



LEEDS
BECKETT
UNIVERSITY

Course Specification

Postgraduate Certificate Sports and Exercise Medicine

Course Code: PDMED

2026/27

Postgraduate Diploma Sports and Exercise Medicine (PDMED)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at November 2025

General Information

Award	Postgraduate Diploma Sports and Exercise Medicine
Contained awards	Postgraduate Certificate Sports Injury Management
Awarding body	Leeds Beckett University
Level of qualification and credits	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England.
Course lengths and standard timescales	<p>Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is:</p> <ul style="list-style-type: none">• 12 months (full time, campus based)• 24 months (part time, campus based)
Part time study	<p>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.</p>
Location(s) of delivery	<p>The majority of teaching will be at City campus but on occasion may be at Headingley campus.</p>
Entry requirements	<p>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/</p> <p>Admissions enquiries may be directed to: AdmissionsEnquiries@leedsbeckett.ac.uk.</p>
Course fees	<p>Course fees are confirmed in your offer letter. A breakdown of any additional costs is included on the online prospectus entry for this course.</p> <p>Fees enquiries may be directed to Fees@leedsbeckett.ac.uk.</p>

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.

The following Regulatory exemption applies to the *Epidemiology and Sports Trauma Management* module: Recognition of Prior Learning (RPL) may be awarded to those students who hold a current pre-hospital trauma certificate at the intermediate standard or above.

Professional Accreditation or Recognition Associated with the Course

This course does not have any professional body accreditation or recognition.

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

Course Overview

Aims

The aims of the programme are to enable professionals from a variety of backgrounds to develop their knowledge, skills and practice within the field of Sports and Exercise Medicine. Students will be equipped with the skills to integrate clinical and sports science principles in the prevention, assessment and management of injuries in a variety of athletic populations.

Course learning outcomes

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

1	Critically apply principles of epidemiology, exercise, clinical reasoning and sports science to the practice of sports and exercise medicine.
2	Synthesise and critically discuss evidence from a variety of sources and adopt a research informed approach to practice in sports and exercise medicine.
3	Evaluate and integrate existing and new knowledge to their current practice.

Teaching and Learning Activities

Summary

Teaching is delivered in person on campus.

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 sport and exercise medicine.

In addition, when 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.

12 months, Full-Time

Compulsory modules

Module title	Credits	Semester/ teaching period
Epidemiology and Sports Trauma Management	20	1
Neuromuscular Biomechanics	20	1
Evidence-Based Practice in Sports Physiology	20	1
Sports Injury Management and Rehabilitation	20	2
Clinical Decision Making in Sport	20	2
Clinical Exercise Testing	20	2
Number of credits of compulsory modules	120	

Part-Time Study

Students on the part-time course of study can negotiate the number of modules undertaken in a semester with the Course Director

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

This course is assessed through coursework and oral presentations, written examinations and practical examinations.

Workload

Overall Workload	Level 7
Teaching, learning and assessment	216 hours
Independent study	984 hours