

BSc (Hons) Sport & Exercise Rehabilitation

Programme Specification

1. Programme title	BSc (Hons) Sport & Exercise Rehabilitation
2. Awarding institution	Middlesex University
3a Teaching institution	Middlesex University, Stone X Stadium
3b Language of study	English
4a Valid intake dates	September
4b Mode of study	Full time/ Part time/ Sandwich
4c Delivery method	<input checked="" type="checkbox"/> On-campus/Blended <input type="checkbox"/> Distance Education
5. Professional/ Statutory/ Regulatory body	British Association of Sports Rehabilitators and Trainers (BASRaT)
6. Apprenticeship Standard	n/a
7. Final qualification(s) available	BSc (Hons) Sport & Exercise Rehabilitation BSc Sport & Exercise Rehabilitation (Ordinary Degree) DipHE Sport & Exercise Rehabilitation CertHE (unnamed)
8. Academic year effective from	2024/25

9. Criteria for admission to the programme

Candidates must be able to satisfy the general admissions requirements of Middlesex University in one or more of the following ways with the normal minimum age of 18 years

old. Criteria for admission to the programme BSc Sport & Exercise Rehabilitation a minimum of 96 UCAS points.

Mature students without traditional requirements may also be accepted following accreditation of prior experiential learning providing they can show appropriate levels of relevant ability and experience; they would need to make a claim for recognition of prior learning (RPL).

We will Recognise Prior Learning in line with Middlesex University admission regulations which can be found on the main website. More info on RPL can be found on the “Study With Us” page of the MDX website. This page shows how much credit can be awarded towards a degree programme and how to make a claim for RPL.

Please refer to the programme specification for the Foundation Year for criteria for admission to the [BSc \(Hons\) Sport and Exercise Rehabilitation with Foundation Year](#) programme.

Evidence for capacity to work at level 3 for example:

5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
English Language/Literature and Mathematics and Science. PLUS, the following:
48 UCAS tariff points with 32 points in a Science subject (equivalent to 2 A-Level Ds)
Criteria for admission to BSc Sport and Exercise Rehabilitation:

Evidence for capacity to work at level 4+ for example:

5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
English Language/Literature and Mathematics and Science. PLUS, one of the following:
Three A-Levels with a minimum of 96 UCAS Tariff points with least one A level in a science discipline or physical education.
T-Level Pass (C or above on the core) in a science or physical education discipline.
A BTEC National Diploma or Certificate in an appropriate area (e.g. Applied Science/sport) normally with a minimum of 2 merits OR
Applicants who have successfully completed a relevant Diploma in Access to Higher Education (Science/Sport) with a minimum of a merit OR
Applicants who have successfully completed an appropriate (e.g Applied Science/Sport) Advanced GNVQ with at least 3 level III passes at merit standard.
Mature Students will be interviewed by the team to discuss suitability for study at level 4.
Applicants who have successfully passed a HE Foundation Science/Sport programme.

Overseas applicants with an appropriate qualification and an IELTS score of 6.0 and over. (with a minimum of 5.5 in all sections).

10. Aims of the programme

The programme aims to:

Provide a balance of scientific, theoretical, and technical skills on which to base professional competence in relation to sport and exercise rehabilitation and clinical practice.

Provide a multi-disciplinary understanding of sport and exercise rehabilitation
 Enable students to identify, implement and evaluate appropriate strategies to promote effective clinical practices across varying medical environments.

Integrate leadership skills necessary for professional practice and establish the basis for subsequent career progression or research success (lifelong learning).

Enable students to positively and flexibly change sport and exercise rehabilitation environment and facilitate the development of problem-solving skills.

Enable students to evaluate and appraise new clinical information, review evidence-based practice and critically analyse conflicting theories and assimilate best professional practice.

11. Programme outcomes*

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of:

1. The principles of Sport & Exercise Rehabilitation.
2. Sport & Exercise Rehabilitation and its inter-relationship with other fields of study and medical care.

