

**AECC**  
**University College**  
*Transforming lives  
through Health Sciences*

# **MSc Sport and Exercise Rehabilitation**

## **Course Specification**

**Version 1.0**

**Document date: 15<sup>th</sup> September 2021**

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### Record of Modifications

Description of Modification	Date approved	Cohort(s) to which modification applies
Course summary amended to take account of unit assessment weighting changes (No significant change, version number retained)	July 2021	Sept 2021

NOTE: Proofing error in unit coding/title corrected Sept 2021

Title of course: MSc Sport and Exercise Rehabilitation

This specification provides a concise summary of the main features of the course and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Courses, major changes to courses and modifications to courses are approved following consideration through the University College's Course Approval and Review processes or Course and Unit Modification procedure, as appropriate. It is, however, expected that courses change over time, for example as a result of changes to professional accreditation requirements, in response to feedback from academic staff and students, and through annual review processes. Any such changes will be discussed with and communicated to students in an appropriate and timely manner.

### Basic Course Information

Awarding Institution	AECC University College
Final award, title and credits	MSc Sport and Exercise Rehabilitation (180 CATS)
Interim exit awards, titles and credits	PGDip Rehabilitation Science (120 CATS) PGCert Rehabilitation Science (60 CATS)
FHEQ level of final award	7
Mode of study	Full-time/Part-time / Individual units
Accreditation details	N/A
Standard length of course	1 year (Full-time) 2 years (part-time registered for the full MSc) 1 semester (for individual units)
Minimum and maximum periods of study	1 year to 4 years (When registered for an exit award)
Language of delivery	English
Place of delivery	AECC University College
UCAS code (where applicable)	N/A
HESA HECoS (Higher Education Classification of Subjects) Code(s) per course/pathway	101289 Rehabilitation Studies 100433 Sport and Exercise Sciences
Date Framework /Course initially validated	07 April 2020
Date of first intake	September 2020
Version number of this Framework/Course Specification	1
Date this version approved/intake to which this applies	07 April 2020
Author	Stewart Cotterill

## Course Overview

### 1. Admissions regulations and entry requirements

The regulations for this Course are the University College's Standard Admission Regulations which may be found from the [Latest Policies webpage](#). These regulations include the general entry requirements and specific requirements regarding English language.

**The detailed entry requirements for the course may be found from the relevant course page on the University College website.**

#### **Recognition of Prior Learning (RPL)**

AECC University College has a Recognition of Prior Learning Policy which can be found from the [Latest Policies webpage](#)

### 2. Aims of the course

The aims of the course are to:

- Enable practicing healthcare professionals and sport and exercise rehabilitators to deepen their knowledge and understanding of relevant issues and debates relating to sport and exercise rehabilitation.
- To develop the ability to develop multidisciplinary solutions to sport and exercise client/patient needs.
- Critically apply rehabilitation knowledge and skills in sport and exercise scenarios in innovative ways.
- Develop ethically sound approaches to investigation and practice.
- Develop competence in undertaking an extensive piece of independent research that informs practice.

### 3. Intended Learning Outcomes

#### **Subject Knowledge and Understanding**

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 Approaches to critically evaluating the implications of contemporary issues in sport and exercise rehabilitation.
- A2 Professional expertise and skills required in sport and exercise domains.
- A3 The application of sport and exercise rehabilitation theory to enhance recovery and return to full functioning.
- A4 The rigorous evaluation of rehabilitation knowledge to enable critical application to sports performance or physical activity/exercise contexts.

#### **Intellectual Skills**

Having successfully completed this course students will be able to:

- B1 Deal with complex issues both systematically and creatively in order to make well-structured, reasoned arguments, supported by relevant evidence.
- B2 Evaluate and reflect upon individual practice in order to plan effectively for continuing professional development.

### 3. Intended Learning Outcomes

- B3 Demonstrate a critical awareness of current problems and new insights in sport and exercise rehabilitation.
- B3 Demonstrate independence and organisational skills when working on a research project.

#### Practical Skills

Having successfully completed this course students will be able to:

- C1 Apply appropriate theory to practice in sport and exercise rehabilitation.
- C2 Design services and offerings that can be used in a range of sport and exercise settings.
- C3 Reflect on own and others' competence in delivering rehabilitation services.
- C4. Use a range of techniques and research methods applicable to sport and exercise rehabilitation.

#### Transferable skills

Having successfully completed this course students will be able to:

- D1 Efficiently search large and complex literature sources, paying particular attention to the quality of the evidence provided.
- D2 Solve problems in creative and innovative ways.
- D3 Communicate ideas effectively via different media, and to different audiences.

