



Programme Specification

Sport Rehabilitation [Sep][FT][Glenside][3yrs]

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Section 1: Key Programme Details

Part A: Programme Information

Programme title: Sport Rehabilitation [Sep][FT][Glenside][3yrs]

Highest award: BSc (Hons) Sport Rehabilitation

Interim award: BSc Sport Studies

Interim award: DipHE Sport Studies

Interim award: CertHE Sport Studies

Awarding institution: UWE Bristol

Affiliated institutions: Not applicable

Teaching institutions: UWE Bristol

Study abroad: No

Year abroad: No

Sandwich year: No

Credit recognition: No

Department responsible for the programme: HAS School of Health and Social Wellbeing, Faculty of Health & Applied Sciences

Contributing departments: Not applicable

Professional, statutory or regulatory bodies:

British Association of Sport Rehabilitators and Trainers (BASRaT)

Apprenticeship: Not applicable

Mode of delivery: Full-time

Entry requirements: For the current entry requirements see the UWE public website

For implementation from: 01 September 2021

Programme code: BC9G13-SEP-FT-GL-BC96

Section 2: Programme Overview, Aims and Learning Outcomes

Part A: Programme Overview, Aims and Learning Outcomes

Overview: Sport Rehabilitation focuses on understanding, preventing and treating sports and exercise-related injuries and musculoskeletal conditions. Sport Rehabilitators play a vital role in supporting athletes, players and sports participants of all abilities.

The main aim of the programme is to ensure that, as a graduate sport rehabilitator from the University of the West of England, Bristol, you are fit for practice and purpose by being competent, reflective practitioners and critical thinkers; able to take responsibility for your own professional development and to implement the safe, ethical and effective delivery of sport rehabilitation services in a wide variety of contexts.

Key topics include anatomy and physiology, structure and function as a foundation to understanding the aetiology, pathophysiology of sports injuries and general health related conditions. The programme will then develop your assessment and treatment, diagnosis and rehabilitation skills to manage a wide variety of musculoskeletal conditions within various levels of populations and across a range of sport participation levels. Attention will also be given to the knowledge and skills required to prevent injury and enhance athletic performance using a range of contemporary equipment and simulation facilities. The range of interventions from first aid, pitch side support to advanced rehabilitation methods, will be included. You will be taught practical hands on skills alongside development of communication and professional skills.

In order to be eligible to apply for membership of the British Association of Sport Rehabilitators and Trainers (BASRaT) students must achieve the BSc (Hons) Sport Rehabilitation award and complete as part of their course a recognised advanced

trauma care qualification that is endorsed by the Faculty of Pre-Hospital Care, Royal College of Surgeons of Edinburgh, the Royal College of Surgeons of Glasgow or a course of equivalent standing of recognition, such as those covered by the British Association of Sport and Exercise Medicine (BASEM) Cross Recognition of Emergency Care Courses in Sport agreement.

Practical and theoretical knowledge is developed to enable you to work with a range of health conditions amongst special populations, which will include an understanding of mental health and the role of psychology in sport and general populations. Your critical thinking and research skills will be developed through research modules which will support development of evidenced informed practice and application. The development of transferrable skills such as critical writing, presentation skills and principles of business management will also be facilitated.

Our vision is to enable you to meet the UWE generic graduate outcome skills. These include, communication, professionalism, critical thinking, digital fluency, innovation and enterprising, forward looking, emotional intelligence and globally engaged.

The majority of the curriculum is delivered at Glenside campus, but a proportion is delivered at Frenchay campus.

Educational Aims: The aims of the programme are to:

Develop professionally competent, enterprising, emotionally intelligent and digitally fluent practitioners in the field of sport rehabilitation.

Develop effective and appropriate relationships with patients, colleagues and other agencies, using appropriate communication, which respects and promotes both practice and local and global diversity.

Enable students to develop knowledge and understanding of contemporary sport rehabilitation practice, including empowering individuals in healthy lifestyles, health promotion, and understand and implement evidence informed practice

Enable students to have an overview of current themes and issues in relation to sport rehabilitation intervention, and to implement safe and effective assessment, examination, treatment and management of musculoskeletal injury and conditions in the scope of rehabilitation practice.

Provide a range of theoretical, practical and conceptual tools for critical analysis of contemporary sport rehabilitation intervention and needs

Enable students to develop as leaders and take responsibility for identifying their employment and future learning needs in continuing personal and professional development.

Programme Learning Outcomes:

On successful completion of this programme graduates will achieve the following learning outcomes.

Programme Learning Outcomes

- PO1. Demonstrate knowledge and understanding of principles and practice of Sport and Exercise skills, consistent with the BASRaT educational framework standards of proficiency.
- PO2. Conduct safe, effective, clinically reasoned assessments and interventions, which are evidence informed and tailored to the individual respecting equality and diversity, and patient autonomy.
- PO3. Communicate effectively with patients and the interprofessional team, in sporting, health and recreational settings.
- PO4. Engage in athlete and person centred, collaborative working across sport, health and recreational settings, to promote the optimisation of injury prevention, diagnosis, treatment, rehabilitation, self management, performance enhancement and the health and wellbeing for individuals and communities.
- PO5. Demonstrate skill in critical appraisal and evaluation of research to inform and evaluate individual practice, as a BASRaT accredited Graduate Sport Rehabilitator.

