

# Programme Specification

<b>Programme Title and Name of Award</b>	BSc (Hons) Sport Rehabilitation		
<b>Academic Level</b>	Level 6	<b>Total Credits</b>	360
<b>Professional Body Accreditation / Qualification</b>	Programme accredited by the British Association of Sport Rehabilitators and Trainers (BASRaT). As such, students who complete the “accredited pathway” of the programme and meet all requirements (educational, vocational and attendance) as set, will be eligible to join BASRaT as a Graduate member.		
<b>Date of Professional Body Accreditation</b>	1 <sup>st</sup> August 2020	<b>Accreditation Period</b>	31 <sup>st</sup> July 2025
<b>UCAS Code</b>	CB69		
<b>HECoS Code</b>	100475		
<b>Criteria for Admission to the Programme</b>	<p>The University’s standard criteria for admissions apply. Please refer to the <a href="#">Applicant Information</a> pages of the University website for more information. For <a href="#">APL</a>, please refer to the University website.</p> <p>Students can only APL onto Levels 5 and 6 the accredited pathway of the course where they have studied at least Level 4 on a BASRaT accredited programme. Alternatively, students may still APL onto Level 5 or 6, where appropriate, but will do so on the none-accredited pathway.</p> <p>Detailed criteria for admission to this programme can be found on the programme webpage:  <a href="https://www.cumbria.ac.uk/study/courses/undergraduate/sport-rehabilitation/">https://www.cumbria.ac.uk/study/courses/undergraduate/sport-rehabilitation/</a></p>		
<b>Teaching Institution</b>	University of Cumbria		
<b>Owning Department</b>	Medical & Sport Sciences		
<b>Programme delivered in conjunction with</b>	Not applicable		
<b>Principal Mode of Delivery</b>	Face to Face & Work-Based Learning.		
<b>Pattern of Delivery</b>	Full Time		

	This programme may also be made available on an infill part-time basis at the discretion of the academic programme leader
<b>Delivery Site(s)</b>	Lancaster
<b>Programme Length</b>	Bachelor Degree (Ordinary and Honours): 3 years Standard registration period (full-time)
<b>Higher Education Achievement Report (HEAR)</b>	Upon successful completion of this programme, you may receive a Diploma Supplement/Higher Education Achievement Report (HEAR).
<b>Exit Awards</b>	You may be awarded one of the following Exit Awards if you fail to achieve the requirements of the full programme. BSc (Hons) Sport & Exercise Therapy (360 credits) BSc Sport & Exercise Therapy (300 credits) DipHE Sport & Exercise Therapy (240 credits) CertHE Sports Massage Therapy (120 credits)
<b>Period of Approval</b>	2020 - 2026

### Cumbria Graduate Attributes

Throughout your studies, you will be provided with the skills and knowledge relevant to the global workplace. All successful graduates of the University of Cumbria will be:

- Enquiring and open to change
- Self-reliant, adaptable and flexible
- Confident in your discipline as it develops and changes over time
- Capable of working across disciplines and working well with others
- Confident in your digital capabilities
- Able to manage your own professional and personal development
- A global citizen, socially responsible and aware of the potential contribution of your work to the cultural and economic wellbeing of the community and its impact on the environment
- A leader of people and of places
- Ambitious and proud

### Programme Features

This programme has been designed to be aligned to the educational requirements of the British Association of Sport Rehabilitators and Trainers (BASRaT). It contains the relevant educational knowledge, practical skills and competencies as required by the professional body, considering the latest (9<sup>th</sup> Edition) Educational Framework, appropriate for future Graduate membership of the professional body. Furthermore, educational content and skills have been mapped against CIMSPA in

relation to the benchmark requirements for the Strength & Conditioning Trainer (contained within Level 5) qualifications. This is integrated into the programme at no additional cost or workload, and awarded by the CIMSPA accreditor on successful completion of the relevant modules.

Modules will deliver high quality profession-specific training, which contains: a detailed knowledge and understanding of human anatomy, physiology and relevant pathophysiology of neuromusculoskeletal conditions; competence in manual/therapeutic techniques, skills in exercise prescription, rehabilitation, conditioning and screening; and highly developed communication and inter-professional skills. The programme also makes use of computer-based technologies to reinforce practical skills developed in class (eg. through online videos of skills) and for the development of graduate employability skills (eg. website construction).

