



Course Specification

MSc Sports and Exercise Therapy

Course Code: MSSET

2024/25

leedsbeckett.ac.uk

MSc Sports and Exercise Therapy (MSSET)

Applicant Course Specification for 2024/25 Postgraduate Entrants

Confirmed at November 2023

General Information

Award	Master of Science Sports and Exercise Therapy
Contained Awards	Postgraduate Diploma Sports Therapy Postgraduate Certificate Sports and Rehabilitation Studies
Awarding Body	Leeds Beckett University
Level of Qualification and Credits	Level 7 of the Framework for Higher Education Qualifications, with 180 credit points at Level 7 of the Higher Education Credit Framework for England.
Course Lengths and Standard Timescales	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">• Full-time: 1 year• Part-time 2 years
Part Time Study	Part-time delivery is usually at half the intensity of the full-time 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 from that detailed in this specification.
Locations of Delivery	Teaching will be at City Campus and Headingley Campus.
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: https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/ Admissions enquiries may be directed to: 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 .

Timetable Information

Timetables for 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 Academic Regulations except where noted below.

Fitness to Practise

The course is authorised to use the University Fitness to Practise Policy and Procedure. Details can be found [here](#). Students are expected to act in a professional manner at all times in line with the Policy.

Student Attendance

Attendance at all schedule sessions 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 Fitness to Practise Policy and Procedure or through the University Academic Engagement Policy.

Modules that must be passed

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 that form a part of their diet of modules. These skills/practice based modules are:

- Anatomical Assessment and Examination
- Skills and 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

Target award and contained awards

MSc Sports and Exercise Therapy: The minimum requirements for a Master's degree in Sports and Exercise Therapy is successful completion of 180 credit points at level 7. 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.

Postgraduate Diploma Sports Therapy: Minimum requirements for this award are that the student successfully completes a minimum of six modules (120 credits), 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.

Postgraduate Certificate Sports and Rehabilitation Studies: Minimum requirements for this award are that the student successfully completes a minimum of three modules (60 credits) and the student is not eligible to apply for membership of the Society of Sports Therapy.

Your Key Contacts

Course Director	Dr Gareth Jones
Academic Advisor	Confirmed at induction
Course Administrator	Maxine Allinson M.L.Allinson@leedsbeckett.ac.uk

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 the Society of Sports Therapists will provide insurance cover 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 Sports and Exercise Therapy will provide a progression opportunity for suitably qualified graduates to undertake a programme of study leading to both a Master's 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 currently approves courses in Sports Therapy at higher education 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 Master's 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 and learning are delivered in person on campus. Research lectures and workshops are delivered in person. Research supervisory tutorials may be delivered in person or online depending on the preference of student/staff member.

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.

There are purpose-built facilities for the teaching and practice of a range of clinical skills located in the Calverley and Portland Buildings at the City Campus. Newly designed, built and fitted out with equipment as required by the various academic teams and disciplines, the primary objective of the investment was to ensure a student experience of the highest quality, which reflects contemporary and future practice in clinical environments.

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.

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 one year for students with a Sports Science/cognate degree background (all modules are core)

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

Pathway 2: Full-time course one year for students with a Physiotherapy/ Sports Therapy degree background (core and option modules)

140 credits are completed from core modules and 40 credits to be completed through option modules. NOTE: Students with a Physiotherapy background must take a Sports Science option module and the Placement module to become eligible to join the Society of Sports Therapists.

Semester 1	Core Y/N	Semester 2	Core Y/N
Anatomical Assessment and Examination (30 credits) City campus	Y	Sports Injury Management and Rehabilitation (20 credits) City campus	Y
Skills and Practice for Sports and Exercise Therapy (20 credits) City campus	Y	Clinical Exercise Testing (20 credits) Headingley campus	N
Sports Trauma Management (10 credits) City campus	Y	Clinical Decision Making Testing (20 credits) Headingley campus	N
Neuromuscular Biomechanics (20 credits) Headingley campus	N		
Evidence-Based Practice in Sports Physiology (20 credits) Headingley campus	N		
Research in Professional Practice (Dissertation) (60 credits) City campus	Y	Research in Professional Practice (Dissertation) continues	
Placements within Sports and Exercise Therapy Contexts (20 credits) City campus	N	Placements within Sports and Exercise Therapy Contexts continues	

Pathway 3: Part-time two year course for students with a Sports Science/cognate degree background (all modules are core)

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

Pathway 4: Part-time two year course for students with a Physiotherapy/Sports Therapy degree background (core and option modules)

140 credits are completed from core modules and 40 credits to be completed through option modules.
NOTE: Students with a Physiotherapy background must take a Sports Science option module and the Placement module to become eligible to join the Society of Sports Therapists.

Semester 1	Core Y/N	Semester 2	Core Y/N
Year 1			
Anatomical Assessment and Examination (30 credits) City campus	Y	Sports Injury Management and Rehabilitation (20 credits) City campus	Y
Neuromuscular Biomechanics (20 credits) Headingley campus	N	Clinical Decision Making in Sport (20 credits) Headingley campus	N
Evidence-Based Practice in Sports Physiology (20 credits) Headingley campus	N	Clinical Exercise Testing (20 credits) Headingley campus	N
Placements within Sports and Exercise Therapy Contexts (20 credits) City campus	N	Placements within Sports and Exercise Therapy Contexts continues	
Year 2			
Skills and Practice for Sports and Exercise Therapy (20 credits) City campus	Y	Clinical Decision Making in Sport (20 credits) (Option) Headingley campus	N
Sports Trauma Management (10 credits) City campus	Y	Clinical Exercise Testing (20 credits) (Option) Headingley campus	N
Neuromuscular Biomechanics (20 credits) Headingley campus	N		
Evidence-Based Practice in Sports Physiology (20 credits) Headingley campus	N		
Research in Professional Practice (Dissertation) (60 credits) City campus	Y	Research in Professional Practice (Dissertation) continues	
Placements within Sports and Exercise Therapy Contexts continues	N	Placements within Sports and Exercise Therapy Contexts continues	

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

Assessment

Modules are assessed through coursework and oral presentations, written examinations and practical examination.

Workload

Overall Workload		Hours
Teaching, Learning and Assessment		290
Independent Study		1310
Placement		200
Total		1800

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 Representative 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, 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.

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.