

Programme Specification

Programme Title and Name of Award	BSc (Hons) Sport and Exercise Therapy (Top-Up)		
Academic Level	6	Total Credits	120
Professional Body Accreditation / Qualification	Not applicable		
Date of Professional Body Accreditation	Not applicable	Accreditation Period	Not applicable
UCAS Code	C615		
HECoS Code	100475		
Criteria for Admission to the Programme	<p>The University's standard criteria for admissions apply. Please refer to the Applicant Information pages of the University website for more information. For APL, please refer to the University website.</p> <p>Detailed criteria for admission to this programme can be found on the programme webpage: https://www.cumbria.ac.uk/study/courses/undergraduate/sport-and-exercise-therapy-top-up/</p>		
Teaching Institution	University of Cumbria		
Owning Institute	Health		
Programme delivered in conjunction with	Not applicable		
Principal Mode of Delivery	Face-to-Face		
Pattern of Delivery	<p>Full Time</p> <p>This programme may also be made available on an infill part-time basis at the discretion of the academic programme leader</p>		
	Total weeks of study:	24 weeks	
	Delivery pattern:	2x 12 week semesters	

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	Standard semester dates:	Yes
Delivery Site(s)	Lancaster	
Programme Length	Standard registration period (full-time): 1 Year Maximum registration period: 4 years	
Exit Awards	You may be awarded one of the following Exit Awards if you fail to achieve the requirements of the full programme. BSc Sport and Exercise Therapy (60 credits)	
Period of Approval	August 2023	

This programme has been approved (validated) by the University of Cumbria as suitable for a range of delivery modes, delivery patterns, and delivery sites. This level of potential flexibility does not reflect a commitment on behalf of the University to offer the programme by all modes/patterns and at all locations in every academic cycle. The details of the programme offered for a particular intake year will be as detailed on the programme webpage:

<https://www.cumbria.ac.uk/study/courses/undergraduate/sport-and-exercise-therapy-top-up/>

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 modules on this programme provide a 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 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 in the United Kingdom for graduate employment (Institute for Fiscal Studies 2018). Your employability is strengthened by placement experiences embedded throughout the year, including the unique opportunity to be involved in a 10-day residential placement held in the Lake District working with multiday ultra-endurance runners. There will also be the addition of integrated industrial qualifications, such as the Pre-Hospital Immediate Care in Sport qualification, which provides further added value.

At Level 6, there is an increasing emphasis on student led sessions and discussion groups during more advanced 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 and counselling. Across this year you will conduct your advanced investigative project, which will allow further specialisation in your chosen discipline.

Vocational experiences are offered and 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 first aid, Health and 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.

Postgraduate options will also be made available regarding further study with the University of Cumbria, specifically regarding progression onto the MSc (Pre-registration) Physiotherapy programme. Our Physiotherapy 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. To help to facilitate your application, the Physiotherapy team will also work closely with staff from the Sports and Exercise Therapy programme and support sessions to guide you through this process.

Programme Learning Outcomes

By the end of this Programme learners will be:

1. Fit for practice, purpose and profession as a proficient and autonomous Graduate Sport and Exercise Therapist (GSR)
2. Able to critically reflect as an independent practitioner, and show commitment to continuing professional development and lifelong learning
3. Able to demonstrate graduate qualities and transferable skills necessary for success in the workplace

4. Capable of working collaboratively with other healthcare and sport-related professionals to provide safe and effective multidisciplinary healthcare to meet client needs
5. Competent in methods of scientific enquiry, critical interpretation, analysis and evaluation of data and able to use appropriate technologies and techniques specific to Sport and exercise therapy 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 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 workplace 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 (BSc Hons) you will be able to demonstrate:

K1. 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.

K2. Capacity to identify relevant legislative, professional and statutory codes of conduct that impact on the practice of Sport and Exercise Therapy.

K3. 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 (BSc Hons) you will be able to demonstrate:

- S1.** 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.
- S2.** Reflect critically on their clinical and academic experience and performance to identify goals and formulate a plan for their personal and professional continuing development.
- S3.** 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 and Conditioning Trainer 2018

QAA Benchmark Statement Hospitality, Leisure, Sport and Tourism (2019)

Quality Management and 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 into 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:

Other internal reference points may include:

- [UoC Strategic Plan](#)
- [UoC Learning, Teaching and Assessment Strategy](#)
- UoC Institutional Business Plans
- [UoC Academic Regulations and Academic Procedures and Processes](#)

Graduate Prospects

By studying the BSc (Hons) Sport and Exercise Therapy (Top-Up) 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 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.

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

Learning and Teaching

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 which can be used to apply to more complex problems and situations at Level 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 and Exercise Therapy.

