Programme Specification and Curriculum Map for BSc (Hons) Sport and Exercise Rehabilitation

1. Programme title	BSc (Hons) Sport and Exercise Rehabilitation. BSc (Hons) Sport and Exercise Rehabilitation with Foundation Year
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	British Association of Sports Rehabilitators and Trainers (BASRaT)
5. Final qualification	BSc (Hons) Sports and Exercise Rehabilitation. DipHE Sport Studies
6. Year of validation **Year of amendment**	2018-19 2021-22
7. Language of study	English
8. Mode of study	Full Time/Part Time

9. Criteria for admission to the programme

For criteria for admission to the programme BSc (Hons) Sport and Exercise Rehabilitation with Foundation Year, please refer to the Foundation Year programme specification.

Criteria for admission to the programme BSc. (Hons) Sport and Exercise Rehabilitation.

Evidence that they have 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 112 UCAS Tariff points with least one A level in a science discipline or physical education.
- A BTEC National Diploma or Certificate in an appropriate area (e.g. Applied Science/Sport) normally with a minimum of 1 distinction and 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.

10. Aims of the programme

The programme aims to:

A. Provide a multi-disciplinary understanding of sport and exercise science and rehabilitation practice.
B. Provide a balance of scientific, technical, and legislative skills on which to base professional competence in relation to sport and exercise rehabilitation.
C. Enable students to identify, implement and evaluate appropriate strategies to promote injury prevention, performance and rehabilitation.
D. Integrate leadership skills in professional practice and establish the basis for subsequent career or research success (lifelong learning).
E. Enable students to positively and flexibly respond to a sport and exercise rehabilitation profession and facilitate the development of problem solving skills.

F. Enable students to evaluate and appraise new information, review evidence 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 principals of sport and exercise science. 2. Sports and exercise rehabilitation and its inter-relationship with other fields of study. 3. Applied sport and exercise rehabilitation current topics, with particular emphasis in specialist areas. 4. The significance of sport and exercise rehabilitation and its relationship to professional codes of practice. 5. An evidence based approach to deal with the complexities of sport and exercise rehabilitation. 6. Career opportunities specific to their chosen programme. 7. Applying autonomous and reflective approaches to lifelong learning.	**Teaching/learning methods** Students learn knowledge and understanding through either online or on campus attendance in lectures, seminars, tutorials, workshops, problem solving sessions, laboratory teaching and demonstration classes. Placements and field work will be used to develop skills. In these sessions students will get a variety of directed and self-directed learning activities e.g. Group projects, case-study analysis, portfolio development and work based activity where this is possible. Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement. **Assessment Method** 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, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson. b. Summative assessment Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include coursework, VIVA's, reports, presentations, professional portfolios and in-course tests.
B. Skills On completion of this programme the successful student will be able to: 1. Identify, select, and uses analytic and evaluative skills that address issues influencing the field of sport and exercise rehabilitation. 2. Prioritise a range of options and select appropriate communication formats to	**Teaching/learning methods** Students learn cognitive and practical skills through on line or on campus lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading. Practical skills will be developed through attending laboratory classes, formative assessment, skills sessions and work experience. **Assessment Method**

convey solutions. 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 field. 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. Demonstrate & select and execute appropriate, laboratory or field tests and supports or is proactive in leadership requiring a level of autonomy. 7. Review and competently carry out risk assessments or appropriate emergency care in accordance with legislation and professional codes of conduct. 8. Work effectively within a team and demonstrate organisation skills, working within clinical and field based settings. 9. Demonstrate and apply new techniques and processes to own performance and identify how these might be evaluated.	(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,, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson. (b) Summative assessment Student's cognitive and practical skills are assessed by VIVA's, reports, presentations, professional portfolios and in course tests. Online portfolio's will also be used to demonstrate knowledge of practical skills.

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

12. 1 Overall structure of the programme

An undergraduate BSc honours degree 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 the whole academic year of 24 weeks of learning followed by an assessment period. The 15 credit modules are studied for 12 weeks in term 1, or 12 weeks in term 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.

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.

