

Programme specification

BSc (Hons) Sport and Exercise Therapy

<i>School:</i>	School of Sport
<i>Entry from:</i>	2019/20 in: September
<i>Awarding institution:</i>	York St John University
<i>Teaching institution:</i>	York St John University
<i>Delivery location:</i>	York St John University
<i>Programme/s accredited by:</i>	Not applicable
<i>Exit awards:</i>	Certificate of Higher Education in Sport Diploma of Higher Education Sport and Exercise Therapy BSc (Ord) Sport and Exercise Therapy
<i>UCAS code / GTTR / other:</i>	Not applicable
<i>Joint Honours combinations:</i>	Not applicable
<i>QAA benchmark group(s):</i>	Sport, Hospitality, Leisure and Tourism 2016
<i>Mode/s of study:</i>	Full-time for 3 years Part-time for 6 years
<i>Language of study:</i>	English
<i>Study abroad opportunities:</i>	Yes

Introduction and special features

As a potential student in our School of Sport thank you for reading this document which tells you about our degree in Sport and Exercise Therapy (SET). This is the first SET Degree in the world framed around social justice, the right to play, putting the performer before the performance, a focus on the healthy athlete, stressing participation over consumerism and holding to account those who seek elitism rather than sporting excellence. This approach puts values at the centre of how we teach, research and practice sport.

If you aspire to change your community and the world through sport, developing healthy athletes and research then this is the Degree for you.

As a result of our unique approach to sport we are creating a new type of partnership between our school and the community. The values of our school place positive social change at the heart of our teaching and research. The practical impact of this for you, the student, is that the School has a number of community sport partners with whom you will have contact. From a theoretical perspective, as a student with an enquiring mind, you will be interested to know that the academic basis for this approach is provided by, among others, Guinier (2016)^[1]. She lamented the lack of moral or political accountability of universities for using admissions and assessment processes to sift and sort students based on a narrow band of values, as opposed to seeking to nurture students' ability to collaborate and foster a commitment to a better society.

The School of Sport, within which you will study on this degree, has a strong and active research programme. A particular strength in the School is our world class research in Sports Psychology which students learn about throughout their Degree. In addition staff in the School are conducting research on human movement with a particular focus on monitoring and developing healthy athletes. This work includes research on the management of training loads,

^[1] Guinier, L. (2016). *The tyranny of the meritocracy: Democratizing higher education in America*. Beacon Press.

deceleration and agility. The research of our scientists underpins this Degree and means that you will be taught by experts in their discipline and that the curriculum remains up-to-date, cutting edge and distinctive.

SET provides an interdisciplinary approach to the study of injury management. It is an aspect of healthcare specifically concerned with the prevention of injury and the reconditioning of the patient back to optimum levels of functional, occupational and sports specific fitness, regardless of age and ability. It also provides a scientific underpinning and basis for clinical reasoning, exercise prescription, monitoring, and injury prevention protocols.

In accordance to the leading professional body for sport and exercise therapy in the UK (<http://www.society-of-sports-therapists.org>) a sport and exercise therapist has the knowledge, skills, and ability to:

- ✓ Utilise sports and exercise principles to optimise performance, preparation and injury prevention programmes
- ✓ Provide the immediate care of injuries and basic life support in a recreational, training & competitive environment
- ✓ Assess, treat and, where appropriate, refer on for specialist advice and intervention.
- ✓ Provide appropriate sport and remedial massage in a sport & exercise context
- ✓ Plan and implement appropriate rehabilitation programmes

As a student you will study 17 modules which have the following special features –

1. They begin with a keynote lecture given by a senior academic in the area, e.g. Professor, who explains why the content of the module is important and how the modules link together.
2. Every module has a guest lecture, case study or similar delivered by one the School's community partners.
3. Every module concludes with a plenary session led by a senior academic to bring together the semesters learning.
4. If during a module a major sport related news item becomes a contemporary issue the module will be paused for one session for a senior academic to give a keynote lecture on the topic.