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

You will have a one-day induction prior to the commencement of the programme where you will be familiarised with University facilities and resources. You will meet your programme leader, your module leaders and your personal tutor. These meetings will also provide you with the opportunity to hold preliminary discussions regarding placement and dissertation. You will also meet staff from many other support service areas including Learning and Information Services (LiSS) where you will be provided with guidance regarding using library resources and the referencing system used at University of Cumbria. We will provide support to ensure that you are familiar with various on-line systems such as Blackboard. Staff will meet with you to deal with any concerns you may have.

Personal Tutoring

You will also be allocated a Personal Tutor. Your Personal Tutor will be proactively involved in the delivery of your programme and will have contact with you throughout your time at the University. They will support your learning and development, including through tutorials, Progress Reviews and other support as outlined in the Personal Tutoring Policy.

You will meet with your Personal Tutor on a minimum of twice a year. 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.

Personal Development Planning

Your personal development is an integral part of the programme and you will use an eportfolio to provide evidence of this. By definition, development is ongoing and as you progress on your academic journey you will have a unique experience on route to graduation. Specifically, your e-portfolio will act as a showcase of your achievements and experience during your programme of study. The portfolio can be taken with you on graduation and into the next stage of your career. The content reflects the placement experiences and added qualifications you gain throughout your programme and therefore will be useful in seeking future related employment and/or further study opportunities.

Library Services and Academic Skills

Module leaders will collaborate with Library Services to ensure that your online 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 on Blackboard using the University's [online reading and resource list system](#).

Each campus library has a dedicated webpage. Check out local information about opening hours, reserving books, using self-service kiosks, printing and photocopying, booking study spaces and more. <https://my.cumbria.ac.uk/Student-Life/Learning/Libraries/>

An [Ask a Librarian](#) service runs from 17:00 - 09:00 weekdays and round the clock on weekends and holidays. This means you can get professional help using about library services, finding information, referencing and searching, even when the library is closed. <https://my.cumbria.ac.uk/Student-Life/Learning/Libraries/Ask/>

The [Skills@Cumbria](#) service can help support your academic, library and digital skills and success throughout your programme. It includes a suite of [online self-help resources](#) accessible 24/7 via the University's website and Blackboard site. Additional skills support for students is offered via:

- [Workshops](#)
- Email: skills@cumbria.ac.uk
- [Appointments](#)
- [Webinars](#)
- [Learn Well at Cumbria](#)
- [Study from Home Webpage](#)
- [Digital Capabilities](#) and [LinkedIn Learning Pathways](#)

[Head Start Plus](#) Head Start Plus is also an online skills development course, designed to support students who are about or who have just started study at level 5 or 6 (2nd and 3rd year undergraduate). This course is particularly recommended to students who may not have studied at HE level for some time or who are transitioning into the higher HE levels. The course provides a

useful refresh on academic skills and practice and an insight into the expectations of tutors at those levels.

This course is free and available via the Open Education Platform powered by Blackboard. To access the course, follow the link to <https://openeducation.blackboard.com/cumbria> and set-up a free account with Open Education. Once logged on, select the course free of charge and work through it at your own pace.

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 [IT 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 [IT Services 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

[Accommodation](#): Information for all our residential students and advice for those looking to rent private accommodation. You can follow the team via instagram: [UoC Accommodation](#)

[Careers and Employability](#): The Careers and Employability team is here to help you with all things career-related. Through the career hub [My Career Enriched](#), you can:

- find graduate jobs, part-time work, work experience, industry placements and paid internships;
- book one-to-one careers advice appointments with one of the team;
- book onto careers fairs and employability events where you can meet employers;
- attend practical workshops on CVs, applications, interviews, success in your chosen sector; options with your degree, job search skills and more;
- send in your CV or application form for tailored feedback;
- complete mini online courses in Pathways to improve your employability skills.

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 or visit www.cumbria.ac.uk/careerahead for more information.

[Chaplaincy](#): Our chaplaincy provides a safe place, a listening ear and personal support to all students and staff, regardless of beliefs.

[Disability and Specific Learning Needs](#): The University is committed to ensuring you are able to participate effectively in your chosen programme of study and all areas of University life. The University defines disability broadly, including:

- mobility impairments
- sensory impairments
- medical conditions
- autism (ASD)
- specific learning difficulties (SpLD's such as Dyslexia or Dyspraxia)

- mental health conditions.

[Health and wellbeing](#): Our team forms part of Student Services. Your physical, emotional and psychological well-being are key aspects of living and learning well. The Health and Wellbeing page links to various sources of support, including how to self-refer to the mental health and well being service for appointments. We've highlighted a couple of specifics to get started:

- Register for [Together All](#) an anonymous and stigma free environment where you map your own path to well-being with peer support.
- Sign up to our health and well-being blog: [Live Well at Cumbria](#).

[UoC Active](#): Staying physically fit and well makes a huge difference to psychological wellbeing and to our abilities to study. Check out Sport facilities at UoC Active.