- PO6. Assume responsibility as an autonomous practitioner; engage in reflective practice, responds constructively to feedback, commit to lifelong learning and continued professional development, effectively manage self, workload, and others when appropriate.
- PO7. Demonstrate self-awareness, emotional intelligence, confidence and leadership, to work as an autonomous health care practitioner, individually or as part of multi-disciplinary team.
- PO8. Develop skills needed to meet the changing role of today's Graduate Sport Rehabilitator; one who is resilient, flexible, enterprising and adaptive to change, and demonstrates digital fluency, leadership skills and respects local and global diversity.

Part B: Programme Structure

Year 1

Students are required to take 120 credits from the modules in Compulsory Modules.

Normally, a student is expected to achieve a pass in the professional practice placement of a specific level in order to be allowed to commence any of the professional practice placements of the next level.

Year 1 Compulsory Modules

Students are required to take 120 credits from the modules in Compulsory Modules.

Module Code	Module Title	Credit
UZYKG4-30-1	Clinical Anatomy and Kinesiology for Physiotherapy and Sport Rehabilitation 2021-22	30
UZYKG5-15-1	Epidemiology and Aetiology of Sports Injuries 2021-22	15
UZYKG6-30-1	Foundations of Exercise Prescription 2021-22	30
UZYAJ-15-1	Fundamentals of Human Anatomy and Physiology (Sport Rehabilitation) 2021-22	15
UZYKG7-30-1	Sport Rehabilitation Practice 1 2021-22	30

Year 2

Students are required to take 120 credits from the modules in Compulsory Modules.

Year 2 Compulsory Modules

Students are required to take 120 credits from the modules in Compulsory Modules.

Module Code	Module Title	Credit
UZYKFX-30-2	Applied Athlete Conditioning and Sports Nutrition 2022-23	30
UZYKG3-30-2	Athletic Therapy and Functional Rehabilitation 2022-23	30
UZYA9-15-2	Informing Practice Through Research and Inquiry (Sport Rehabilitation) 2022-23	15
UZYKFW-15-2	Sport Rehabilitation Practice 2 2022-23	15
UZYKFY-30-2	Supporting Healthy Lifestyles with Physical Activity 2022-23	30

Year 3

Students are required to take 120 credits from the modules in Compulsory Modules.

Year 3 Compulsory Modules

Students are required to take 120 credits from the modules in Compulsory Modules.

Module Code	Module Title	Credit
UZYKG8-30-3	Advanced Practice of Sport Rehabilitation 2023-24	30
UZYKG9-15-3	Exercise Prescription for Special Populations 2023-24	15
UZY9Q-15-3	Healthy Futures 2023-24	15
UZYAE-30-3	Research and Evidence in Practice (Sport Rehabilitation) 2023-24	30
UZYKGA-30-3	Sport Rehabilitation Practice 3 2023-24	30

Part C: Higher Education Achievement Record (HEAR) Synopsis

The programme facilitates a learning environment for the development of safe, effective, analytical practitioners who embrace life-long learning and can adapt to meet the changing needs within Sport Rehabilitation practice. Accredited by the British Association of Sport Rehabilitators and Trainers (BASRaT). Successful completion of the course leads to eligibility to apply for membership of BASRaT. Integrated workbase training, including placements within elite sports, health and recreational settings, outstanding facilities, and a supportive team, with a depth of Sport Rehabilitation experience, will prepare you for a dynamic career.

Part D: External Reference Points and Benchmarks

BASRaT Framework:

The BSc(Hons) Sport Rehabilitation programme is based on the reference points and benchmarks set by BASRaT. The curriculum has been mapped to the BASRaT Educational Framework (11th Edition).

The Framework for Higher Education Qualifications:

The learning outcomes have been developed with reference to the qualification descriptors used in the QAA Framework for Higher Education Qualifications. In particular, the learning outcomes for the modules at Final Year are considered consistent with the QAA's descriptor for a higher education qualification at level 6: Bachelor's degree with honours. Graduates of the programme achieving an Honours classification will have developed a systematic understanding of key aspects of sport rehabilitation and exercise prescription. In addition, graduates will have developed analytical techniques, problem-solving skills and communication skills that can be applied to a range of employment opportunities.

Part E: Regulations

Approved to University Regulations and Procedures.

In order to be eligible for registration at the end of the course, students must have demonstrated that they have met the professional requirements as stipulated by

BASRaT, including completion as part of their course a recognised advanced trauma care qualification that is endorsed by the Faculty of Pre-Hospital Care, Royal College of Surgeons of Edinburgh, the Royal College of Surgeons of Glasgow or a course of equivalent standing of recognition, such as those covered by the BASEM Cross Recognition of Emergency Care Courses in Sport agreement