

# BSC (HONS) IN **SPORT AND EXERCISE THERAPY**

This highly practical three-year Sport and Exercise Therapy degree course is validated by Loughborough University and provides students with the opportunity to learn the knowledge and practical skills required to assess, manage and treat injuries in a sport and exercise setting. You will learn the essential clinical skills needed in diagnosing, treating and rehabilitating injured participants. This course is accredited by the Society of Sports Therapists and graduates will have the opportunity to become an accredited member of the society by demonstrating professionally recognised standards of knowledge and competence during their studies.

## **Awarded By:**



## **COURSE CONTENT**

The BSc (Hons) Degree in Sport and Exercise Therapy has been designed to meet the following programme aims:

- To develop comprehensive knowledge of Sport and Exercise Therapy
- To develop an analytical, critical and reflective approach to Sport and Exercise Therapy
- To promote an understanding of the multi-disciplinary and inter-disciplinary approaches to Sport and Exercise Therapy
- To enhance students employability and career preparation by establishing the practical skills, techniques, and methods required by Sport and Exercise Therapy practitioners
- To promote good practice as a Sport and Exercise Therapist in clinical, laboratory and field based settings
- To have an understanding of professional behaviour, knowledge of practical problems, awareness of health and safety, and duty of care towards clients
- To establish an understanding of the roles of related practitioners and regulatory organisations, including the Society of Sports Therapists

## **MODULES**

### **Year 1:**

- Research & Academic Skills
- Anatomy & Physiology
- Foundations of Sport & Exercise Science
- Sports Massage
- Introduction to Exercise Therapy
- Introduction to Sports Therapy

## **Year 2:**

- Research Methods
- Sport & Exercise Rehabilitation
- Manual Therapy
- Sports Trauma
- Small Business & Entrepreneurship
- Strength & Conditioning
- Sports Science for Sport and Exercise Therapists

## **Year 3:**

- Research Project
- Clinical Placement
- Advanced Manual Therapy
- Strength & Conditioning Training

## **Optional Year 3 Modules:**

- Advanced Topics in Exercise & Health Physiology
- Performance Nutrition
- Advanced Topics in Physical Activity & Health Promotion
- Advanced Topics in Sports Biomechanics and Performance Physiology

## **ENTRY REQUIREMENTS**

112 points UCAS points

GCSEs or equivalent in English Language and Maths at grade 4/C or above.

If you are aged 21 or over at the start of the course and find you do not meet the entry requirements, we urge you to still apply. In such cases, the curriculum team will need to be satisfied that you are adequately prepared to undertake a programme of study. As a mature student your relevant academic, professional and life experiences detailed in your application will be considered when we assess your application.