The ultimate aim of the programme is to enhance your employment prospects by providing professional body membership eligibility and industry leading qualifications (BASRaT and CIMSPA) and learning opportunities that reflect current workforce requirements and developing transferable and key skills. This will build on the University's current standing of being ranked 2nd the United Kingdom for graduate employment (DLHE 2015). Your employability is strengthened by placement experiences embedded throughout the degree, totalling a minimum of 400 hours (a requirement of BASRaT), along with the addition of further industrial qualifications (such as Emergency First Aid and an advanced trauma qualification) and the numerous volunteering opportunities presented throughout the three years.

At Level 4 you will participate in closely supervised sessions and practical classes fostering basic practical and clinical reasoning skills that underpin Sport Rehabilitation, as well as the foundations of human movement and function (including the study of Physiology and Biomechanics). You will also study the theory and application of basic exercise techniques & training. This will have embedded educational requirements to satisfy the CIMSPA Gym Instructor qualification for on completion of the module. Also regarding employability, by successfully completing the Level 4 module in Sports Massage and by becoming a student member of BASRaT, this will allow you to obtain insurance to practice Sports Massage and commence paid employment working within your scope of practice. Finally, you will commence your personal and professional development in a dedicated module. This will be designed to further aid your induction into higher education, or transition from Level 3, and foster your learning skills for higher levels of study to come.

At Level 5, there will be more emphasis on developing the clinical skills needed to become an independent learner and practitioner including opportunities to work in small groups as part of clinical problem-based learning, to plan, discuss and apply evidence based therapeutic interventions. This will be accompanied by further applications of functional sports rehabilitation and later stage strength and conditioning modules. These will be designed to integrate the educational requirements of the CIMSPA Strength & Conditioning Trainer qualification.

At Level 6, there will be an increasing emphasis on student led sessions and discussion groups during more advance problem-based learning scenarios (integrated into clinical modules) to enhance critical thinking and reasoning skills needed by autonomous practitioners. Alongside continued, advanced educational content related to Sport Rehabilitation, you will study a module in Professional Development and Employment. This module is designed to develop your critical self-reflection, careers and goal planning, and to help prepare you for graduate employment. This will include studying and developing your curriculum vitae, personal statement and interview techniques whilst gaining awareness of teamwork, leadership skills, and appreciate the role of stress management & counselling. Following studying Evidence Based Practice in Level 5, in Level 6 you will conduct your advanced investigative project, which will allow further specialisation in your chosen discipline.

Vocational skills are developed throughout the levels 4-6 via Qualificatory Practice Units (QPU). Students will undertake 100 hours placement for QPU 1, 100 hours placement for QPU2 and 200 hours for QPU 3, making a total of 400 hours (as required by BASRaT for Graduate membership eligibility). The vocational experiences during each QPU will be tailored in relation to your knowledge base and

skill competency, along with your preferred area of practice (where possible and appropriate) and be conducted in a range of internal (University sports team pitch-side 1<sup>st</sup> aid, Health & Wellbeing Massage Clinic) and external (professional/amateur sports teams, sport rehabilitation clinics, the NHS, Firefighters recovery charity, health centres, etc...). These will be integrated throughout the academic year and around taught sessions as well as further advocated over holiday periods with additional placements negotiated with providers close to your home. This will help to enable greater distribution of placements over the 3-year period. The Programme Placement coordinator will negotiate and supply, as required, placements during term time, and in the local area, in order to help you obtain 400 hours on completion of the programme. They will also offer support to assist you in contacting placement providers closer to home during holiday periods to further expand your placement hours. Detailed information regarding placement supervisor and setting criteria for suitability, liability insurance, logging of hours/experience, and health and safety requirements are provided in a separate Placement Handbook.

Where possible, term-time placements are sourced in local settings within commute using public transport. However, opportunities may arise for placements further away, not in reach of public transport, or requiring overnight accommodation. These will be discussed as appropriate with the Placement Coordinator, however, please be aware that placements may incur cost regarding travel arrangements.

