

**1.6 Programme Specification**

<b>1. Qualification</b> BSc (Honours)	<b>2. Programme Title</b> Sports Rehabilitation	<b>3. UCAS Code</b> C602	<b>4. Programme Type</b> Single subject, FT, PT
<b>5. Main Purposes and Distinctive Features of the Programme</b>			
i	To develop focussed multi-disciplinary knowledge and understanding of Sport Rehabilitation.		
ii	To provide the opportunity to develop knowledge and understanding of Sport Rehabilitation in a vocational context.		
iii	To develop the research skills necessary for scientific investigation of Sport Rehabilitation.		
iv	To develop general transferable skills in preparation for graduate employment.		
v	To develop a positive disposition toward and the skills for life long learning and Personal Development Planning		
<b>Special Features</b>			
i	Opportunity for a period of work placement.		
ii	Opportunity for applied course work.		
iii	Opportunity for extra curricular activity of vocational relevance.		

<b>6. What a graduate should know and be able to do on completion of the programme</b> (Objectives and Learning Outcomes)	
To gain the qualification the learner will have demonstrated: i) subject knowledge and understanding ii) cognitive skills iii) discipline related practical and professional skills and iv) other general skills and capabilities as specified in the learning objectives/outcomes for approved modules in the programme. Further details of module objectives and outcomes can be found in the programme document.	
<b>Knowledge and understanding in the context of the subject(s)</b>	<b>Subject specific practical/professional skills</b>
i. Demonstrate knowledge and understanding of the principles and theories of sports rehabilitation.	i. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals).
ii. Demonstrate knowledge and understanding of the human response to participation in sport and physical activity.	ii. Measure and evaluate performance in an appropriate fashion in the laboratory, clinic and field.
iii. Demonstrate knowledge and understanding of the role of the sports rehabilitator in enhancing sports injury prevention and recovery.	iii. Design, implement and evaluate rehabilitation programmes.
iv. Demonstrate an awareness of the vocational context of Sports Rehabilitation.	iv. Use laboratory and field equipment safely and competently.
vi. Understand the design, implementation and evaluation of research.	v. Meaningfully present information in a variety of forms.
	vi. Demonstrate a responsible attitude toward your own personal, academic and career development (PDP).
<b>Cognitive skills</b>	<b>Other skills (key/transferable) developed in subject or other contexts</b>
i. Demonstrate the capacity for critical reasoning and analysis.	i. Capacity to learn and investigate.
ii. Be able to synthesise data/information and appropriately interpret research findings.	ii. Communicate effectively in formal and informal environments using a variety of means.
iii. Be able to discriminate between and evaluate theories.	iii. Self-management skills.
iv. Be able to apply Sports Rehabilitation theory and principles to the evaluation and solution of problems and issues.	iv. Numerical and quantitative skills.
	v. Competence in the use of information technology.
	vi. Ability to work independently or as part of a group.

<b>7. Qualities, Skills and Capabilities Profile</b>			
<b>A Cognitive</b>	<b>B Practical</b>	<b>C Personal &amp; Social</b>	<b>D Other</b>
Critical reasoning Powers of analysis Integration/synthesis of knowledge Applied and theoretical problem solving Understanding/application of concepts and theory	Clinical skills Laboratory skills Field work skills Research skills Information processing Writing skills Numerical skills Vocational skills First aid skills	Independence/self reliance Self motivation Organization and time management Team work Enterprise and resourcefulness Effective learning skills Communication skills	Awareness of contemporary Issues in Sports Rehabilitation Work based skills

## BSc Sports Rehabilitation

### 8. Subjects Studied, Levels Credits & Qualifications

(Duration and structure of programme / modes of study / credit volume of study units)

3 years full time, 4½ - 8 years part time, organised on a 2 semester per year basis, full time students would take three modules per semester, and part time students would normally take two modules per semester.