Year 1					
Fundamentals of Research Methods SES1610 (15 credits)	Anatomy, Client Assessment and Sports Massage SES1606 (30 Credits)	Fundamentals of Sport & Exercise Science SES1602 (30 Credits)	Pathology, Classification and Mechanism of Injury SES1607 (15 Credits)	Fundamentals of Training Principles in Sport & Exercise Rehabilitation SES1603 (15 Credits)	Made in Middlesex Expansion Module (Cognitive Me) SES1611 (15 credits)

Year 2							
Research Methods SES2610 (15 Credits)	Corrective Exercise Based Rehab SES2603 (15 credits)	Pitch-side and Immediate Care SES2604 (15 Credits)	Introduction to Therapeutic Modalities SES2605 (15 Credits)	Applied Soft Tissue Techniques SES2606 (15 Credits)	Applied Sport & Exercise Nutrition SES2602 (15Credits)	Clinical Biomechanics SES2607 (15 Credits)	Made in Middlesex Expansion Module (Associative Me) SES2611 (15 Credits)

Year 3			
~~Dissertation~~ SES3601 (30 Credits)	~~Advanced~~ Rehabilitation and Performance Programming SES3602 (30 Credits)	~~Advanced Client Care~~ SES3604 (30 Credits)	~~Work Based Practice~~ SES3603 (15 Credits)

12.2 Levels and modules		
Level 4 (1) 120 Credits		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: SES1610 Fundamentals of Research Methods SES1611 Made in Middlesex Expansion Module (Cognitive Me) SES1606 Anatomy, Client Assessment and Sports Massage SES1602 Fundamentals of Sport & Exercise Science SES1607 Pathology, Classification and Mechanism of Injury SES1603 Fundamentals of Training Principles in Sport & Exercise Rehabilitation	There are no optional modules.	All level 4 modules must be passed to progress.
Level 5 (2) 120 Credits		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: SES2610 Research Methods SES2611 Made in Middlesex Expansion Module (Associative Me) SES2603 Corrective Exercise Based Rehab SES2604 Pitch-side and Immediate Care SES2605 Introduction to Therapeutic Modalities SES2606 Applied Soft Tissue Techniques SES2606 Applied Sport and Exercise Nutrition SES2607 Clinical Biomechanics	There are no optional modules.	All level 5 modules must be passed to progress.
Level 6 (3) 120 Credits		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS

Students must take all of the following: SES3601 Dissertation SES3602 Advanced Rehabilitation and Performance Programming SES3604 Advanced Client Care SES3603 Work Based Practice	There are no optional modules.	All level 6 modules must be passed to graduate.

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)	
Module level	**Module code**
4	All level 4 modules are non-compensatable.
5	All level 5 modules are non-compensatable.
6	All level 6 modules are non-compensatable.

13. Curriculum map
See curriculum Map attached.

14. Information about assessment regulations
The regulations applying to the programme are those common to the University. There are opportunities for re-assessment in failed components of work and specific details are given in the module handbooks. At levels 5 and 6, where a student has failed a piece of work, the mark for the resubmitted work is capped at 40%.
Students must adhere to module assessment deadlines. Where a student cannot meet the deadline for extenuating reasons (for example illness, accidents, bereavement, family problems), an extension can be formally requested. Failure to participate in assessment without good reason will result in a fail grade for the summative assessment for the module.

Students must normally have an average attendance (on campus and/or on-line) above 80% for the programme. Students that fall below this will automatically be required to attend a meeting with their programme leader and achievement officer. This meeting will look to support students and ensure their suitability to continue with their studies.

Due to the health and safety requirements, all students with an attendance below 80% will not be able to complete practical/laboratory assessments and will receive a 20-grade for that assessment. To enable re-assessment at a later date, students must attend the module specific revision session(s) in selected programme weeks and obtain the consent of the module leader to sit the outstanding exam. In situations whereby the student has agreed extenuating circumstances from the university, the resultant grade will **not** be capped at 40%.

Due to the health and safety requirement of work experience, students with attendance below 80% will not be able to complete placement hours. To obtain the consent of the module leader to attend a placement, students must attend the specific revision session(s) in selected programme weeks. In situations whereby the student has agreed extenuating circumstances from the university, the resultant grade will **not** be capped at 40%.

All work submitted after the assessment deadline is a fail and will receive an academic grade-20. In situations of extenuating circumstances,

- Students are unable to upload work to the University system, evidence along with their work must be emailed to the module leader before the deadline passes.
- If there are extenuating circumstances caused through personal issues with the student, an extenuating circumstances form must be applied for via Unihub prior to the submission deadline.

Late practical assessment: all students must upload accompanying work at proposed module deadline prior to practical assessment. If the work is not uploaded by the deadline they will not be able to complete the practical assessment.

Late attendance to practical assessments Students are required to arrive 15 minutes before practical time. If the student is absent when called to their assessment they will not be able to complete the assessment that day and will be recorded as a fail, receiving an academic grade 20.

If there is a genuine circumstance of why the student is late, an email needs to be sent with evidence to the module leader and the assessment can take place at the next available slot.

Group assessments: All students must upload accompanying work at proposed module deadline prior to the group assessment. If the work is not uploaded by the deadline they will not be able to complete the practical assessment. In the event that a student(s) does not attend, the group is still expected to complete it, as the whole group should know every component.

If the assessment requires students to support others as part of a group to be a body/participant and they do not attend or organize this then they will be capped at 40% when their assessment takes place.