On completion of the programme, encompassing all educational requirements and QPUs are successfully met, and that you obtain a minimum of 80% attendance throughout all teaching and placement activities, you will be eligible to apply for BASRaT graduate membership. Please note that this incurs a cost of around £300 annually, although which provides Malpractice and Public Liability Insurance to practice (up to £5 million), to be on the Accredited Register and able to use the title of Graduate Sport Rehabilitator (GSR), access to employment listings and adverts, and a range of other member benefits. Post-graduate options will also be made available regarding further study with the University of Cumbria, specifically regarding progression onto the MSc (Pre-registration) Physiotherapy programme. At the University of Cumbria, the Physiotherapy teaching team recognise that a number of Sports Rehabilitation students successfully go on to study Physiotherapy following completion of their undergraduate degree. Therefore, they would like to actively encourage you, if you are expecting to attain an Upper Second Class (2:1) degree classification or higher, to apply for our 2-year MSc (Pre-registration) Physiotherapy programme and can guarantee an interview for these applicants. To help to facilitate your application the Physiotherapy team will also work closely with staff from the Sports Rehabilitation programme and support sessions to guide you through this process.

## **Aims of the Programme**

The overall aims of the Programme are:

The aim of the BSc (Hons) Sport Rehabilitation programme is for the graduating students to be competent Graduate Sport Rehabilitators who are:

- i fit for practice, purpose and profession as a proficient and autonomous Graduate Sport Rehabilitator (GSR)
- ii able to critically reflect as an independent practitioner, and show commitment to continuing professional development and lifelong learning whilst acting as an ambassador for BASRaT
- iii able to demonstrate graduate qualities and transferable skills necessary for success in the workplace
- iv. capable of working collaboratively with other healthcare and sport-related professionals to provide safe and effective multidisciplinary healthcare to meet client needs
- v competent in methods of scientific enquiry, critical interpretation, analysis and evaluation of data and

able to use appropriate technologies and techniques specific to Sport Rehabilitation to provide evidence-based healthcare

## Level Descriptors

Level Descriptors describe in general terms the expected outcomes you will achieve at each level of study as you progress through your programmes. They describe the relative demand, complexity, depth of learning and learner autonomy associated with a particular level of learning and achievement. The University's Level Descriptors are aligned to the national [Framework for Higher Education Qualifications](#) (FHEQ) and are a key mechanism for ensuring the academic standards of the University's provision.

At Level 4: (Usually Year 1 undergraduate), you will be able to demonstrate that you have the ability:

- To apply a systematic approach to the acquisition of knowledge, underpinning concepts and principles and deploy a range of subject specific, cognitive and transferable skills.
- Evaluate the appropriateness of different approaches to solving well defined problems and communicate outcomes in a structured and clear manner.
- Identify and discuss the relationship between personal and work place experience and findings from books and journals and other data drawn from the field of study.

At Level 5: (Usually Year 2 undergraduate), you will be able to demonstrate that you have the ability:

- To apply and evaluate key concepts and theories within and outside the context in which they were first studied.
- Select appropriately from and deploy a range of subject-specific, cognitive and transferable skills and problem-solving strategies to problems in the field of study and in the generation of ideas effectively communicate information and arguments in a variety of forms.
- Accept responsibility for determining and achieving personal outcomes.
- Reflect on personal and work place experience in the light of recent scholarship and current statutory regulations.

At Level 6: (Usually Year 3 undergraduate), you will be able to demonstrate that you have the ability:

- To critically review, consolidate and extend a systematic and coherent body of knowledge.
- Critically evaluate concepts and evidence from a range of resources.
- Transfer and apply subject-specific, cognitive and transferable skills and problem-solving strategies to a range of situations and to solve complex problems.
- Communicate solutions, arguments and ideas clearly and in a variety of forms.
- Exercise considerable judgement in a range of situations.
- Accept accountability for determining and achieving personal and group outcomes.
- Reflect critically and analytically on personal and work place experience in the light of recent scholarship and current statutory regulations.

## Programme Outcomes – Knowledge and Understanding

The programme provides opportunities for you to develop and demonstrate the following:

**After 120 credits of study (CertHE) you will be able to demonstrate:**

- K1.** Knowledge and understanding of the foundations of human anatomy and sports massage and musculoskeletal injuries, including injury aetiology, diagnosis and healing outcomes.
- K2.** Theoretical underpinning of human movement and function, relevant to sport and physical activity, as well as foundations of exercise prescription.
- K3.** Understanding of methodologies to locate, review and evaluate research findings relevant to sport rehabilitation practice, and self-awareness for future development.

