

## MSc Sport Rehabilitation and Return to Play

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### Programme Specification



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| 1. Programme title                        | MSc Sport Rehabilitation and Return to Play  |
| 2. Awarding institution                   | Middlesex University   |
| 3a Teaching institution                   | Middlesex University   |
| 3b Language of study                      | English  |
| 4a Valid intake dates                     | Sept   |
| 4b Mode of study                          | FT/PT  |
| 4c Delivery method                        | <input checked="" type="checkbox"/> On-campus/Blended<br><input type="checkbox"/> Distance Education   |
| 5. Professional/Statutory/Regulatory body | N/A  |
| 6. Apprenticeship Standard                | N/A  |
| 7. Final qualification(s) available       | PG Cert Sport Rehabilitation and Return to Play<br>PG Dip Sport Rehabilitation and Return to Play<br>MSc Sport Rehabilitation and Return to Play |
| 8. Academic year effective from           | September 2023/24  |

#### 9. Criteria for admission to the programme

Students will require an undergraduate degree or UK equivalent in a therapy field such as Physiotherapy, Osteopathy, Chiropractic, Sport Rehabilitation and Sport Therapy with a minimum Lower Second Class and experience working in sport. Students with undergraduate science degrees (such as sport science, strength, and conditioning) will be considered based on experience in sport and aptitude.

**Recognition of prior learning:** Applicants who do not meet this criterion may be eligible to enter the course on the basis of prior learning and experience in the area. Students applying on the basis of prior learning, must provide evidence of their knowledge, skill and ability to pursue this programme of study. This should be in the form of a career portfolio outlining and demonstrating your career path relevant to this course (including transcripts of any relevant

results, statements of prior learning based on systematic reflection) and must be submitted with your application. See link: <https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning>

Entry is by application form and submission of relevant certificates/transcripts and personal statement.

Each application will be considered on an individual basis at the discretion of the Programme Team, whose decision is final.

**International students:** All candidates are required to satisfy the English language requirement. Candidates whose first language is not English and who are presenting qualifications other than the Leaving Certificate may satisfy the requirement through the completion of the IELTS (International English Language Testing System) on the basis that they obtain a minimum band score 6.5 with average of 6.5 in each section at postgraduate level or an equivalent score of TOEFL( Test of English as a Foreign Language) or Cambridge, which denotes a very good skill level of English. It should be noted that these are the minimum requirements in English and Middlesex University may set higher requirements in each case.

## 10. Aims of the programme

The programme aims to:

1. Provide students with advanced knowledge and skills in a wide range of diagnostic, performance, and wellness applications, with the goal of enhancing return to play and human performance.
2. Enhance knowledge and skill in the development, application and critical review of rehabilitation programming and return to play measures.
3. Enable students to critically analyse, interpret and apply current and alternative approaches in sports medicine to implement evidence-based treatment and rehabilitation and return to play.
4. Facilitate the development of skills required for students to lead or be a valuable member of an interdisciplinary team in high-performance sports.
5. Foster the ability of students to effectively interpret and critically analyse data from multiple disciplines, enabling unbiased and informed decision-making.
6. Provide students with the skills to search for and critically appraise literature to inform their practice within the field of injury rehabilitation and human performance.