Practical: All students must be dressed in LSI branded kit, suitable to the activity. .

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

There is a compulsory placement module in academic years 1, 2 and 3, where students will be 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 (section B).

The Made in Middlesex Modules contain micro-credentials that will need to be collected as part of their placement.

In academic year 1 and 2, the placements will be passed providing the student completes the required number of 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.

16. Future careers (if applicable)

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

17. Particular support for learning (if applicable)

Learning resources at Hendon, sport and exercise science/rehabilitation laboratorys at Stone X Stadium, specialised external lecturers, learning resources, subject area and IT helpdesk.

18. JACS code (or other relevant coding system)	C630
19. Relevant QAA subject benchmark group(s)	Hospitality, Leisure, Sport and Tourism.

20. Reference points

The following reference points were used in designing the Programme.

Internal documentation

- Middlesex University (2015) Guide and Regulations. London. MU.
- Middlesex University (2013) Equality and diversity Policy. London. MU
- Middlesex University (2015). Curriculum Design.

External Documentation:

- Quality Assurance Agency (2014) The Framework for Higher Qualifications of UK Degree-Awarding bodies (Qualifications Framework), London, QAA
- Quality Assurance Agency (2016) QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism.
- HEA (2010). Analysis of Academy Resources supporting the JISC Transforming Curriculum Design and Delivery Programmes Phase 1 &2.

21. 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)
- Reps level 2 and 3 (~£50 each)

- RFU Pre Hospital Immediate Care in Sport Level 2 (~£250) accreditation.
- Sports Massage Association student membership – optional to gain accreditation (~£25)
- One residential trip over the 3 years (~£200)
- Up to one course related day trip (~ £100)
- Further details on specific additional equipment which is not included in your fees can be requested from the Programme Leader.

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.

Appendix 2: Curriculum Map

Curriculum map for BSc Sport and 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		Skills	
A1	The principals of sport and exercise science.	B1	Identify, select, and uses analytic and evaluative skills that address issues influencing the field of sport and exercise rehabilitation.
A2	Sports and exercise rehabilitation and its inter-relationship with other fields of study.	B2	Prioritise a range of options and select appropriate communication formats to convey solutions.
A3	Applied sport and exercise rehabilitation current topics, with particular emphasis in specialist areas.	B3	Apply sport and exercise rehabilitation knowledge in unfamiliar contexts, synthesising ideas or information to generate novel solutions.
A4	The significance of sport and exercise rehabilitation and its relationship to professional codes of practice.	B4	Demonstrate confidence and flexibility in identifying and defining completed problems within a sport and exercise rehabilitation field.
A5	An evidence based approach to deal with the complexities of sport and exercise rehabilitation.	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.
A6	Personal career plans.	B6	Select and execute appropriate, laboratory or field tests and supports or is proactive in leadership requiring a level of autonomy.
A7	An autonomous and reflective approach to lifelong learning	B7	Review and competently carry out risk assessments or appropriate emergency care in accordance with legislation and professional codes of conduct.
		B8	Work effectively within a team and demonstrate organisation skills, working within clinical and field based settings.
		B9	Seek and apply new techniques and processes to own performance and identify how these might be evaluated.

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	Programme outcomes															
		A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
Fundamentals of Research Methods	SES1610				x	x	x	x		x							
Made in Middlesex Expansion Module (Cognitive Me)	SES1611						x	x	x	x						x	x
Anatomy, Client Assessment and Sports Massage	SES1606	X			X				X								X
Fundamentals of Sport and Exercise Science	SES1602	X		X		X										X	
Pathology, Classification and Mechanism of Injury	SES1607					X			X								
Fundamentals of Training Principals in Sport and Exercise Rehabilitation	SES1603					X									X		X
Research Methods (15 Credits)	SES2610			x						x	x						
Made in Middlesex Expansion Module (Associative Me) (15 Credits)	SES2611						x	x	x	x						x	x
Corrective Exercise Based Rehab	SES2603	X	X	X					X		X			X			X
Pitch-side and Immediate Care	SES2604		X	X	X				X						X	X	
Introduction to Therapeutic Modalities	SES2605			X		X			X	X							X
Applied Soft Tissue Techniques	SES2606			X		X		X	X			X					X
Applied Sport and Exercise Nutrition	SES2602			X							X		X				
Clinical Biomechanical	SES2607	X		X		X					X			X			

Dissertation	SES3601					X	X	X		X			X	X	X		
Advanced Rehabilitation and Performance Programming	SES3602		X	X		X					X		X			X	X
Advanced Client Care	SES3604			X		X			X			X	X	X			
Work Based Practice	SES3603	X			X		X	X	X		X	X				X	X