**After 240 credits of study (DipHE) you will be able to demonstrate:**

- K4.** Underpinning knowledge and evidence of practical and clinical activities related to manual therapeutic techniques, functional rehabilitation and strength & conditioning.
- K5.** Critical understanding of human responses to sport and exercise, focusing on pathophysiology and potential for injury and rehabilitation.
- K6.** Critically synthesise, interpret, analyse and evaluate evidence in the context of research methodologies and data sources, applying skills in solving problems

**After 360 credits of study (BSc Hons) you will be able to demonstrate:**

- K7.** Capacity for independent, self-managed learning to design, execute and communicate a sustained piece of independent study, which provides evidence of critical engagement with, and interpretation of, appropriate data.
- K8.** Capacity to identify relevant legislative, professional and statutory codes of conduct that impact on the practice of Sport Rehabilitation.
- K9.** Complex evaluation of a range of safe and effective injury assessment, treatment, rehabilitation and pre-habilitation techniques to facilitate and restore function for individuals and groups.

**Programme Outcomes – Skills and other Attributes (including Employability Skills)**

The programme provides opportunities for you to develop and demonstrate the following:

**After 120 credits of study (CertHE) you will be able to demonstrate:**

- S1** Practical skill competency in identifying and assessing commonly injured musculoskeletal structures.
- S2** Ability to take subjective and objective assessment, conduct reasoned therapeutic massage application, and provide appropriate aftercare advice to deliver safe and effective sports massage treatment working within the role and scope of a Sport Rehabilitation.
- S3** Basic exercise prescription to individuals and groups to improve function, linked with the role of a Personal Trainer.

**After 240 credits of study (DipHE) you will be able to demonstrate:**

- S4** Plan, design and execute practical and clinical activities related to manual therapeutic techniques, functional rehabilitation and strength & conditioning, using appropriate techniques and procedures whilst demonstrating clinical reasoning and practical skill competency.
- S5.** Application of a range of therapeutic treatment modalities in relation to injured musculoskeletal structures considering their pathophysiology of healing.

**S6.** Implement, evaluate and monitor therapeutic interventions and exercise programmes safely, effectively and efficiently, working in vocational practice.

**After 360 credits of study (BSc Hons) you will be able to demonstrate:**

**S7.** Practice as an autonomous professional, exercising their own professional judgement within their scope of practice and limits of competence, and communicate referral to other professionals as appropriate.

**S8.** Reflect critically on their clinical and academic experience and performance to identify goals and formulate a plan for their personal and professional continuing development.

**S9.** Apply a range of safe and effective injury assessment, treatment, rehabilitation and pre-habilitation techniques to facilitate and restore function for individuals and groups involving advanced problem scenarios.

### **External and Internal Reference Points**

The following Subject Benchmark Statements and other external and internal reference points have been used to inform the Programme Outcomes:

Staff engaged in the development and delivery of this programme are active in continuing professional development. A significant amount of practical experience is aligned to a professional requirement to maintain a current level of knowledge. All staff hold or are active in subject-specific qualifications and conduct research pertinent to professional practice.

This programme has been designed in line with relevant aspects of the following QAA benchmarks:

BASRaT (2018) Role Delineation of the Sport Rehabilitator

BASRaT (2018) Educational Framework 9th Edition

BASRaT (2015) Fitness to Practice: Guide for Institutions

CIMSPA Professional Standard Evidence Mapping Template Strength & Conditioning Trainer 2018

QAA Benchmark Statement Hospitality, Leisure, Sport & Tourism (2008)

### **Quality Management & Enhancement**

The following will be considered when undertaking review and oversight:

- **The UK Quality Code for Higher Education**, specifically programme monitoring and review
- The **Equality Impact Assessment (EIA)** for the programme owned by the University of Cumbria.

With regard to the core processes for maintaining, managing and governing the programme, the University of Cumbria employs a range of strategies to ensure that oversight is comprehensive. Annual university wide monitoring of the programme, governed by the UK Quality Code for Higher Education ensures that teaching and programme content is fit for purpose and maintained accordingly. Student and staff forums are held each semester and provide an accessible forum for the debate and discussion of issues relating to the student academic experience and any other aspects of University life which students feel relevant across a set of programmes. The Personal Academic Tutor assigned to each student offers a tailored support approach that can also tie student's in to a broader package of pro-active support for those with additional needs. The Student Success and Academic Support Committee, which has broad representation from both students and staff also provides a transparent vehicle by which student success and support can be guided by best practice and identified need.

All of these systems and processes are in place to maintain the quality of the programme and to



provide governance and oversight in a transparent manner so as to ensure quality is translated into practice.