## Course Structure

### 4. Outline of course content

There are 60 credits of compulsory units for the MSc award:  
Sport and Exercise Rehabilitation Dissertation (40)  
Research Methods (20)

Students are then able to select from a range of 10 and 20 credit units to make up the remaining 120 credits. Option units include:

- Principles of Sport and Exercise Rehabilitation (20);
- Supporting Disabled and Para Athletes (10)
- Muscle Injury Ultrasound (10)
- Cardiac Rehabilitation (10)
- Rehabilitation for Neurological Conditions (10)
- Sports Vision (10)
- Psychology of Injury, Pain and Recovery (10)
- Counselling Skills (10)
- Mental Health (10)
- Therapeutic Intervention and Manual Therapy (20)
- Independent Study (20).

The course is designed to offer a contemporary and industry relevant curriculum, utilising innovative and relevant assessment and learning techniques. The course is structured to offer further learning opportunities for healthcare professionals or sport and exercise rehabilitators seeking to broaden or deepen their existing knowledge, skills and expertise. The course is structured in such a way that potential students can engage in the relevant parts of the course that meet their needs. This might be to register for just one individual unit, or to register for one of the postgraduate awards available: Postgraduate Certificate (60 credits), Postgraduate Diploma (120 credits), or the Master degree (180 credit).

#### 4. Outline of course content

This structure allows greater flexibility for professionals interested in furthering their education whilst at the same time being awarded level 7 (postgraduate) credit that can either be used to achieve a postgraduate qualification at AECC University College, or transferred to another Higher Education Institution.

**It is important to note that completion of this course does not make the graduate eligible to register as a Sport Rehabilitator with the British Association of Sport Rehabilitators and Trainers (BASRaT).**

#### 5. Placements, work-based learning or other special features of the course

None

#### 6. Course structure, levels, units credit and award

The level of study, units and credits required for the course and for final and exit awards are set out in is set out in the **course diagram** provided as [Appendix 1](#).

The **learning outcomes mapping document** at [Appendix 2](#) shows the relationship between ILOs for units and the overarching ILOs of the course.

An outline course structure diagram is included at the end of the document.

### Learning, Teaching and Assessment

#### 7. Learning and teaching strategies and methods

Staff delivering the MSc Sport and Exercise Rehabilitation course will aim to deliver an excellent student experience by providing learning opportunities designed to build independent, critical and aspirational learners. This high-quality learning experience for our students will be supported by informed, motivated, and well-qualified academic staff, adopting creative and imaginative approaches. This staffing base will ensure an active engagement with research informed teaching, where tutors will exchange knowledge with students to build an active community of learners. A key aim of this environment will be to empower MSc Sport and Exercise Rehabilitation students as learners and to inspire them to both contribute and to achieve.

Formal teaching methods may vary depending on the relevant learning outcomes, but may include

- Lectures (*Scheduled*)
- Seminars (*Scheduled*)
- Tutorials (*Scheduled*)
- Project Supervision (*Scheduled*)
- Practical Classes and Workshops (*Scheduled*)
- Guided Independent Study (*Independent*)

In addition, a variety of other teaching and learning methods may also be employed. These may include:

- Guest Speakers
- Small Group Learning Activities and Projects
- Individual and Group Presentations
- Role-Play Activities
- Case-Study Analyses
- Placement/work-based learning / volunteering opportunities

## 7. Learning and teaching strategies and methods

Overall, students' employability skills are developed throughout the course with individual and group-based exercises that require design, planning, analysis and evaluation within a theoretical and practical context.

## 8. Assessment strategies and methods

A variety of formative and summative assessment methods will be employed across units in the MSc Sport and Exercise Rehabilitation course. The aim here will be to balance the formative (developmental) and summative (judgemental) aspects of assessment to promote deeper learning among sport and exercise rehabilitation students and to give students a greater opportunity to maximise their potential.

With regards to feedback, MSc Sport and Exercise Rehabilitation students will receive both explanatory and diagnostic feedback, as well as grades. All assessments will also be anchored in clearly articulated learning outcomes and assessment criteria; with specific assessment criteria for each summative mode of assessment published on the Virtual Learning Environment (VLE) at the outset of each unit.