#### Core Modules

<b>Level H6</b>	<ul style="list-style-type: none"> <li>• Project Module</li> <li>• Clinical Experience (40 credits)</li> <li>• Advanced Clinical Skills</li> <li>• Differential Diagnosis, Management and Referral</li> <li>• Back to Sport</li> </ul>	Bachelor Honours Degree 360 credits with a minimum of 120 credits at level H6
<b>Level H5</b>	<ul style="list-style-type: none"> <li>• Counselling Injured Athletes</li> <li>• Applied Physiology</li> <li>• Research Methods in Sport and Exercise Science II</li> <li>• Injury Prevention and Functional Rehabilitation</li> <li>• Theory and Practice of Therapeutic Modalities</li> <li>• Spinal Anatomy, Pathology, Mobilisation and Manipulation</li> </ul>	HE Diploma 240 Credits with a minimum of 120 credits at level H5
<b>Level H4</b>	<ul style="list-style-type: none"> <li>• Human Physiology</li> <li>• Clinical Anatomy</li> <li>• Research Methods in Sport and Exercise Science I</li> <li>• Therapeutic Skills</li> <li>• Musculo-Skeletal Injury</li> <li>• Introduction to Sports and Exercise Biomechanics</li> </ul>	HE Certificate 120 Credits

### 9. Learning, Teaching & Assessment Strategy

#### Learning and Teaching Methods

A range of teaching and learning methods will be used including Lectures; Tutor and Student led Seminars; Practical laboratory, clinic and field work. Self directed study will be promoted through the use of projects. Support will be provided through tutorials and directed reading.

#### Assessment Methods

Assessment tasks are linked directly to the learning outcomes of each module. Assessment will be by a combination of in course work and end of semester assessment. Assessment methods will include: Closed Book Examinations; Practical Examinations; Viva Examinations; Essays; Scientific Reports; Oral Presentations; Clinic and Laboratory Reports; Case Study Analysis; Projects and Dissertation.

#### Assessment Classification System

Pass mark for individual assessments = 40%  
All assessments for a module must be completed to a minimum pass standard.  
Final degree classification based on the aggregated performance directed by the Modular Degree Regulations and profile information for marginal candidates.

#### Honours Classification Bands

(Marginal criteria operate within final 2% of each category)

70% - above	First Class
60% - 69%	Upper Second Class
50% - 59%	Lower Second Class
40% - 49%	Third Class
35% - 39%	Borderline Fail
Below 35%	Clear Fail

### 10. Other Information

#### Admission Criteria

##### *Standard Entry*

2 GCE A/AS level passes with 240 points (B.B) to include at least one science (Physical Education & Sports Studies would be considered)

3 GCSE with grade C or above to include English Language and Mathematics or science, or an equivalent EU, Scottish or Irish qualification, appropriate GNVQ or Edexcel/BTEC qualification also to include a science.

Holders of an appropriate HND may be considered for exemption from part I and direct entry into part II.

##### *Non Standard Entry*

Applications dealt with on an individual basis by admissions tutor and will require an interview and/or diagnostic test.

#### Indicators of Quality and Standards

Proposal developed in consultation with external adviser.

Proposal developed with due consideration given to QAA Benchmark Standards – Hospitality, Leisure, Sport and Tourism.

Proposal developed with reference to BASRaT delininations

Passed validation by panel June 2006

1.7 Curriculum Outcomes Map

Module	C/O	A1	A2	A3	A4	A5	B1	B2	B3	B4	C1	C2	C3	C4	C5	D1	D2	D3	D4	D5	D6
Level HE4																					
Human Physiology	C	X	X					X				X		X				X	X		
Clinical Anatomy	C	X	X											X	X						
Research Methods in Sport & Exercise Science 1	C	X				X	X	X				X		X	X	X	X	X	X	X	X
Introduction to Sport and exercise Biomechanics	C	X	X					X				X		X				X	X	X	X
Therapeutic Skills	C	X	X	X									X	X							
Musculo-Skeletal Injury	C	X	X	X	X	X					X		X		X		X				X
Level HE5																					
Research Methods in Sport & Exercise Science 2	C	X				X	X	X	X	X	X	X			X	X	X	X	X	X	X
Counselling Injured Athletes	C	X	X		X	X	X	X	X		X			X	X		X				X
Applied Physiology	C	X	X		X		X	X	X		X			X	X						
Spinal Anatomy, Pathology, Mobilisation and Manipulation	C	X	X	X										X							
Theory and Practice of Therapeutic Modalities	C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Injury Prevention and Functional Rehabilitation	C	X	X	X	X		X	X	X	X	X		X	X			X	X			X
Level HE6																					
Project	C	X					X	X	X	X	X					X	X	X	X	X	
Back to Sport	O	X	X	X	X	X	X	X	X	X	X	X	X	X	X						
Differential Diagnosis	C	X		X	X	X	X	X	X		X	X	X	X							
Advanced Clinical Skills	C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Clinical Experience	C	X	X	X	X	X					X	X	X	X	X	X	X	X	X	X	X