All academic programmes are owned by the University of Cumbria and, as such, they will remain accountable for academic quality assurance as determined by internal policy and processes, which are compliant with **QAA** processes and the **Teaching Excellence Framework** (TEF). The following links below provide access to key documents that relate to policy and strategy and you are invited to take the opportunity to familiarise yourself with the content:

- [UoC Vision, Mission and Values](#)
- [UoC Corporate Strategy](#)
- UoC Strategic Plan
- [UoC Learning, Teaching and Assessment Strategy](#)
- UoC Departmental Business Plans
- [UoC Academic Regulations and Academic Procedures and Processes](#)
- UoC Collaborative Provision Strategy

## Graduate Prospects

By studying the BSc (Hons) Sport Rehabilitation programme you will not only be gaining extensive theoretical knowledge and practical skill competence of your chosen topic of study, but also developing a range of relevant transferrable skills which you can use to gain work during and after your study. Successful completion of your programme, whilst meeting all educational and QPU requirements, will enable eligibility for Graduate membership of BASRaT. Furthermore, successful completion of "Exercise Techniques & Training" (Level 4) and "Functional Sports Rehabilitation" and "Strength & Conditioning for Performance" (Level 5) will enable further qualifications as Gym Instructor and Strength & Conditioning Trainer with CIMSPA, respectively.

Successful graduates have found employment working in: professional sports clubs, sports injury/multidisciplinary clinics, the NHS, charitable organisations (eg. Firefighters Recovery and Help for Heroes), Health Centres and self-employment. Also, through becoming a Graduate Sport Rehabilitator with BASRaT, there is future employment potential internationally working in the field of athletic training in for example America and Canada.

## Learning, Teaching and Assessment Strategies employed to enable the Programme Outcomes to be Achieved and Demonstrated

### Teaching and Learning

University of Cumbria learning Teaching and Assessment strategy

<https://www.cumbria.ac.uk/media/university-of-cumbria-website/content-assets/public/aqs/documents/LearningTeachingAssessmentStrategy.pdf>

As a student at the University of Cumbria, you are part of an inclusive learning community that recognises diversity. You will have opportunities to learn by interacting with others in a collegiate, facilitative and dynamic learning environment. Teaching, assessment and student support will allow equal and equitable opportunities for you to optimise your potential and develop autonomy.

We seek to create a stimulating and innovative community of learning, whether encountered on



campus or at a distance, on placement or in the workplace. Facilitated by our expert practitioner staff, you will experience a learning environment that is well equipped, flexible, and stimulating.

Transferable and subject specific skills are practised and developed through a wide range of teaching and learning methods including: practical demonstrations, laboratory practicals, case studies, discussion, debates, small group work, seminar presentations, reflection, problem-based learning, vocational placement, independent study and research.

Each module will facilitate the further development of literacy, numeracy and I.T. skills, as well as the development of other key lifelong learning skills. Both tutors and students will monitor and evaluate this development via personal academic tutor meetings and the use of formative assessment methods.

The majority of theoretical work is linked to practice, thus giving students the chance to apply this theory during practical sessions in the Clinic or Human Performance Laboratory. Practical and analytical skills are developed by provision of knowledge and basic skills at level 4, which can be used to apply to more complex problems and situations at level 5 and 6. Technology-enhanced learning will further support the practical learning with a range of online resources.

### **Summative and Formative Assessment**

Assessments within this programme have been designed to reflect the authentic professional requirements of working practice in Sport Rehabilitation.

Examples of assessment methods include: Practical skills assessments, professional discussions, competency log books, group/individual presentations, online resources, case studies, reflective reports, academic essay, assessment reports, written exams.

Learning and Teaching Assessment (LTA) approaches will be continually evaluated and improved by using module evaluations, student feedback, peer review of teaching, and module development sessions. These will ensure an enhanced student learning experience and continuing professional development of the academic team to maintain best practice in Learning, Teaching and Assessment.

## **Student Support**

We provide responsive learner support that promotes student success. Our approach to learner support is designed to support achievement and progression, champion inclusivity and accessibility, prepare you for opportunities beyond study, and promote independence and resilience, enabling you to achieve your potential.

As a student of the University of Cumbria, you will be taught by academics and expert practitioners who facilitate learning through structured inquiry. You will be provided with access to high quality academic resources through physical and digital libraries and will be supported to develop skills that enable you to become a critical, reflective, discerning and independent learner and researcher.

