BSC (HONS) SPORTS THERAPY

This degree is accredited by the Society of Sports Therapists. The programme is ideal for those who wish to train in the prevention, assessment, treatment and rehabilitation of sporting injuries. This qualification provides the opportunity to study, under industry experienced lecturers, to develop the knowledge and practical skills to aid an athlete's return to sport. On completion of the programme, you will be qualified to join the Society of Sports Therapists as a graduate sports therapist.

Level 6 · Bachelor's Degree · Truro College

TOP COURSE HIGHLIGHTS

PROFESSION SPECIFIC QUALIFICATION | EXPERIENCED LECTURERS | PRACTICAL SKILL DEVELOPMENT | 1:1 LECTURER SUPPORT

PRACTICAL AND THEORETICAL RELEVANCE

The course provides valuable relevant industry experience coupled with academia that is industry recognised, promotes best practice and provides the necessary skills an employer will be looking for.

SOFT TISSUE INTERVENTIONS

This module enables the student to gain a professional Level 4 Sports Massage qualification whilst undertaking their studies. This provides them with the opportunity to start work within the sports massage industry, subject to possessing the appropriate insurance documentation.

SPORTS INJURY/REHABILITATION CLINIC

This student-led sports injury clinic provides the opportunity for the application of theory into practice. Developing your personal skill and confidence; you will undertake examinations and assessments, injury management and prescribe appropriate rehabilitation modalities within sport and health settings.

WHY CHOOSE THIS COURSE?

Focusing on the therapy and rehabilitation of sports injuries, you will explore a diverse range of knowledge related to the discipline, such as anatomy, physiology, movement analysis and sports injury. The course will enable you to pursue a career in Sports Therapy as well as a broad range of sport and health related pathways.

WHAT WILL I LEARN?

Both practical and theoretical skills will allow you to gain a better understanding of injuries and rehabilitation, in addition to nutrition and exercise related recovery techniques. You will also have the opportunity to gain professional clinical hours, from the very beginning of the course, through staffing our in-house Sports Injury/Rehabilitation Clinic. While in the clinics you will work alongside qualified, experienced staff. This is required to meet professional standards and ensure academic progression. On successful completion of this course, you will have acquired and developed skills of research and investigation to help communicate principles of sports therapy and rehabilitation techniques. **Modules** Year 1

- Foundations of Anatomy, Physiology & Human Movement

- Sport & Exercise Science 1
- Introduction to Sports Therapy Skills
- Academic Skills, Evidence-Based Practice & Professional Standards
- Clinical Assessment Principles: Subjective & Objective Foundations
- Exercise Programming for Health & Fitness

Year 2

- Rehabilitation Principles & Exercise Prescription
- Sport & Exercise Science 2
- Therapeutic Interventions
- Screening & Injury Prevention
- Advanced Clinical Assessment: Peripheral & Spinal
- Clinical Placement 1: Supervised Practice Foundations

Year 3

- Independent Research Project
- Advanced Clinical Skills & Integrated Practice
- Acute Care in Pre-Hospital Emergency Settings
- Advanced Rehabilitation & Return-to-Play Programming
- Clinical Placement 2: Becoming Autonomous Practitioners

WHERE WILL IT TAKE ME?

This vocational qualification combines academic study with practical work-based learning. This ensures that students are equipped with the skills and knowledge needed to pursue their chosen profession within the industry. Upon completion of the BSc (Hons) Sports Therapy, students can apply through education pathways. This includes postgraduate study on MSc programmes such as physiotherapy, biomechanics and rehabilitation; or gain professional certification in areas such as strength and conditioning and sports nutrition. Students will be also able to engage in specialised careers such as orthopaedic sports therapy, paediatric sports therapy or sports performance specialist. As well as the more recognised multidisciplinary roles within sports (teams), healthcare and educational (teaching) sectors. **Employability** The Society of Sports Therapists (SST) provides a gold standard in professional representation for sports therapists. Consequently, undertaking a qualification that meets the professional proficiencies of such an organisation can only serve to enhance the employability of the individual.

ENTRY REQUIREMENTS

96 - 112 UCAS tariff points A Level Grades: CCC - BBC BTEC Extended Diploma: MMM - DMM T Levels: Pass - Merit Access to HE: Access to HE Diploma accepted with credits in line with UCAS tariff point range. GCSE in English Lang/Lit and Maths at Grade 4/C or above. Applicants with other qualifications and/or experience will be considered on an individual basis. The course will include working with children and vulnerable adults, and so you will be required to complete an enhanced DBS check. Having a criminal conviction may not exclude you from joining the course, but we may not be able to facilitate placements for applicants who have convictions for violent offences or offences against children or vulnerable adults. A criminal conviction may also mean that full professional membership to The SST is not possible. If you have any concerns regarding a criminal record, please contact the course leader before applying for the course.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.