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| <p><b>11. Programme outcomes*</b></p> <p><b>A. Knowledge and understanding</b><br/> Upon successful completion of this programme, students will demonstrate knowledge and understanding in the following areas:</p> <ol style="list-style-type: none"> <li>1. Protocol for diagnostic monitoring and testing in human performance, wellness, and return to performance.</li> <li>2. Evidence-based application of restorative input, manual therapies, and recovery strategies.</li> <li>3. Critical components in the construction and justification of rehabilitation in a high-performance environment.</li> <li>4. The science of wellness and recovery and its implications on human performance and return to play.</li> <li>5. Processes of personal development, reflective practice, and leadership.</li> <li>6. Key components to be an effective leader or part of a multidisciplinary team.</li> <li>7. Autonomously critiquing and analysing research and practice in relation to the field of rehabilitation and return to play.</li> </ol> | <p><b>Teaching/learning methods</b><br/> Students gain knowledge and understanding through attending lectures, seminars, practical sessions, supervised clinical placement work and voluntary work</p> <p><b>Assessment methods</b><br/> Students' knowledge and understanding is assessed by a wide range of methods such as practical examinations, viva voce, presentations, and coursework assignments.</p> |
| <p><b>B. Skills</b><br/> Upon completion of this programme, successful students will be able to:</p> <ol style="list-style-type: none"> <li>1. Apply a variety of diagnostic, monitoring, and testing procedures in human performance and rehabilitation, interpret the findings, and offer effective solutions.</li> <li>2. Conduct independent critical reviews of research and practice related to the field of injury rehabilitation and return to play.</li> <li>3. Develop and implement evidence-based rehabilitation programmes.</li> </ol>   | <p><b>Teaching/learning methods</b><br/> Students learn skills through lectures, seminars, reflective practice, practical sessions, peer review assessment, PDP work and independent study.</p> <p><b>Assessment methods</b><br/> Students' skills are assessed by wide range of methods such as practical examinations, viva voce, presentations, and coursework assignments</p>                               |

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| <ol style="list-style-type: none"> <li>4. Utilize clinically reasoned soft tissue therapies and modalities in the treatment of injuries.</li> <li>5. Apply advanced communication skills and effectively address complex or contentious issues in sport rehabilitation to a wider audience. Possess leadership, self-reflection, and personal development skills.</li> <li>6. Independently design a research project to further support evidence-based practice.</li> <li>7. Apply and interpret wellness/recovery paradigms in performance sport.</li> </ol> |  |
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**12. Programme structure (levels, modules, credits, and progression requirements)**

**12.1 Structure of the programme**

| MSc Sport Rehabilitation and Return to Play – Full Time          |                                    |  |                       |                           |  |                               |                             |
|--|------------------------------------|--|-----------------------|---------------------------|--|-------------------------------|-----------------------------|
| SES4043  | SES4044                            | SES4045                                  | SES4046               | SES4030                   | SES4063                                    | SES4096                       | SES4070                     |
| Diagnostics in Sport Performance                                 | Manual Therapy & Restorative Input | Rehabilitation and Return to Performance | Wellness and Recovery | Research Methods          | Personal Development & Reflective Practice | Dissertation (Research)       | Dissertation (Practice)     |
| 15 Credits   | 15 Credits                         | 15 Credits                               | 15 Credits            | 30 Credits                | 30 Credits                                 | 60 Credits                    | 60 Credits                  |
| Term I (Oct-Dec)   | Term I (Oct-Dec)                   | Term II (Jan-April)                      | Term II (Jan-April)   | Term I & II (Oct – April) | Term II & III (Jan-Sept)                   | Term II & III (Jan-Sept)      | Term II & III (Jan-Sept)    |
| Core   | Core                               | Core                                     | Core                  | Core                      | Core                                       | Optional                      | Optional                    |
| MSc Sport Rehabilitation and Return to Play – Part Time          |                                    |  |                       |                           |  |                               |                             |
| Year I   |                                    |  |                       | Year II                   |  |                               |                             |
| SES4043  | SES4044                            | SES4045                                  | SES4046               | SES4030                   | SES4063                                    | SES4096                       | SES4070                     |
| Diagnostics in Sport Performance                                 | Manual Therapy & Restorative Input | Rehabilitation and Return to Performance | Wellness and Recovery | Research Methods          | Personal Development & Reflective Practice | Dissertation (Research)       | Dissertation (Practice)     |
| 15 Credits   | 15 Credits                         | 15 Credits                               | 15 Credits            | 30 Credits                | 30 Credits                                 | 60 Credits                    | 60 Credits                  |
| Term I (Oct-Dec)   | Term I (Oct-Dec)                   | Term II (Jan-April)                      | Term II (Jan-April)   | Term I & II (Oct – April) | Term I, II & III (Oct to Sept)             | Term I, II & III (Oct - Sept) | Term I, II & III (Jan-Sept) |
| Core   | Core                               | Core                                     | Core                  | Core                      | Core                                       | Optional                      | Optional                    |
| Post Graduate Diploma in Sport Rehabilitation and Return to Play |                                    |  |                       |                           |  |                               |                             |