[International Student Support](#): Finding your way in a new country or culture can be challenging. International Student Support welcomes you and will be in touch throughout your stay. We encourage you to contact us if you have any questions or need support: intss@cumbria.ac.uk

[Money Advice](#): The Money Advice Service are here to help you plan your finances and manage your money whilst studying. We also provide information to help you to manage your money more effectively. Our Advisers are based across the University and are here to help with money issues. We run workshops as well as offering one-to-one advice via telephone on taking control of your finances and gaining financial skills which can last for life.

Further support and guidance, including EDI and Safeguarding: We are an inclusive community, committed to supporting and learning from each other, find out more about [Equality, Diversity and Inclusion \(EDI\)](#). Depending on the nature of your programme, you may well already know about or be learning about safeguarding in a professional context and to find out about the University of Cumbria's safeguarding policy and procedures visit: [Safeguarding](#).

Student Voice

As a student at the University of Cumbria you automatically become a member of the Students' Union. The Students' Union represents the views and interests of students within the University.

The Students' Union is led by a group of Student Representatives who are elected by students in annual elections. They also support approximately 400 Student Academic Reps within each cohort across the entire University. The Students' Union represent the views of their cohort and work with academic staff to continuously develop and improve the experience for all University of Cumbria students. You can find out more about who represents you at www.ucsu.me.

You can email at any time on studentvoice@cumbria.ac.uk.

University Cumbria Students' Union (UCSU) Student Support

UCSU offers a free, independent and confidential advice service to all students. They can help with things like academic appeals, extenuating circumstances or if you're considering a formal complaint. UCSU are also on hand to represent you in any formal meetings, for example in malpractice panels or fitness to practice meetings. Appointments are telephone based and can be booked at www.ucsu.me/support.

Programme Curriculum Map					
Academic Level	Module Code	Module Title	Credits	Module Status*	Programme Outcomes achieved
6	SPAG6015	Neurodynamics in Sport	20	Compulsory	K3, S1, S3
6	SPAG6016	Professional Development and Employment	20	Compulsory	K2, K3, S2
6	SPAG6010	Advanced Athlete Care	20	Compulsory	K3, S1, S2, S3
6	SPAG6017	Screening and Pre-habilitation	20	Compulsory	K3, S3
6	SPAG6018	Independent Investigative Project	40	Compulsory	K1, S1, S2
Notes					
Where a student has not succeeded in their programme, they will not be permitted to re-register on the same programme.					

* Key to Module Statuses	
Compulsory Modules	Must be taken although it may possible to condone/compensate as a marginal fail (within the limits set out in the Academic Regulations and provided that all core or pass/fail elements of module assessment have been passed).

Programme Delivery Structure:				
Module Code	Module Title	Delivery Pattern	Method(s) of Assessment	Indicative week number of Assessment Deadline
		Sept – Dec Jan – May June - Aug		
SPAG6015	Neurodynamics in Sport	Sept - Nov	Practical Skills Assessment Set Exercise (100%)	10 13
SPAG6016	Professional Development and Employment	Oct - Dec	Job Interview (100%)	20
SPAG6010	Advanced Athlete Care	Jan - May	Portfolio (100%)	38
Students exiting at this point with 60 credits would receive an Ordinary BSc Sport and Exercise Therapy				
SPAG6017	Screening and Pre-habilitation	Jan - March	Oral Assessment/Presentation (100%)	30
SPAG6018	Independent Investigative Project	Year-Long	Written Assignment (80%) Oral Assessment/Presentation (20%)	35 38
Students exiting at this point with 120 credits would receive a BSc (Hons) Sport and Exercise Therapy				

Exceptions to Academic Regulations

This programme operates in accordance with the University's Academic Regulations and Academic Procedures and Processes.

Methods for Evaluating and Improving the Quality and Standards of Learning

Mechanisms used for the Review and Evaluation of the Curriculum and Learning, Teaching and Assessment Methods

- Module Evaluation
- Programme Validation and Periodic Review
- Annual Monitoring
- Peer Review
- External Examiner Reports
- Student Success and Quality Assurance Committee

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.

- Staff Student Forum
- Module Evaluation Forms
- Programme Evaluation: National Student Survey, UK Engagement Survey
- Module/Programme/Personal tutorials
- Meetings with External Examiners

Date of Programme Specification Production:

10.8.22

Date Programme Specification was last updated:

October 2022

For further information about this programme, refer to the programme page on the University website

The following information has implications for potential international applicants who require a Student Visa to study in the UK

Is the placement requirement more than 50% of the programme?

No

If yes, what % of the programme is the placement requirement?	Not applicable.
If yes, is the amount of placement a statutory requirement to meet Professional, Statutory or Regulatory Body (PSRB) or Department of Education requirements?	Not applicable.