Teaching/learning methods

Students learn knowledge and understanding through on campus discussions, seminars, tutorials, workshops, problem solving sessions, laboratory teaching, demonstration classes, placement and field work. In these sessions Students will get a variety of directed and self-directed learning activities e.g. Group projects, case study analysis, laboratory-based learning,

<ol style="list-style-type: none"> 3. Applied Sport & Exercise Rehabilitation, techniques, modalities and current topics, with emphasis in specialist areas. 4. The significance of Sport & Exercise Rehabilitation and its relationship to professional codes of practice. 5. An evidence-based approach to assess, diagnose and treat the complexities of musculoskeletal injuries within Sport & Exercise Rehabilitation environment. 6. Career opportunities specific to Sport & Exercise Rehabilitation 7. Applying autonomous and reflective approaches to lifelong learning. 	<p>and portfolio development, work based activity and key concept videos. Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement.</p> <p>Assessment methods Students' knowledge and understanding is assessed by</p> <p>(a) Formative assessment Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, practicals, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.</p> <p>(b) Summative assessment Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include, coursework, practical VIVA's, laboratory reports, presentations, professional portfolios and in-course tests.</p>
<p>B. Skills On completion of this programme the successful student will be able to:</p>	<p>Teaching/learning methods Students learn skills through on campus teaching sessions, discussions, formative assessment, peer-review of seminar</p>

<ol style="list-style-type: none"> 1. Identify, select and use analytic and evaluative skills that address issues in the field of Sport & Exercise Rehabilitation 2. Prioritise a range of options and select appropriate communication formats to convey solutions in treating musculoskeletal injuries in line with evidence-based practice 3. Apply sport and exercise rehabilitation knowledge in unfamiliar contexts, synthesising ideas or information to generate novel solutions. 4. Demonstrate confidence and flexibility in identifying and defining completed problems within a sport and exercise rehabilitation environment. 5. Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields. 6. Select and execute appropriate, laboratory or clinical tests and supports or is proactive in leadership requiring a level of autonomy, empathy and resilience. 7. Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of practice. 8. Work effectively within a multidisciplinary team environment and demonstrate organisational skills, empathy and resilience in a clinical setting. 9. Seek and apply new techniques and processes to own performance and identify how these might be evaluated and justified using evidence-based practice. 	<p>presentations, debates and directed reading.</p> <p>Students learn practical skills through attending laboratory classes, formative assessment, skills sessions and work experience.</p> <p>Assessment methods</p> <p>Students' skills are assessed by</p> <p>(a) Formative assessment. Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, practical's, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.</p> <p>(b) Summative assessment Student practical skills are assessed by practical VIVA's, laboratory reports, presentations and professional portfolios.</p>
--	--

12. Programme structure (levels, modules, credits and progression requirements)

12.1 Structure of the programme

An undergraduate BSc honours degree in Sport & Exercise Rehabilitation is comprised of 360 credits of learning. In each year you will take 120 credits of learning (P/T 60 credits of learning) and this will enable you to complete your award as a full-time student in 3 years.

Modules are delivered as either 30 or 15 credits. 30 credit modules are studied over 12 weeks of learning followed by an assessment period. The 15 credit modules are studied for 12 weeks in Year 2 semester 2.

Part-time study at each level is permitted (except foundation year) and the selection of modules will be chosen by the programme leader in consultation with the student at the start of the academic year totaling 60 credits per year.

A sandwich year can be completed by students between years 2 and 3, which consists of a year-long placement, and achieves a Diploma in Employability Studies on successful completion. Students must confirm their wish to include 120 credits of placement (as 'sandwich') in their programme by January of their Intermediate/Diploma stage. Please contact your programme leader for further details.

Please refer to the programme specification for the Foundation Year for the modules to be taken during the foundation year of the [BSc Sport and Exercise Rehabilitation with Foundation Year](#) programme.

Full-Time Structure: BSc (Hons) Sport and Exercise Rehabilitation

Year 1:

Semester 1 (Sept - Dec):

SES1621 Academic Skills (30 Credits)

SES1612 Functional Anatomy & Pathology: Upper Body (30 Credits)

Semester 2 (Jan - Apr):

SES1623 Sport Science Fundamentals (30 Credits)

SES1613 Functional Anatomy & Pathology: Lower Body (30 Credits)

Year 2:

Semester 1 (Sept - Dec):

SES2612 Client Assessment & Clinical Practice (30 Credits)

SES2613 Treatment Modalities (30 Credits)

Semester 2 (Jan - Apr):

SES2614 Research Methods (30 Credits)

SES2615 Performance Planning (15 Credits)

SES2616 Pitch Side Immediate Care (15 Credits)

Year 3:

Semester 1 (Sept - Dec):

SES3606 End Stage Programming (30 Credits)

SES3605 Special Populations & Public Healthcare (30 Credits)

Semester 2 (Jan - Apr):

SES3612 Work Based Practice & Employability (30 Credits)

SES3610 Dissertation (30 Credits)