|                                  |                                    |  |                       |                           |  |
|----------------------------------|------------------------------------|--|-----------------------|---------------------------|--|
| SES4043                          | SES4044                            | SES4045                                  | SES4046               | SES4030                   | SES4063                                    |
| Diagnostics in Sport Performance | Manual Therapy & Restorative Input | Rehabilitation and Return to Performance | Wellness and Recovery | Research Methods          | Personal Development & Reflective Practice |
| 15 Credits                       | 15 Credits                         | 15 Credits                               | 15 Credits            | 30 Credits                | 30 Credits                                 |
| Term I (Oct-Dec)                 | Term I (Oct-Dec)                   | Term II (Jan-April)                      | Term II (Jan-April)   | Term I & II (Oct – April) | Term I, II & III (Oct to Sept)             |
| Core                             | Core                               | Core                                     | Core                  | Core                      | Core                                       |

| Post Graduate Certificate in Sport Rehabilitation and Return to Play |                                    |  |                       |
|--|------------------------------------|--|-----------------------|
| SES4043  | SES4044                            | SES4045                                  | SES4046               |
| Diagnostics in Sport Performance                                     | Manual Therapy & Restorative Input | Rehabilitation and Return to Performance | Wellness and Recovery |
| 15 Credits   | 15 Credits                         | 15 Credits                               | 15 Credits            |
| Term I (Oct-Dec)   | Term II (Oct-Dec)                  | Term II (Jan-April)                      | Term II (Jan-April)   |
| Core   | Core                               | Core                                     | Core                  |

| 12.2 Levels and modules   |   |   |
|---|---|---|
| Level 7   |   |   |
| Compulsory  | Optional  | Progression requirements  |
| Students must take all the following: <ol style="list-style-type: none"> <li>Diagnostics in Sport Performance</li> <li>Manual Therapy &amp; Restorative Input</li> <li>Rehabilitation and Return to Performance</li> <li>Wellness and Recovery</li> <li>Personal Development &amp; Reflective Practice</li> <li>Research Methods</li> </ol> | Students must select one of the below: <ul style="list-style-type: none"> <li>Dissertation (Research)</li> <li><b>OR</b></li> <li>Dissertation (Practice)</li> </ul> One option must be chosen for successful completion of MSc | Students must complete Research Methods before progressing onto either Dissertation (Research) or Dissertation (Practice) |

\*Please refer to your programme page on the website re availability of option modules

| 12.3 Non-compensatable modules |             |
|--------------------------------|-------------|
| Module level                   | Module code |
| No module may be compensated.  |             |

| 13. Information about assessment regulations  |
|---|
| <i>This programme will run in line with general University Regulations:</i><br>Internal Documentation: <ul style="list-style-type: none"> <li>MU Learning and Quality Enhancement Handbook 2022/23</li> </ul> |

- Middlesex University Regulations 2022/23

External Documentation:

- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA

#### **14. Placement opportunities, requirements and support (if applicable)**

Work placement is not available for this programme.

#### **15. Future careers / progression**

In recent years, professional sporting organisations, National Governing Bodies and even the English Institute of Sport are advertising positions for rehabilitation specialists, but few programmes at MSc level exist which truly target this in an applied and detailed way.

Furthermore, no other master's programme in rehabilitation contains content on leadership and personal development skill sets which are now actively sought for successful moves to technical or leadership roles in elite sporting organisations. Graduates will also be capable of progressing to additional study/research including MPhil/PhD.

Students will learn skill sets which they legally may not be able to practice dependent on primary degree, licensing, and insurances.

#### **16. Support for learning**

The majority of course content can be accessed off site via the University MyUniHub platform, where lecture notes, reading material and journals are available.

The University provides library facilities and Academic Writing and statistical support which can be accessed via MyUniHub

The Disability and Dyslexia team are available to assist students who may have a condition that effects their study.

For our international students, English Support is available for those with English as a second language.

The University has a range of support services designed to aid all students on their academic journey.