C/O = CORE/OPTION

**A Knowledge and understanding in the context of the subject(s)**

1. Demonstrate knowledge and understanding of the principles and theories of sports rehabilitation and sports science
2. Demonstrate knowledge and understanding of the human response to rehabilitation in sport and physical activity.
3. Demonstrate knowledge and understanding of the role of the sports rehabilitator in enhancing sports injury prevention and recovery.
4. Demonstrate an awareness of the vocational context of sports rehabilitation.
5. Understand the design, implementation and evaluation of research.

**B Cognitive skills**

1. Demonstrate the capacity for critical reasoning and analysis.
2. Be able to synthesise data/information and appropriately interpret research findings.
3. Be able to discriminate between and evaluate theories.
4. Be able to apply sports rehabilitation theory and principles to the evaluation and solution of problems and issues.

**C Subject specific practical/professional skills**

1. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals).
  2. Measure and evaluate rehabilitation in an appropriate fashion in the laboratory, clinic and field.
  3. Design, implement and evaluate rehabilitation programmes.
  4. Use laboratory, clinic and field equipment safely and competently.
  5. Meaningfully present information in a variety of forms.
- D Other skills (key/transferable) developed in subject or other contexts**
1. Capacity to learn and investigate.
  2. Communicate effectively in formal and informal environments using a variety of means.
  3. Self-management skills.
  4. Numerical and quantitative skills.
  5. Competence in the use of information technology.
  6. Ability to work independently or as part of a group.

1.8 Assessment Summary Table

Module	Exam	Essay	Case Study	Lab' Report	Presentation	Project	Log Book
<b>Level HE4</b>							
Clinical Anatomy	2 Hour closed book (40%)	1,500 (25%)			Clinical Viva (35%)		
Human Physiology	2 Hour Closed Book (60%)				Practical Assessment (40%)		
Musculo-Skeletal Injury	Viva /Practical Exam (50+50=100%)					First Aid (0%)	
Therapeutic Skills	2 Hour Closed Book (50%)				Practical / Viva (50%)		
Introduction to Sport and Exercise Biomechanics	Multiple choice x2 (25% x2)			2,500 lab report (50%)			
Research Methods in Sport & Exercise Science 1					Powerpoint (20%)	2000 (40%)	2,000 (40%)
<b>Level HE5</b>							
Injury preventions and Functional Rehabilitation	2 Hour Closed Book (50%)				Practical / Viva (50%)		
Theory and Practice of Therapeutic Modalities	2 Hour Closed Book (40%)	1,500 (30%)			Practical Exam (30%)		
Applied Physiology	2 hour closed book (60%)			2,000 (40%)			
Counselling Injured Athletes		2,500 (50%)			Presentation (50%)		
Spinal Anatomy, Pathology, Mobilisation and Manipulation	2 Hour closed book (40%)	1,500 (20%)			Practical / Viva (40%)		
Research Methods in Sport & Exercise Science 2	SPS Exercise (30%)				Project proposal (30%)		2,000 (40%)
<b>Level HE6</b>							
Project						6,000 words (100%)	
Clinical Experience			Clinical Case Presentation (50%)			P/F Clinical Competence Assessment	Reflective Practice Diary (50%)
Back to Sport	2 Hour closed book (50%)				Presentation (50%)		
Advanced Clinical Skills	Viva (50%)		2,500 (50%)		Trauma care exam (P/F)		
Differential Diagnosis Management & Referral	2 Hour closed book (50%)				Presentation (50%)		