

- The Student Portal (MyBeckett);
- The Leeds Beckett app.

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

## Policies, Standards and Regulations

<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>

The course follows the Regulations except where noted below.

### Fitness to Practise

The BSc (Hons) Sports and Exercise Therapy is a professional course, and students are expected to act in a professional manner in line with the University Fitness to Practise Policy and Procedure: [link](#)

Applicants are required to undertake enhanced DBS clearance checks. Compliance with enhanced DBS checks is mandatory and essential for university clinic and placement attendance.

### 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 student's non-attendance is sufficient to give cause for concern regarding the student's fitness to practise this will then be managed through application of the Academic Engagement and Fitness to Practise Policies and Procedures.

### Placement attendance

A student must attain 200 hours of approved, supervised practice placements (as stipulated by The Society of Sports Therapists) to achieve the target degree award of BSc (Hons) Sports and Exercise Therapy.

Students must comply with University clinic and placement provider dress codes. This may stipulate facial and dermal piercings be removed or covered up for infection control purposes.

### Modules that must be passed

The Society of Sports Therapists Standards of Education and Training state that *"the competencies of a graduate sports therapist are met within a programme"*. Therefore, 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

- Assessment and Pathology in Sports and Exercise Therapy;
- Massage for Sports and Exercise Therapy;
- Therapeutic Interventions 1 for Sports and Exercise Therapy.

#### Level 5

- Sports Trauma Management for Sports and Exercise Therapy;
- Therapeutic Interventions 2 for Sports and Exercise Therapy;
- Rehabilitation and Exercise Prescription for Sports and Exercise Therapy.

#### Level 6

- Professional Practice and Placement (placement hours component).

### Pre-requisite modules

The following pre-requisites apply:

Successful completion with practical assessment components passed at a minimum of 40%, of the following level 4 modules are pre-requisites for progression to level 5, subject to the provisions for progression below.

- Assessment and Pathology in Sports and Exercise Therapy
- Massage for Sports and Exercise Therapy
- Therapeutic Interventions 1 for Sports and Exercise Therapy

Successful completion, with practical assessment components passed at a minimum of 40%, of the following level 5 modules are pre-requisites for progression to level 6, subject to the provisions for progression below.

- Sports Trauma Management for Sports and Exercise Therapy
- Therapeutic Interventions 2 for Sports and Exercise Therapy
- Rehabilitation and Exercise Prescription for Sports and Exercise Therapy

## **Progression Requirements and Profile of Achievement**

### **Attainment Requirements**

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 their profile of attainment for the module shows an overall average of ***less than 40%***. The Society of Sports Therapists’ stipulation is for all practical assessments to be passed with a minimum of 40%.

### **Profile of Progression – Level 4 to Level 5**

Where a student has met or exceeded the following profile, and by doing so demonstrated achievement of the level learning outcomes, they will have achieved the standard required to progress from Level 4 to Level 5:

- Studied 120 credit points on an approved path of study at Level 4 (including any Recognition of Prior Learning);
- Submitted in all specified components of assessment;
- Achieved a minimum of 40% or more in modules equivalent to 100 credit points at Level 4 or above; .
- Achieved an overall average of 40% or more in each “*must pass*” module as designated above;
- Achieved an average of 40% or more across all modules studied at this level.
- The Society of Sports Therapists’ stipulation is for all practical assessments to be passed with a minimum of 40%.

### **Profile of Progression – Level 5 to Level 6**

Where a student has met or exceeded the following profile, and by doing so demonstrated achievement of the level learning outcomes, they will have achieved the standard required to progress from Level 5 to Level 6:

- Studied 120 credit points on an approved path of study at Level 5 (including any Recognition of Prior Learning);

- Submitted in all specified components of assessment;
- Achieved a minimum of 40% or more in modules equivalent to 100 credit points at Level 5 or above;
- Achieved an overall average of 40% or more in each “*must pass*” module as designated above;
- Achieved an average of 40% or more across all modules studied at this level.
- The Society of Sports Therapists’ stipulation is for all practical assessments to be passed with a minimum of 40%.

**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 BSc (Hons) Sports and Exercise Therapy is awarded for the attainment of a minimum of 120 credit points at Level 4, 120 credit points at Level 5, and 120 credit points at Level 6. The University awards these credit points where a student has:

- Achieved the requirements for level progression from level 4 to Level 5, and from Level 5 to Level 6, or has been directly admitted to Level 6;
- Pursued a course of study of 120 credit points at Level 6 or above (including and recognition of prior learning);
- Submitted in all specified components of assessment;
- Achieved the overall learning outcomes for the award;
- Achieved an average of 40% or more in modules equivalent to 100 credit points at Level 6 or above;
- Achieved an overall average of 40% or more across all modules studied at this level.

In addition, for the award of BSc (Hons) Sports and Exercise Therapy (with eligibility to apply for membership of the Society of Sports Therapists), as student must have successfully completed 200 hours of supervised practice placement.