#### **17. HECos code(s)**

**100475**

**18. Relevant QAA subject benchmark(s)**

Hospitality, Leisure, Sport and Tourism  
(2019)

**19. Reference points**

Internal Documentation:

- MU Learning and Quality Enhancement Handbook 2022/23
- Middlesex University Regulations 2022/23

External Documentation:

- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA
- QAA Characteristics Statement for Master's degrees

**20. Other information**

All students will require access to a computer and the internet to access course content. Furthermore, it is suggested that all students have access to a webcam with good quality sound to ensure they receive the best learning experience.

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

## 21. Curriculum map for MSc Sport Rehabilitation and Return to Play

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

### Programme learning outcomes

|                             |  |
|-----------------------------|--|
| Knowledge and understanding |  |
| A1                          | Protocol for diagnostic monitoring and testing in human performance, wellness, and return to performance   |
| A2                          | Evidence-based application of restorative input, manual therapies, and recovery strategies   |
| A3                          | Critical components in the construction and justification of rehabilitation in a high-performance environment.   |
| A4                          | The science of wellness and recovery and its implications on human performance and return to play.   |
| A5                          | Processes of personal development, reflective practice, and leadership.  |
| A6                          | Key components to be an effective leader or part of a multidisciplinary team.  |
| A7                          | Autonomously critiquing and analysing research and practice in relation to the field of rehabilitation and return to play  |
| Skills                      |  |
| B1                          | Apply a variety of diagnostic, monitoring, and testing procedures in human performance and rehabilitation, interpret the findings, and offer effective solutions.  |
| B2                          | Conduct independent critical reviews of research and practice related to the field of injury rehabilitation and return to play.  |
| B3                          | Develop and implement evidence- based rehabilitation programmes.   |
| B4                          | Utilize clinically reasoned soft tissue therapies and modalities in the treatment of injuries.   |
| B5                          | Apply advanced communication skills and effectively address complex or contentious issues in sport rehabilitation to a wider audience. Possess leadership, self-reflection, and personal development skills. |
| B6                          | Independently design a research project to further support evidence- based practice.   |
| B7                          | Apply and interpret wellness/recovery paradigms in performance sport.  |



| Programme outcomes                      |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
|---|----|----|----|----|----|----|----|----|----|----|----|----|----|--|
| A1                                      | A2 | A3 | A4 | A5 | A6 | A7 | B1 | B2 | B3 | B4 | B5 | B6 | B7 |  |
| Highest level achieved by all graduates |    |    |    |    |    |    |    |    |    |    |    |    |    |  |
| 7                                       | 7  | 7  | 7  | 7  | 7  | 7  | 7  | 7  | 7  | 7  | 7  | 7  | 7  |  |

| Module Title                               | Module Code | All Level 7 |    |    |    |    |    |    |    |    |    |    |    |    |    |
|--|-------------|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|
|  |             | A1          | A2 | A3 | A4 | A5 | A6 | A7 | B1 | B2 | B3 | B4 | B5 | B6 | B7 |
| Diagnostics in Sport Performance           | SES4043     | X           |    | X  | X  |    | X  | X  | X  | X  | X  |    | X  |    | X  |
| Manual Therapy & Restorative Input         | SES4044     |             | X  |    |    |    |    |    | X  |    |    | X  |    |    |    |
| Rehabilitation and Return to Performance   | SES4045     | X           |    | X  |    |    | X  | X  | X  | X  | X  |    |    | X  |    |
| Wellness and Recovery                      | SES4046     | X           | X  | X  | X  |    |    | X  | X  |    |    | X  | X  | X  | X  |
| Personal Development & Reflective Practice | SES4063     |             |    |    |    | X  | X  |    |    |    |    |    | X  |    |    |
| Research Methods                           | SES4030     |             |    |    |    |    |    | X  |    | X  |    |    |    |    | X  |
| Dissertation (Research)                    | SES4096     |             |    |    |    |    |    | X  |    | X  |    |    |    |    | X  |
| Dissertation (Practice)                    | SES4070     |             |    |    |    | X  | X  | X  |    | X  |    |    | X  |    | X  |