



LEEDS
BECKETT
UNIVERSITY

Course Specification

BSc (Hons) Sports and Exercise Therapy

Course Code: BHSET

2026/27

leedsbeckett.ac.uk

BSc (Hons) Sports and Exercise Therapy (BHSET)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at November 2025

General Information

Award	Bachelor of Science with Honours Sports and Exercise Therapy
Contained awards	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)
Awarding body	Leeds Beckett University
Level of qualification and 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 and standard timescales	Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is: <ul style="list-style-type: none">• 3 years (full time, campus based)
Location(s) of delivery	Teaching will be at City Campus and Headingley Campus, plus placement location.
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 are confirmed in your offer letter. A breakdown of any additional costs is included on the online prospectus entry for this course. Fees enquiries may be directed to Fees@leedsbeckett.ac.uk .

Policies, Standards and Regulations

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

Standard regulations apply to this course 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

Exceptional third assessment attempts

A student may be eligible for an exceptional third attempt for failed assessments on academic modules at level 4 and level 5 if the criteria for this attempt is met and a pass for the assessment is required to meet the progression profile. To meet the criteria, a student must have passed 60 credits or more of the level and have no non-submissions of any assessments on the level. This exceptional third attempt does not apply to placement modules.

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

Professional Accreditation or Recognition Associated with the Course

Professional body

The Society of Sports Therapists

Accreditation/recognition summary

<https://thesst.org/>

<https://thesst.org/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 and Therapists.

Upon enrolment students must become student members of the Society of Sports Therapists. The membership fee, currently £170 (2025/26) 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.

‘In Year’ Work Placement Information

Summary

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.

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

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.

Timetable

Timetables for Semester 1 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.

Key Contacts

Your course director Jodie Brooks

Your course administrator Alice Green, A.L.Green@leedsbeckett.ac.uk

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.

Level 4

Compulsory modules

Module title	Credits	Semester/ teaching period
Anatomy and Function for Sports and Exercise Therapy	30	Year-long
Assessment and Pathology in Sports and Exercise Therapy	30	Year-long
Massage for Sports and Exercise Therapy	10	1
Professional and Academic Skills for Sports and Exercise Therapy	10	1
Therapeutic Interventions 1 for Sports and Exercise Therapy	20	2
Physiology of Testing and Training for Sports and Exercise Therapy [Carnegie module]	20	2
Number of credits of compulsory modules	120	

Level 5

Compulsory modules

Module title	Credits	Semester/ teaching period
Therapeutic Interventions 2 for Sports and Exercise Therapy	30	Year-long
Clinical Decision Making in Sports and Exercise Therapy	10	1
Sports Trauma Management for Sports and Exercise Therapy	10	1
Exercise for Referred Populations [Carnegie Module]	20	1
Investigation and Inquiry in Sports and Exercise Therapy	10	2
Rehabilitation and Exercise Prescription for Sports and Exercise Therapy	20	2
Applied Biomechanics for Sports and Exercise Therapists [Carnegie module]	20	2
Number of credits of compulsory modules	120	

Level 6

Compulsory modules

Module title	Credits	Semester/ teaching period
Professional Practice and Placement for Sports and Exercise Therapists	30	Year-long
Dissertation for Sports and Exercise Therapy	30	Year-long
Management of Injury and Illness in Sports and Exercise Therapy	20	1
Option Module for Semester 1		1
Option Module for Semester 2		2
Number of credits of compulsory modules	80	

Option modules for Level 6, Semester 1

Module title	Credits	Semester/ teaching period
Orthopaedic Rehabilitation	20	1
Business and Enterprise	20	1
Biomechanics of Health and Injury [Carnegie module]	20	1
Preparation for Teaching	20	1
Number of credits of option modules a student should choose	20	

Option modules for Level 6, Semester 2

Module title	Credits	Semester/ teaching period
Current Concepts in Sports and Exercise Therapy	20	2
Strength and Conditioning for Sports and Exercise Therapy	20	2
Obesity Management [Carnegie module]	20	2
Cardiac Rehabilitation [Carnegie module]	20	2
Contemporary Health Issues and Physical Activity Rehabilitation [Carnegie module]	20	2
Number of credits of option modules a student should choose	20	

Assessment 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

Level 4

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

Level 5

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

Level 6

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

Workload

Overall Workload	Level 4	Level 5	Level 6
Teaching, learning and assessment	346 hours	314 hours	144 hours
Independent study	854 hours	886 hours	856 hours
Placement	0 hours	0 hours	200 hours