As a student on this degree you will study in the multi-million pound sport facilities that the University opened in October 2016. These facilities include international standard grass and synthetic pitches and a £4m Sport Centre which has a world class strength and conditioning gym.

Students have the opportunity to apply for a transfer at the end of the first year to other programmes within the School of Sport.

Admissions criteria

You must meet the University's general entry criteria for [undergraduate](#) study.

If your first language is not English, you need to take an IELTS test or an equivalent qualification accepted by the University (see <https://www.yorks.ac.uk/international/how-to-apply/english-language-requirements/>).

If you do not have traditional qualifications, you may be eligible for entry on the basis of [Accredited Prior \(Experiential\) Learning \(APL/APEL\)](#). We also consider applications for entry with advanced standing.

Programme aims

In line with the benchmarking statements this programme aims to (i) prepare you for work, conduct research, or go on to further study in a range of science, exercise or sport related professions, (ii) adopt a value-led approach to the study of sport, and (iii) employ an evidence-based approach to the study of sport. The BSc (Hons) Sport and Exercise Therapy has a particular focus on the prevention, diagnosis, treatment and rehabilitation of the injured athlete.

Programme learning outcomes

Students who are awarded the **Certificate of Higher Education (level 4)** will have demonstrated:

Level 4
1. Knowledge of the fundamental concepts, theories, and techniques that underpin the study of sport and exercise, and an ability to describe these within a given context.
2. Knowledge of how to present, evaluate and interpret basic data gathered in accordance with accepted theories and concepts when studying sport and exercise.
3. Knowledge of the features of different approaches to research and/or methodologies used when studying sport and exercise.
4. Ability to communicate information accurately and reliably as part of structured and coherent arguments when studying sport and exercise.
5. Ability to act with a degree of independence when completing academic and professional activities when studying sport and exercise.
6. Ability to identify and undertake appropriate academic and professional development activities when studying sport and exercise in a supported manner.
7. An understanding of a value-led approach to the study of sport and exercise.

Students who are awarded the **Diploma of Higher Education (level 5)** will have demonstrated:

Level 5
1. Knowledge of the strengths and weaknesses of key concepts, theories, and techniques in sport and exercise therapy.
2. Knowledge of how key concepts, theories, and techniques in sport and exercise therapy can be applied in varied contexts.
3. Knowledge of the research method, its various methodologies, and their strengths and weaknesses in the generation and application of knowledge in sport and exercise therapy.
4. Ability to use common methods of data collection, analyse and interpret data, and propose conclusions/solutions based on this analysis in sport and exercise therapy.
5. Ability to communicate information, ideas, and arguments from sport and exercise therapy to different audiences and in different formats.

6. Ability to act independently and interdependently when completing academic and professional activities in sport and exercise therapy.
7. Ability to identify, undertake, and reflect upon appropriate academic and professional development activities in sport and exercise therapy in a largely independent manner.
8. An understanding of how different values are implicit in study of sport and exercise therapy and how these values influence the study of sport and delegitimise, exclude, and privilege different topics, individuals and groups in society.

Students who are awarded the **Bachelor's degree with honours (level 6)** will have demonstrated:

Level 6
1. Systematic and detailed knowledge of key issues in the study of sport and exercise therapy and the research that informs these issues.
2. Proficient use of established techniques and methods in sport and exercise therapy.
3. Knowledge and use of theories, techniques and research methodologies to address complex and/or novel problems in sport and exercise therapy, including a critical understanding of the boundaries/limitations of the approaches adopted.
4. A critical understanding of current debates and controversies in / sport and exercise therapy.
5. Ability to use research to inform professional practice in the area of sport and exercise therapy.
6. Ability to plan, execute, and evaluate projects that entail complex techniques and data collection to address complex and/or novel problems in sport and exercise therapy.
7. Ability to communicate complex problems and solutions in sport and exercise therapy to different audiences and in different formats.
8. Ability to plan and initiate appropriate future academic and professional development activities in the context of sport and exercise therapy with view to employment or future study in an independent manner.
9. A critical understanding of a value-led approach to the study of sport and exercise therapy and how these values influence the study of sport and delegitimise, exclude, and privilege different topics, individuals and groups in society.

Programme Structure

		Sport and Exercise Therapy (BSc)
Level 4 Modules (20 credit modules)		Semester
Research, Practice, and Citizenship 1SR200	1	C
Fundamentals of Sport and Exercise Physiology 1SR201	1 or 2	C
Fundamentals of Sport and Exercise Psychology 1SR202	1 or 2	C
Introduction to Research Methods in Sport 1SR203	2	C
Fundamentals of Sport and Exercise Biomechanics 1SR204	1 or 2	C
Fundamental Sociological Issues in Sport, Culture and Society 1SR205	1 or 2	C
Level 5 Modules (20 credit modules)		Semester
Research Design and Analysis 2SR200	1	C
Biomechanics of Sport and Exercise 2SR206	1 or 2	C
Sport and Exercise Therapy Skills 2SR207	1	C
Applied Research Methods and Design 2SR203	2	C
Social Justice in Sport: Ethical Perspectives 2SR204	1 or 2	C
Sports Injury Prevention 2SR208	2	C
Level 6 Modules (20 credit modules)		Semester
Research Paper † 3SR200	1 & 2	C
Applied Sport and Exercise Biomechanics 3SR206	1 or 2	C
Advanced Sport and Exercise Therapy Skills 3SR205	1	C
Social Justice in Sport: Sociological Perspectives 3SR204	2	C
Sports Injury Reconditioning and Return to Sport 3SR208	2	C

Notes: C = compulsory, CA = compulsory for named specialist award, and † = 40 credit module.

Learning, teaching and assessment

In designing this Degree, we were aware from the outset that how you will learn and be assessed is very important to you.

On the SET Degree you will encounter a range of learning and teaching experiences including lectures, laboratories, practical work, seminars and digitally enabled learning activities. As you progress you will be increasingly expected to make significant contributions to your own learning. This includes completing self-directed study which often involves independent laboratory or field based practical work, data collection and presentation.

The learning and assessment strategies employed across sport are engaging, student-centred and learning orientated. They include applied practical work within modules and assessments which develop career orientated skills, and academic and professional competencies. The

School uses video feedback, flipped classrooms, blended delivery approaches and audio feedback on written work and examinations.

To improve the quality of your learning experiences the programme will use formative assessment, i.e. 'practice activities' that do not count toward degree classification, to provide feedback. We know that some students do not always have the skills they need to show what they have learned in a formal assessment and that many students get anxious about exams and hand in dates. Therefore, we have taken care to streamline both the number of assessments and the criteria used to mark them. In addition we will provide you with the opportunity to benefit from self-evaluation and peer assessment.

As you develop and learn more the assessments will change in nature, becoming more diverse and challenging over the course of the programme. Level 4, for example, utilises continuous assessment allowing in semester review and evaluation of performance as well as presenting the opportunity to employ interventions aimed at improving success within the semester. Levels 5 and 6 present additional opportunities to demonstrate skills of analysis, synthesis, critical review, and problem solving through a variety of assessment approaches that seek to embed research design, engagement and interpretation into the curriculum. For example, conducting athlete assessments leading to the demonstration of clinically-reasoned and informed treatments using case study information. At levels 5 and 6 you will be required to evidence and reflect on the work related competencies you have developed on each SET module in order to align yourself with current professional standards of practice.

Progression and graduation requirements

The University's [general regulations for undergraduate awards](#) apply to this programme.

Any modules that must be passed for progression or award are indicated in the Programme Structure section.

Internal and external reference points

This programme specification was formulated with reference to:

- [University Mission Statement](#) [see page two]
- [Strategic Plan 2015-20](#) [see page four]
- [QAA subject benchmark statement](#)
- [Framework for Higher Education Qualifications](#)