Optional: SES3400 Sandwich Year

Part-Time Structure: BSc (Hons) Sport and Exercise Rehabilitation

Year 1:

Semester 1 (Sept - Dec): SES1621 Academic Skills (30 Credits)

Semester 2 (Jan - April): SES1623 Sport Science Fundamentals (30 Credits)

Year 2:

Semester 1 (Sept - Dec): SES1612 Functional Anatomy & Pathology: Upper Body (30 Credits)

Semester 2 (Jan - April): SES1613 Functional Anatomy & Pathology: Lower Body (30 Credits)

Year 3:

Semester 1 (Sept - Dec): SES2612 Client Assessment & Clinical Practice (30 Credits)

Semester 2 (Jan - April): SES2614 Research Methods (30 Credits)

Year 4:

Semester 1 (Sept - Dec): SES2618 Treatment Modalities (30 Credits)

Semester 2 (Jan - April): SES2615 Performance Planning (15 Credits) & SES2616 Pitch Side Immediate Care (15 Credits)

Year 5:

Semester 1 (Sept - Dec): SES3606 End Stage Programming (30 Credits)

Semester 2 (Jan - April): SES3612 Work Based Practice & Employability (30 Credits)

Year 6:

Semester 1 (Sept - Dec): SES3605 Special Populations & Public Healthcare (30 Credits)

Semester 2 (Jan - April): SES3610 Dissertation (30 Credits)

Optional: SES3420 Sandwich Year

12.2 Levels and modules

Level 4

Compulsory

Students must take all of the following:

SES1621 Academic Skills (30 Credits)

SES1612 Functional Anatomy & Pathology: Upper Body (30 Credits)

SES1623 Sport Science Fundamentals (30 Credits)

SES1613 Functional Anatomy & Pathology: Lower Body (30 Credits)

Optional

There are no optional modules.

Compulsory

- SES3606 End Stage Programming (30 Credits)

- SES3605 Special Populations & Public Healthcare (30 Credits)
- SES3610 Dissertation (30 Credits)
- SES3612 Work Based Practice & Employability (30 Credits)

Optional

There are no optional modules.

12.3 Non-compensatable modules

Module level 4 5 6

Module Code All

13. Information about assessment regulations

This programme will run in line with general University Regulations:

<https://www.mdx.ac.uk/about-us/policies/>

Students with three weeks consecutive non-attendance may be withdrawn.

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

Throughout academic years 1, 2 and 3 students are expected to seek short term (minimum of 400 hours) of work experience in a suitable Sport and Exercise Rehabilitation environment; this should be supervised by a suitably qualified practitioner (certified and registered/insured with a professional body; Sports Rehabilitator, Sports Therapist, Physiotherapist, Chiropractor, Osteopath, Sports Medicine doctor, or equivalent, dictated by the programme leader) adhering to the QAA quality assurance processes.

In academic year 1 and 2, the placements will be passed providing the student completes the required number of supervised hours. In year 3, the placement will be assessed on the successful completion of 400 hours, utilising a portfolio designed to measure various aspects of learning.

15. Future careers / progression

This degree is broad in scope, allowing students to study the full potential of sports and exercise rehabilitation and gain an expert knowledge and understanding of musculoskeletal

medicine and scientific methods from sports psychology to the study of the human form. Students completing this programme will graduate with the essential skills and knowledge to thrive in the sport and exercise rehabilitation industry and be well-prepared to enter a broad range of careers working with athletes and the general public to support their recovery and prevention from injury, development as an athlete or helping people at all levels of fitness to stay healthy.

This programme will support all students wishing to participate in a career of, Sport and Exercise Rehabilitation, Sports Therapy, Physiotherapy, Sport Science, Dietician, Fitness Instructor / Personal Trainer, GP Referral Exercise Consultant, Health Promotion Specialist, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Sport and Exercise Psychologist, Sports Development Officer, Strength and Conditioning Coach, Teacher.

16. Particular support for learning

Students will be taught in world class facilities at Stone X stadium. This includes using specialist sport rehabilitation equipment and being exposed to a variety of specialised sport science environments.

Students can access the University student support services as follows: Money and Welfare Advice, Childcare, Employability Service, Counselling, Disability Support Unit, the Learning Enhancement Team and Dyslexia/Specific Learning Difficulties tutorial support if eligible.

The University has specialist staff that can also help students with literacy and numeracy tasks such as data analysis software and structuring assignments.

Students will also have access to the University's student portal. This portal will enable students to access their student record on the University's central student management system, e-learning materials, a University email account and University library resources.