The following assessment types may be employed in the MSc Sport and Exercise Rehabilitation course:

- Written Exam (*Written*)
- Written Assignment, including Essay (*Coursework*)
- Dissertation (*Coursework*)
- Portfolio (*Coursework*)
- Oral Assessment and Presentation (*Practical*)
- Practical Skills Assessment (*Practical*)

The interests of MSc Sport and Exercise Rehabilitation students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic standards as expressed through the learning outcomes.

## 9. Learning hours

AECC University College courses are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. The minimum credit value of a unit in the current course is 10 credits. A 20-credit unit is the equivalent of 200 student study hours, including lectures, seminars, assessment and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

## 10. Staff delivering the course

Students will be taught by AECC University College academic staff and qualified professional practitioners with relevant expertise.

## 11. Progression and assessment regulations

The regulations for this course are the University College's Standard Assessment Regulations which may be found from the [Latest Policies webpage](#).

## 12. Additional costs

Additional costs are mandatory or optional costs which students will need to meet in order to fully participate in and complete their course. Students will need to budget for these costs separately as they are not included in the overall Tuition Fee they are charged. Information about additional costs

## 12. Additional costs

applying to students on this course can be found in the document **Important information to take into account when choosing your course** available from the [Latest Policies webpage](#)

There will be an expectation that students will purchase copies of core textbooks. The cost of books will be in region of £75-200 per year. All course work will be submitted electronically which will mean students will not be required to print and submit hard (paper) copies of their work.

## 13. Methods for evaluating the quality of learning and teaching

Students have the opportunity to engage in the quality assurance and enhancement of their courses in a number of ways, which may include:

- Completing student surveys annually to give feedback on individual units and on the course as a whole
- Taking part in course focus groups as arranged
- Act as a course representative
- Providing feedback via Mid-Unit Student Evaluations, and end of unit evaluations
- Seeking nomination as a Student Union representative OR engaging with these elected student representatives
- Serving as a student representative on evaluation panels for course approval/review
- Taking part in course approval or professional body meetings by joining a group of students to meet with the panel
- Taking part in meetings with the external examiner(s) for the course (such meetings may take place virtually where courses are part-time)

The ways in which the quality of the University College's courses are monitored and assured checked, both inside and outside the institution, are:

- Annual monitoring of units and courses
- Periodic Course review, at least every six years.
- External examiners, who produce an annual report
- Oversight by Academic Development and Quality Committee (which includes student representation), reporting to Academic Board
- Professional body accreditation and annual reports to these bodies
- External Quality Assurance Reviews and annual monitoring

## 14. Inclusivity statement

AECC University College is committed to being an institution where students and staff from all backgrounds can flourish. AECC University College recognises the importance of equality of opportunity and promoting diversity, in accordance with our Dignity Diversity and Equality Policy. We are committed to a working and learning environment that is free from physical, verbal and non-verbal harassment and bullying of individuals on any grounds, and where everyone is treated with dignity and respect, within a positive and satisfying learning and working environment.

AECC University College seeks to ensure that all students admitted to our courses have the opportunity to fulfil their educational potential. The interests of students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic or professional standards as expressed through the learning outcomes.

## 15. Reference points including QAA Benchmark statements

- UK Quality Code for Higher Education: The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2014)



<b>15. Reference points including QAA Benchmark statements</b>
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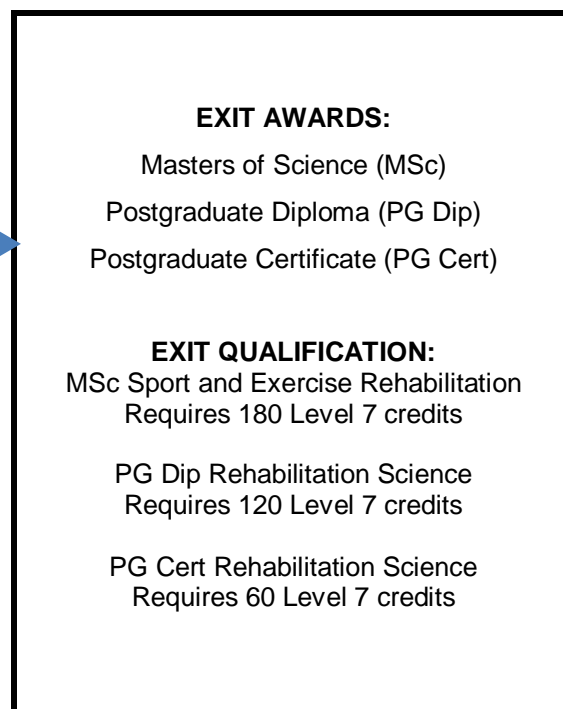
- |  |
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| <ul style="list-style-type: none"><li>• QAA Characteristics Statement: Master's Degree (2015).</li></ul> |
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<b>16. Regulatory &amp; policy framework</b>
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The course conforms fully with the University College's Academic Regulations and Policies for Taught Courses.
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## Appendix 1: MSc Sport and Exercise Rehabilitation

Entry →



## Appendix 2: Learning outcomes mapping document template

This table shows where a learning outcome referenced in the course specification may be demonstrated by successful completion of a unit.