**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 their programme of study but satisfactorily completed the previous level. The contained awards for the BSc (Hons) Sports and Exercise Therapy course are as follows and these do not provide eligibility to apply for membership of the Society of Sports Therapists:

- BSc Sport and Health Studies
- Diploma of Higher Education Sport and Health Studies
- Certificate of Higher Education, Sport and Health Studies

**Aegrotat Awards**

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

## Key Contacts

<b>Your Course Director</b>	Helen Llewellyn
<b>Your Academic Advisor</b>	Confirmed at induction
<b>Your Course Administrator</b>	Alice Green <a href="mailto:A.L.Green@leedsbeckett.ac.uk">A.L.Green@leedsbeckett.ac.uk</a>

## Placement Information

### Summary

<https://www.leedsbeckett.ac.uk/student-information/careers-and-opportunities/placements/>

### 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.

## Professional Accreditation or Recognition Associated with the Course

### Professional Body

The Society of Sports Therapists

### Accreditation/ Recognition Summary

<https://society-of-sports-therapists.org/>

<https://society-of-sports-therapists.org/membership/student-membership/>

Upon 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.

Upon enrolment students must become student members of the Society of Sports Therapists. The membership fee, currently £170 (2023/24) is paid upon enrolment to the course in the first year and covers the duration of the degree programme. The membership fee includes student insurance for authorised external practice placements in level 6.

## Course Overview

The BSc (Hons) Sports and Exercise Therapy programme embodies the core competencies, skills, and knowledge consistent with the sports and exercise therapy profession. The course enables students from all backgrounds to develop their knowledge, skills, and practice within the field of Sports and Exercise Therapy in a student centred, inclusive, and diverse curriculum. Providing a multi and interdisciplinary learning experience so that students fulfil their own potential and reflect the diversity of the profession.

The course is professionally accredited and designed to have a strong course identity which builds upon the Standards of Education and Training set out by the Society of Sports Therapists and reflects Leeds Beckett's priorities of graduate attributes of a global outlook, enterprise, and employability. Our programme design embraces this learning pathway at each level of study. At Level 4 students will develop the fundamental skills required to meet the challenges of higher education, providing a solid foundation of theoretical and practical skills to build upon and consolidate learning. Level 5 encourages students to adopt an inquiry-based critical approach to learning and develop independent thought and reflection. At Level 6 students will augment independent thinking in terms of academic and research development within their profession, with the opportunity to elect study options to enhance employability pathways. It is our aspiration to produce knowledgeable, experienced, innovative, and employable graduates equipped with the skills and competencies required for practice as a professionally registered Sports and Exercise Therapist.

### Aims

The aims of the programme are to:

- 1 Develop graduates who are experts in understanding injury and illness prevention, treatment, and rehabilitation within the scope of practice of a sports and exercise therapist.
- 2 Equip graduates with the skills and competencies to be autonomous and creative practitioners within the field of sports and exercise therapy.
- 3 Create clinical scholars who use theory, research, policy, and evidence-based practice to inform their work.
- 4 Prepare graduates to be locally, nationally, and globally aware through critical, reflective, innovative, and digitally literate practice.
- 5 Demonstrate a commitment to continuous professional development as a sports and exercise therapist and to life-long learning.
- 6 Support students to develop cultural humility and become caring, and compassionate sports and exercise therapists.
- 7 Prepare graduates to meet the requirements of professional registration.

### Course Learning Outcomes

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

- 1 Demonstrate competence as autonomous, reflective learners and sports and exercise therapists with excellent communication skills.
- 2 Demonstrate competent practical skills within the scope of practice of a sports and exercise therapist for the prevention, evaluation, treatment, management, and rehabilitation of individuals from diverse backgrounds.

- 3 Appraise and apply current research to inform professional reasoning in sports and exercise therapy practice using digital and non-digital strategies.
- 4 Demonstrate the ability to collaborate and integrate knowledge base through interdisciplinary working to promote innovative solutions in Sports and Exercise Therapy practice.
- 5 Show a commitment to the profession and its future through ethical practice, lifelong learning, and continuous professional development.
- 6 Comply with the professional and legal requirements for professional registration and practice as a sports and exercise therapist.

## Teaching and Learning Activities

Teaching and learning on the course are delivered with a blended approach with recorded and in person lectures, in person practical and seminar sessions, and live online seminar, tutorial, and drop-in sessions.

The pedagogical approach to assessment, learning and teaching aims for an inclusive environment that is non-discriminatory, appropriate, and respects and values the perspectives of others. An '*inclusive learning environment*' is referred to by the Higher Education Academy as being '*where due attention is paid to the pace, length, structure, method of delivery, and materials used.*' The design of the curriculum and approaches to teaching and learning reflect the Leeds Beckett Education Plan (2021) to provide a supportive academic culture and flexible learning environment to support all students.

Approaches to teaching and learning include a range of methods to address the variety of learning styles and diverse student populations. Within classroom-based activities, different learning preferences and learning styles, that reflect individual and cultural preferences, are accommodated through traditional and recorded lectures, practical seminars, group-work, tutorials, computer assisted learning, reflective learning techniques, simulated practice, clinically based teaching, problem-based and experiential learning. All of which enrich the versatility of the delivery. Similarly, our range of assessment modes takes into account differences in student learning styles. For example, throughout the course students are assessed through their written work, timed examinations, practical skills, verbal presentation skills and technical competence in research and analysis.

Enquiry-based learning and a problem-solving approach to learning and teaching will be employed throughout the course. The aim is to enable students to integrate their knowledge and develop skills of searching, analysing, interpreting, and applying evidence-based practice within sports and exercise therapy. Oral communication and effective teamwork are developed by assessments such as individual and group presentations. Interpersonal skills and interviewing techniques are developed in workshops in readiness for employment.

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 School of Health courses. Clinical skills rooms contain examination couches, stools and arm tables and can be opened to form 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. Simulated teaching resources include an immersive learning suite, an Anatomage table, and simulated hospital bays.

At the Headingley Campus teaching accommodation is available in Fairfax, James Graham, Carnegie School of Sport buildings, 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, strength and conditioning suite, and a variety of well-equipped sports halls and facilities including tennis courts, running tracks and a swimming pool.

Throughout the course from Level 4 to Level 6 students, undertake supervised placement opportunities, in the purpose-built university sports and exercise therapy clinic at Headingley campus. In this environment, students will experience multi-level peer learning, whereby students of all levels work together to promote a course community of sports and exercise therapists. In addition, external supervised practice placement opportunities, that encompass the range of competencies of a sports and exercise therapist, will be undertaken at level 6.

## Your Modules

This information is correct for students progressing through the programme within standard timescales. Option modules listed are indicative of a typical year. There may be some variance in the availability of option modules. 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.

Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
<b>Level 4</b>			
Anatomy and Function for Sports and Exercise Therapy (30 credits)	Y	Anatomy and Function for Sports and Exercise Therapy continues	Y
Assessment and Pathology in Sports and Exercise Therapy (30 credits)	Y	Assessment and Pathology in Sports and Exercise Therapy continues	Y
Massage for Sports and Exercise Therapy (10 credits)	Y	Therapeutic Interventions 1 for Sports and Exercise Therapy (20 credits)	Y
Professional and Academic Skills for Sports and Exercise Therapy (10 credits)	Y	Physiology of Testing and Training for Sports and Exercise Therapy (20 credits) [Carnegie module]	Y
<b>Level 5</b>			
Therapeutic Interventions 2 for Sports and Exercise Therapy (30 credits)	Y	Therapeutic Interventions 2 for Sports and Exercise Therapy continues	Y
Clinical Decision Making in Sports and Exercise Therapy (10 credits)	Y	Investigation and Inquiry in Sports and Exercise Therapy (10 credits)	Y
Sports Trauma Management for Sports and Exercise Therapy (10 credits)	Y	Rehabilitation and Exercise Prescription for Sports and Exercise Therapy (20 credits)	Y
Applied Biomechanics for Sports and Exercise Therapists (20 credits) [Carnegie Module]	Y	Exercise for Referred Populations (20 credits) [Carnegie Module]	Y

Level 6			
Professional Practice and Placement for Sports and Exercise Therapists (30 credits)	Y	Professional Practice and Placement for Sports and Exercise Therapists continues	Y
Dissertation for Sports and Exercise Therapy (30 credits)	Y	Dissertation for Sports and Exercise Therapy continues	Y
Management of Injury and Illness in Sports and Exercise Therapy (20 credits)	Y		
20 Credit Options from: <ul style="list-style-type: none"> <li>• Orthopaedic Rehabilitation</li> <li>• Business and Enterprise</li> <li>• Biomechanics of Health and Injury [Carnegie module]</li> <li>• Preparation for Teaching</li> </ul>	N	20 Credit Options from: <ul style="list-style-type: none"> <li>• Current Concepts in Sports and Exercise Therapy</li> <li>• Strength and Conditioning for Sports and Exercise Therapy</li> <li>• Obesity Management [Carnegie module]</li> <li>• Cardiac Rehabilitation [Carnegie module]</li> <li>• Contemporary Health Issues and Physical Activity Rehabilitation [Carnegie module]</li> </ul>	N

## Assessment Balance and Scheduled Learning and Teaching Activities by Level

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 20 credit module equates to 200 notional learning hours, comprising teaching, learning and assessment, embedded placement activities and independent study. Modules may have more than one component of assessment.

### Assessment

Level 4 is assessed by practical assessments predominately, with some coursework and examinations.

Level 5 is assessed by a broadly even mix of coursework, practical assessments, and examinations.

Level 6 is assessed by coursework predominately, with some examinations and practical assessments. Note specific option choice modules may influence the assessment balance.

### Workload

Overall Workload in hours	Level 4	Level 5	Level 6
Teaching, Learning and Assessment	346	314	144
Independent Study	854	886	856
Placement			200
Total	1200	1200	1200

## 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.