17. HECos code(s)

101289

18. Relevant QAA subject benchmark(s)

Events, Hospitality, Leisure, Sport and Tourism (2019)

19. Reference points

British Association of Sport Rehabilitators & Trainers (BASRaT)

LQEH Guidance 3xii - Programme Leader Guidance
LQEH Guidance 3xiii - Writing a programme specification
LQEH Guidance 3xv - Graduate Attributes
LQEH Guidance 3xvi - Ethics in the curriculum
LQEH Guidance 3xviii - Writing a module narrative
2031 Learning Framework Principles

External Documents:

QAA Subject Benchmark Statement – Events, Hospitality, Leisure, Sport & Tourism. (2019)
SEEC Credit Level Descriptors (2016)
Office for Students. (2018). Securing Student Success.
ASET Good Practice Guide for Work based & Placement Learning in Higher Education.

20. Other information

The following course-related costs are included in the fees:

- A free electronic core textbook for every module,
- All printing and copying required for your study,
- Self-service laptops available for loan
- Audio-visual equipment available for loan, including digital stills cameras, digital video recorders, digital audio recorders.

The following course-related costs are not included in the fees, and you are required to purchase these to complete the course (partially funded by London Sport Institute). The costs are approximate and may change due to changes in pricing at the retailer:-

- First Aid training (~£40)
- London Sport Institute Sports Kit (~£80)
- RFU Pre Hospital Immediate Care in Sport Level 2 (~£250) accreditation.
- Sports Massage Association student membership – optional to gain accreditation (~£25)

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 they take 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 BSc Sport & Exercise Rehabilitation

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	The principles of Sport & and Exercise Rehabilitation.
A2	Sport & Exercise Rehabilitation and its inter-relationship with other fields of study and medical care.
A3	Applied Sport & Exercise Rehabilitation, techniques, modalities and current topics, with emphasis in specialist areas.
A4	The significance of Sport & Exercise Rehabilitation and its relationship to professional codes of practice.
A5	An evidence-based approach to assess, diagnose and treat the complexities of musculoskeletal injuries within Sport & Exercise Rehabilitation environment.
A6	Career opportunities specific to Sport & Exercise Rehabilitation
A7	Applying autonomous and reflective approaches to lifelong learning.
Skills	
B1	Identify, select and use analytic and evaluative skills that address issues in the field of Sport & Exercise Rehabilitation
B2	Prioritise a range of options and select appropriate communication formats to convey solutions in treating musculoskeletal injuries in line with evidence-based practice.
B3	Apply sport and exercise rehabilitation knowledge in unfamiliar contexts, synthesising ideas or information to generate novel solutions.
B4	Demonstrate confidence and flexibility in identifying and defining completed problems within a sport and exercise rehabilitation environment.
B5	Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.
B6	Select and execute appropriate, laboratory or clinical tests and supports or is proactive in leadership requiring a level of autonomy, empathy and resilience.
B7	Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of practice.
B8	Work effectively within a multidisciplinary team environment and demonstrate organisational skills, empathy and resilience in a clinical setting.
B9	Seek and apply new techniques and processes to own performance and identify how these might be evaluated and justified using evidence-based practice

Programme outcomes A1 A2 A3 A4 A5 A6 A7 B1 B2 B3 B4 B5 B6 B7 B8 B9
 Highest level achieved by all graduates 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6

Module Title	Module code by Level	A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
Academic Skills	SES1621		x		x	x		x	x	x	x		x	x			
Functional Anatomy & Pathology: Upper Body	SES1612	x		x	x	x		x	x			x		x			
Sport Science Fundamentals	SES1623	x		x		x										x	x
Functional Anatomy & Pathology: Lower Body	SES1613	x		x	x	x		x	x			x		x			
Client Assessment & Clinical Practice	SES2612	x		x	x	x	x	x			x			x			x
Treatment Modalities	SES2613	x		x	x	x			x			x			x		x
Research Methods	SES2614			x		x				x	x						x
Performance Planning	SES2615	x	x	x		x			x		x			x			x
Pitch Side & Immediate Care	SES2616	x	x	x	x	x	x			x	x	x			x		x
End Stage Programming	SES3606	x	x	x		x					x		x		x	x	x
Special Populations & Public Healthcare	SES3605	x		x		x			x			x	x	x			
Dissertation	SES3610					x	x	x		x			x	x	x		x
Work Based Practice & Employability	SES3612	x			x		x	x	x		x	x				x	