



**LEEDS
BECKETT
UNIVERSITY**

Course information for applicants

This information applies to the course as it will be delivered to students starting the course in 2027/28.

Information provided here was confirmed on 19/08/2026

General information

Programme code

BHSET

Target award

If you complete this course successfully you will be eligible for the award of:

BSc (Hons) Sports and Exercise Therapy

Delivery mode

- ☒ On campus
☐ Distance learning

Where you will study

Teaching will be split between the Headingley and City campuses.

Professional accreditation or recognition

Professional body

The Society of Sports Therapists

Summary of the accreditation or recognition

Students are eligible to apply for full membership of the Society of Sports Therapists.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 6 of the Framework for Higher Education Qualifications

Course duration

If you are made an offer of a place on the course, your offer letter will include the start date.

This course can be studied:

3 years full-time

Work placement

This course includes a compulsory placement module(s).

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.

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.

Entry requirements

Admissions criteria are available on the online prospectus entry for this course.

If you have previous relevant qualifications or experience, you could be exempt from certain parts of your course. Recognition of prior learning (RPL) allows you to start your course at a point appropriate to the learning and skills that you may have developed in a professional, vocational or community setting.

Find out more here: <https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning>

If you have questions about entry requirements and admissions, contact AdmissionsEnquiries@leedsbeckett.ac.uk

Course fees

Course fees and a breakdown of any additional costs is included on the online prospectus entry for this course.

If you have questions about fees for this course, contact Fees@leedsbeckett.ac.uk

Timetable

You will receive your full timetable for the year during induction week.

What you will study

Course aims

The aims of the course are to:

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.

Equip graduates with the skills and competencies to be autonomous and creative practitioners within the field of sports and exercise therapy.

Create clinical scholars who use theory, research, policy, and evidence-based practice to inform their work.

Prepare graduates to be locally, nationally, and globally aware through critical, reflective, innovative, and digitally literate practice.

Demonstrate a commitment to continuous professional development as a sport and exercise therapist and to life-long learning.

Support students to develop cultural humility and become caring, and compassionate sports and exercise therapists.

Prepare graduates to meet the requirements of professional registration.

Teaching and learning activities

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 Strategy (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. Plans are in place to create an additional Clinical Skills Suite for simulated teaching resources that will 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.

Course structure

This information is correct for students progressing through the course within standard timescales. If you have to repeat study or take time out during your course, you may be taught alternative modules which meet the overall course learning outcomes.

The option modules listed may vary. Those listed here are likely to be offered in a typical year.

Level 4

Compulsory modules

Module title	Credits	Semester/teaching period
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 Therapists (Carnegie Module)	20	2
Anatomy and Function for Sports and Exercise Therapy	30	Year-long
Assessments and Pathology in Sports and Exercise Therapy	30	Year-long
Total number of credits of compulsory modules:	120	

Level 5

Compulsory modules

Module title	Credits	Semester/teaching period
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
Therapeutic Interventions 2 for Sports and Exercise Therapy	30	Year-long
Total number of credits of compulsory modules:	120	

Level 6

Compulsory modules

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

Semester 1 Option modules

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
Total number of credits of elective modules a student must enrol on:	20	

Semester 2 Option modules

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
Public Health in Action (Carnegie Module)	20	2
Cardiac Rehabilitation (Carnegie Module)	20	2
Contemporary Health Issues and Physical Activity Rehabilitation (Carnegie Module)	20	2
Total number of credits of elective modules a student must enrol on:	20	

Assessment and feedback

The balance of assessment may change depending on which option modules you choose.

Level 4

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

Level 5

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

Level 6

Level 6 is assessed mostly by coursework, with some examinations and practical assessments.

Workload

You can expect to spend a total of 100 hours learning per 10 credits.

Typically, a student on this course can expect to divide their time like this:

Overall workload	Level 4	Level 5	Level 6
Teaching, learning and assessment	346 hours	314 hours	144 hours
Independent study	845 hours	886 hours	856 hours
Placement study	0 hours	0 hours	200 hours