### **Induction**

As a student at the University of Cumbria, you will have access to a University of Cumbria on-line provision, currently known as 'Head Start'. This feature provides guidance and exercises for you to enable you to prepare for academic study. Furthermore, you will have access to staff details to ask any questions in advance of commencing the programme. Students should then be familiar with various on-line systems such as Blackboard. Once you have started, staff will complete a full induction and be able to deal with identified concerns. At the start of each year students will be briefed with an outline of the coming study year so as be able to plan and prepare for their own study. You will also have access to Library Support and Student and Staff Services.

### **Personal Tutoring**

A Personal Tutor will be allocated to you by the Programme Leader at the start of the programme and

it will be their role to support your learning and development, including through tutorials, Progress Reviews and other support as outlined in the Personal Tutoring Policy. You can speak to your personal tutor about your academic development, or about any issues hampering your study, and they can direct you to appropriate support through the University's student support services. You should make contact with your Personal Tutor within a month of starting your studies.

You will meet with your Personal Tutor on a minimum of four occasions per academic year in year 4 (and twice yearly in years 5 and 6). These meetings are in addition to any discussions you may initiate which are without limit. The scheduled meetings will include the opportunity to examine your marks and feedback across modules to identify practice which can be encouraged across modules and recognising where further support may be beneficial.

### **Library and Academic Support (based in Information Services)**

Module leaders will collaborate with Library and Academic Advisors to ensure that your reading and resource lists are current and items are available via the library discovery tool OneSearch. In order to maximise access, availability and usefulness, ebooks and electronic journal titles will, in most cases, be prioritised. You can access a wide range of electronic and print content using [OneSearch](#) and you can find out more about key texts, databases and journals for your subject by accessing the library's [subject resources webpages](#). Where appropriate, module reading and resource lists will be made available to you electronically using the University's [online reading and resource list system](#).

The [Skills@Cumbria](#) service can help support your academic skills and success throughout your programme. The service is delivered by a team of professional Library and Academic Advisors. It includes a suite of [online self-help resources](#) accessible 24/7 via the University's website and Blackboard site. It also provides group and individual advice and guidance accessible through and alongside your course and by different means such as face to face, email or virtual. Visit [skills@cumbria](#) for more details.

### **IT and Technical Support**

Technology is an invaluable asset when it comes to studying, so it's important you know how to make the most out of the excellent [facilities](#) we have available. Our aim is to ensure you can access university electronic resources from anywhere or any device, whether on or off campus. The [Student Hub](#) is your one-stop gateway to all university systems, Outlook email, and OneDrive.

Whether you consider yourself a computer expert or you're not confident about your IT skills, we're always around to ensure you get the level of support you need. We have a wealth of information and support available on the [website](#) and have a dedicated IT Service Desk where you can talk to someone by phone or log your question online from anywhere, at any time.

### **Student Support Services**

Student Support Services offer a wide range of support, including: careers and employability, financial help, counselling, health and wellbeing and support for disabled students and those with specific learning requirements. We also offer mentoring by trained students which you can request at any point during your studies. We know that you want to get the most out of your programme, make the best use of your time and find or continue in the career you always dreamed of. Access university support and facilities easily and quickly via the [website](#) and/or via the Student Services guidance tile on the [Student Hub](#).

In addition to the range of guidance above, you have the opportunity to further develop your personal, academic and professional skills by taking part in a number of initiatives coordinated and delivered by professional services advisers:

#### **Headstart**

Head Start is a self-learning pre-entry module that is completed online and at your own pace. The module gives new undergraduate students an opportunity to prepare for their transition into university

and to start to develop the academic skills that will help them become successful students.

All UG students are given the opportunity to register and complete Head Start prior to entry on their main programme of study. If you haven't been able to complete Head Start before starting your course, you can access the module via Blackboard by selecting the Skills@Cumbria tab and then the Head Start tile. Learning at university, academic writing and referencing are the key topics introduced in the module and previous students have told us how useful they have found the online resources and activities.

### **Peer Mentoring @ Cumbria**

You will be allocated a student Mentor who will be in touch to offer a non-judgemental and friendly hand and to help with various aspects of your student experience, from making friends to settling in, to helping you understand the expectations of academic study and dealing with assessment worries.

### **Mature Students' Events**

Whether it is a coffee morning, lunchtime gathering or a social event, there are events happening throughout the year to link you up with other mature students who will also be juggling a number of commitments alongside their studies.

### **Help is at Hand Events**

Keep a look out for these interactive events on campus around October and January. You are encouraged to attend these as they showcase the range of support available here and give you the opportunity to talk to people from Finance, Accommodation, the Students' Union, the Wellbeing and Disability Team etc.