Unit Code	Unit title	Subject Knowledge and Understanding					Intellectual Skills			Practical Skills				Transferable skills		
		A1	A2	A3	A4	A5	B1	B2	B3	C1	C2	C3	C4	D1	D2	D3
SEH700	Sport and Exercise Rehabilitation Dissertation	X			X	X			X	X		X	X	X	X	X
PSY701	Research Methods					X			X		X	X	X	X	X	X
PSY703	Independent Study	X			X		X	X		X			X	X		X
SEH701	Principles of Sport and Exercise Rehabilitation	X	X	X	X		X			X	X	X			X	X
SEH702	Clinical Assessment in Sport and Exercise	X			X		X			X	X	X			X	X
SEH703	Supporting Disabled and Para Athletes	X			X		X			X		X			X	X
SEH704	Muscle Injury Ultrasound	X	X		X		X			X		X			X	X
SEH705	Cardiac Rehabilitation	X	X		X		X	X		X	X	X			X	X
SEH706	Rehabilitation of Neurological Conditions	X			X		X			X		X			X	X
SEH707	Therapeutic Intervention and Manual Therapy	X			X		X			X	X	X	X		X	X
PSY707	Counselling Skills		X					X		X		X			X	X
PSY708	Mental Health		X					X		X		X			X	X
PSY709	Psychology of Injury, Pain and Recovery			X				X		X	X	X			X	X
PSY710	Sports Vision			X				X		X	X	X	X		X	X

## Course summary

### Course title: MSc Sport and Exercise Rehabilitation

Unit details			Core/ Option	Pre/ co requisit e units	No of credits	Assessment Element Weightings (%) <sup>*</sup>						Estimated learning hours		
Number	Title	Version no.				Exam 1	Exam 2	Cwk 1	Cwk 2	Prac 1	Prac 2	scheduled contact	Directed non- contact	self- directed
SEH700	Sport and Exercise Rehabilitation Dissertation	1	C		40			0% P/F	100%			15	45	340
PSY701	Research Methods	1	C		20			100%				32	64	104
PSY703	Independent Study	1	O		20			75%	25%			8	32	160
SEH701	Principles of Sport and Exercise Rehabilitation	1	O		20			50%		50%		48	96	56
SEH702	Clinical Assessment in Sport and Exercise	1	O		20			50%		50%		48	96	56
SEH703	Supporting Disabled and Para Athletes	1	O		10			75%		25%		16	32	52
SEH704	Muscle Injury Ultrasound	1	O		10			100%				16	32	52
SEH705	Cardiac Rehabilitation	1	O		10			100%				16	32	52
SEH706	Rehabilitation of Neurological Conditions	1	O		10			100%				16	32	52
SEH707	Therapeutic Intervention and Manual Therapy	1	O		20			25%		75%		48	96	56
PSY707	Counselling Skills	1	O		10			50%		50%		16	32	52
PSY708	Mental Health	1	O		10			75%		25%		16	32	52
PSY709	Psychology of Injury, Pain and Rehabilitation	1	O		10			50%		50%		16	32	52
PSY710	Sports Vision	1	O		10			50%	50%			16	32	52

#### Exit qualification:

MSc Sport and Exercise Rehabilitation (requires 180 credits at Level 7)

PGDip Rehabilitation Science (requires 120 credits at Level 7)

PGCert Rehabilitation Science (requires 60 credits at Level 7)

## MSc Sport and Exercise Rehabilitation Unit Delivery

### Full time

Semester 1 (Sept – Dec)	Semester 2 (Jan- April)	Summer (May-August)
Principles of Sport and Exercise Rehabilitation (20)	Clinical Assessment in Sport and Exercise (20)	Sport and Exercise Rehabilitation Dissertation (40)
Research Methods (20)	or Independent Study (20)	
Therapeutic Intervention and Manual Therapy (20)	Mental Health (10)	
Muscle Injury Ultrasound (10)	Psychology of Injury, