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BECKETT  
UNIVERSITY

# Course Specification

## MSc Sports and Exercise Therapy

Course Code: MSSET

2026/27

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

# MSc Sports and Exercise Therapy (MSSET)

## Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at November 2025

### General Information

<b>Award</b>	Master of Science Sports and Exercise Therapy
<b>Contained awards</b>	Postgraduate Diploma Sports and Rehabilitation Studies Postgraduate Certificate Sports and Rehabilitation Studies
<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: <ul style="list-style-type: none"><li>• 12 months (full time, campus based)</li><li>• 24 months (part time, campus based)</li></ul>
<b>Part time study</b>	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 from that defined within this information set but the modules offered within each level are consistent.
<b>Location(s) of delivery</b>	The majority of teaching will be at City campus but on occasion may be at Headingley campus.
<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 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 <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a> .

## **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 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 modules. All 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**

#### **Target Award**

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 250 hours of practice-based learning in a Sports and Exercise Therapy context, the student is then eligible to apply for membership of The Society of Sports Therapists.

Postgraduate Diploma in Sports and Rehabilitation Studies: Minimum requirements for this award are that the student successfully completes 120 credit points at level 7. The student is ineligible to apply for membership of The Society of Sports Therapists.

Postgraduate Certificate Sports and Rehabilitation Studies: Minimum requirements for this award are that the student successfully completes 60 credit points at level 7. The student is ineligible 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

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://thesst.org/what-is-sports-therapy/>

## 'In Year' Work Placement Information

### Summary

This course contains a modular placement, 'Placements in Sports and Exercise Therapy Contexts'

### Placement Delivery

Students must complete a minimum of 250 hours of supervised practice-based learning in professional environments that align with the educational competencies required of a Graduate Sports and Exercise Therapist.

### Location

Placements are approved and agreed with the placements co-ordinator. Placements may be local, national and international.

### 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**

Dr Gareth Jones

**Your course administrator**

Maxine Allinson, [M.L.Allinson@leedsbeckett.ac.uk](mailto:M.L.Allinson@leedsbeckett.ac.uk)

## Course Overview

### Aims

The aim of this programme is to enable graduates from relevant disciplines to develop the professional knowledge, skills, values, and behaviours required to achieve the standards of proficiency for Sports and Exercise Therapy. Through the integration of clinical and sports science principles, students will develop expertise in the prevention, assessment, and management of musculoskeletal injuries and conditions. Emphasising evidence-based, person-centred care, the programme prepares graduates to work effectively across diverse healthcare and sporting environments.

### Course learning outcomes

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

1	Design, implement, and evaluate evidence-based strategies for injury and illness prevention that identify and mitigate risks to both service users and practitioners.
2	Promote health, well-being, and safe practice across diverse populations and professional settings.
3	Conduct comprehensive musculoskeletal examinations, formulate diagnoses, and make appropriate referrals to other healthcare professionals.
4	Critically evaluate evidence-based literature to select and apply therapeutic interventions and adjuncts within scope of practice, optimising service user outcomes and recovery.
5	Critically apply strength and conditioning principles in the design and implementation of rehabilitation programmes that enhances physical capacity and return to function.
6	Integrate ethical principles, healthcare paradigms, and reflective practices to enhance health justice, cultural responsiveness, and inclusive care, thereby supporting autonomous, evidence-based practice within multidisciplinary healthcare settings.
7	Assess, manage and co-ordinate care in the pre-hospital sports environment for acute injuries and medical emergencies.
8	Critically evaluate existing knowledge and use effective strategies to conduct a research-based project relevant to the field of Sports and Exercise Therapy.

### Teaching and Learning Activities

Learning and teaching activities have been designed to facilitate analysis, synthesis, evaluation and identification of complex problems and solutions; promote effective communication and presentation of oral and written arguments; working with others which includes the capacity to plan, share goals and work as a member of a team; use information and communication technology; interpret, present and critique quantitative and qualitative data information; be aware of and improve their own learning and performance including the development of research and study skills, and the capacity to reflect on, plan and manage their own learning.

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 style of course delivery adopted by the course team affords opportunities for students to act independently and learn autonomously.

Within classroom-based activities, different learning preferences and learning styles, that reflect individual and cultural preferences, are accommodated through traditional lectures, group-work, seminars, problem-based and experiential learning. Similarly, our range of assessment modes takes account of differences in student learning styles. For example, throughout the course students are assessed through their written work, verbal presentation skills and technical competencies in research and analysis.

Enquiry-based learning and a problem-solving approach to learning and teaching will be employed from the outset of the course. The aim is to develop students' skills of searching, analysing, interpreting and applying knowledge for the implementation of evidence-based management within sports and exercise Therapy.

In addition, when, with applying theory to practice whether with simulated or with 'real' clients, students develop a range of transferable skills. These include the analysis, synthesis, evaluation and identification of complex problems and solutions; communication and presentation of oral and written arguments; working with others and to demonstrate the capacity to plan, share goals and work as a member of a team using information and communication technology.

## 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, 12 months

#### *Compulsory modules*

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
Anatomical Assessment and Examination	30	1
Skills and Practice for Sports and Exercise Therapy	20	1
Sports Trauma Management	20	1
Sports Injury Management and Rehabilitation	20	2
Research in Professional Practice (Dissertation)	60	Year-long
Placements within Sports and Exercise Therapy Contexts	30	Year-long
Number of credits of compulsory modules	180	

## Pathway 2: Part-time course, 24 months

### Compulsory modules

Module title	Credits	Semester/ teaching period
Year 1		
Anatomical Assessment and Examination	30	1
Sports Injury Management and Rehabilitation	20	2
Year 2		
Skills and Practice for Sports and Exercise Therapy	20	1
Sports Trauma Management	20	1
Research in Professional Practice (Dissertation)	60	Year-long
Placements within Sports and Exercise Therapy Contexts	30	Year-long
Number of credits of compulsory modules	180	

### Assessment and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from core modules. 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 7

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

#### Workload

Overall Workload	Level 7
Teaching, learning and assessment	284 hours
Independent study	1266 hours
Placement	250 hours