### **Career Ahead+**

Career Ahead+ is the University of Cumbria's Employability Award. Completing Career Ahead+ will help you recognise and develop your skills, providing a greater opportunity for you to get the job you want when you graduate. The award is based on what employers look for in an ideal candidate, in relation to skills, knowledge and experience. You will be supported with career direction, gaining experience, and providing all the skills needed to complete the perfect application and be successful in that all important job interview. Contact [careerahead@cumbria.ac.uk](mailto:careerahead@cumbria.ac.uk) or visit [www.cumbria.ac.uk/careerahead](http://www.cumbria.ac.uk/careerahead) for more information.

<b>Programme Curriculum Map</b>					
<b>Academic Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Module Status*</b>	<b>Programme Outcomes achieved</b>
4	SPAG4000	Personal and Professional development	20	Core	K3
4	SPAG4009	Sports Massage	20	Core	K1, K2, S2
4	SPAG4010	Functional Anatomy & Sports Injuries: Lower Limb	20	Core	K1, K2, S1
4	SPAG4011	Functional Anatomy & Sports Injuries: Upper Limb & Spinal	20	Core	K1, K2, S1
4	SPAG4005	Exercise Techniques & Training	20	Core	K2, S3
4	SPAG4004	Principles of Human Movement & Function	20	Core	K2, K3, S3
4	SPSR9001	Qualificatory Practice Unit 1	0	Qualificatory	S1, S2
5	SPAG5009	Pathophysiology & Therapeutic Techniques	20	Core	K5, S5, S6
5	SPAG5004	Functional Sports Rehabilitation	20	Core	K4, K5, S4, S6
5	SPAG5010	Applied Manual Therapy: Peripheral	20	Core	K4, K6, S4, S6
5	SPAG5011	Applied Manual Therapy: Spinal	20	Core	K4, K6, S4, S6
5	SPAG5002	Strength & Conditioning for Performance	20	Core	K4, K5, S4, S6
5	SPAG5000	Investigative Techniques	20	Core	K6, S6
5	SPSR9002	Qualificatory Practice Unit 2	0	Qualificatory	S4, S5, S6
6	SPAG6009	Neurodynamics in Sport	20	Core	K9, S7, S9

6	SPAG6011	Professional Development & Employment	20	Core	K8, K9, S8
6	SPAG6010	Advanced Athlete Care	20	Core	K9, S7, S8, S9
6	SPAG6004	Screening & Pre-habilitation	20	Core	K9, S9
6	SPAG6000	Independent Investigative Project	40	Core	K7, S7, S8
6	SPSR9003	Qualificatory Practice Unit 3	0	Qualificatory	K8, K9, S7, S8, S9

### Notes

This programme operates in accordance with the University's Academic Regulations and Academic Procedures and Processes with the following permitted exceptions due to the requirements of the British Association of Sport Rehabilitators and Trainers (BASRaT)

- Modules are not eligible for compensation (condonation) as a marginal fail within the limits set out in the Academic Regulations. This is due to professional body regulations by BASRaT to enable future graduate membership eligibility. However, where necessary and applicable, students may be eligible for condonation, although which will result in them being transferred onto the none-accredited pathway.

A failed student will be permitted to re-register on the same programme

### \* Key to Module Statuses

Core Modules	Must be taken and must be successfully passed
Qualificatory Units	These are non- credit-bearing pass/fail components that are used to satisfy relevant professional, statutory or regulatory body professional requirements that are associated with the programme

**Programme Delivery Structure:**

Module Code	Module Title	Delivery Pattern	Method(s) of Assessment	Approximate Assessment Deadline
		Autumn Semester / Spring Semester / Extended Spring Semester / Year-Long		
SPAG4000	Personal and Professional development	Autumn Semester	Report (50%) Oral Presentation (50%)	Mid Semester 2 End Semester 2
SPAG4009	Sports Massage	Autumn Semester	Practical Skills Assessment Set Exercise (100%)	During Semester 1 End Semester 1
SPAG4010	Functional Anatomy & Sports Injuries: Lower Limb	Autumn Semester	Practical Skills Assessment Set Exercise (100%)	During Semester 1 End Semester 1
SPAG4011	Functional Anatomy & Sports Injuries: Upper Limb & Spinal	Spring Semester	Practical Skills Assessment Set Exercise (100%)	During Semester 2 End Semester 2
SPAG4005	Exercise Techniques & Training	Spring Semester	Oral assessment/presentation (50%) Practical Assessment (50%)	Mid Semester 2 End Semester 2
SPAG4004	Principles of Human Movement & Function	Spring Semester	Set Exercise (40%) Oral assessment/presentation (60%)	End Semester 2 Mid Semester 2
SPSR9001	Qualificatory Practice Unit 1	Year-Long	Competency Log Book (100%)	End Semester 2

**Students exiting at this point with 120 credits would receive a CertHE Sports Massage Therapy**

SPAG5009	Pathophysiology & Therapeutic Techniques	Autumn Semester	Practical Skills Assessment Written Exam (100%)	End Semester 1 End Semester 1
SPAG5004	Functional Sports Rehabilitation	Autumn Semester	Written Assignment (50%) Practical Assessment (50%)	End Semester 1
SPAG4010	Applied Manual Therapy: Peripheral	Autumn Semester	Practical Skills Assessment Set Exercise (100%)	During Semester 1 End Semester 1
SPAG4011	Applied Manual Therapy: Spinal	Spring Semester	Practical Skills Assessment Set Exercise (100%)	During Semester 2 End Semester 2
SPAG5002	Strength & Conditioning for Performance	Spring Semester	Oral assessment/presentation (50%) Practical Assessment (50%)	Mid Semester 2 End Semester 2
SPAG5000	Investigative Techniques	Spring Semester	Written Assignment (50%) Oral Presentation (50%)	Mid Semester 2 End Semester 2
SPSR9002	Qualificatory Practice Unit 2	Year-Long	Competency Log Book (100%)	End Semester 2
<b>Students exiting at this point with 240 credits would receive a DipHE Sport &amp; Exercise Therapy</b>				
SPAG6009	Neurodynamics in Sport	Autumn Semester	Practical Skills Assessment Set Exercise (100%)	During Semester 1 End Semester 1
SPAG6011	Professional Development & Employment	Autumn Semester	Job Interview (100%)	End Semester 1
SPAG6010	Advanced Athlete Care	Spring Semester	Portfolio (100%)	End Semester 2
<b>Students exiting at this point with 300 credits would receive an Ordinary BSc Sport &amp; Exercise Therapy</b>				



SPAG6004	Screening & Pre-habilitation	Spring Semester	Oral Assessment/Presentation (100%)	End Semester 2
SPAG6000	Independent Investigative Project	Year-Long	Written Assignment (80%) Oral Assessment/Presentation (20%)	End Semester 2 End Semester 2
SPSR9003	Qualificatory Practice Unit 3	Year-Long	Competency Log Book (100%)	End Semester 2

**Students exiting at this point with 360 credits but on the non-accredited pathway would receive a BSc (Hons) Sport & Exercise Therapy**

<b>Methods for Evaluating and Improving the Quality and Standards of Learning</b>	
<b>Mechanisms used for the Review and Evaluation of the Curriculum and Learning, Teaching and Assessment Methods</b>	<ul style="list-style-type: none"> <li>• Module Evaluation</li> <li>• Programme Validation and Periodic Review</li> <li>• Annual Monitoring</li> <li>• Peer Review of Teaching</li> <li>• External Examiner Reports</li> <li>• Student Success and Quality Assurance Committee</li> </ul>
<b>Mechanisms used for gaining and responding to feedback on the quality of teaching and the learning experience – gained from: Students, graduates, employers, placement and work-based learning providers, other stakeholders, etc.</b>	<ul style="list-style-type: none"> <li>• Staff Student Forum</li> <li>• Module Evaluation Forms</li> <li>• Programme Evaluation: National Student Survey, UK Engagement Survey</li> <li>• Module/Programme/Personal tutorials</li> <li>• Meetings with External Examiners</li> </ul>

<b>Date of Programme Specification Production:</b>	August 2019
<b>Date Programme Specification was last updated:</b>	March 2024
<b>For further information about this programme, refer to the programme page on the University website</b>	

<b>The following information has implications for potential international applicants who require a Tier 4 visa to study in the UK</b>	
<b>Is the placement requirement more than 50% of the programme?</b>	No
<b>If yes, what % of the programme is the placement requirement?</b>	NA
<b>If yes, is the amount of placement a statutory requirement to meet Professional, Statutory or Regulatory Body (PSRB) or Department of Education requirements?</b>	NA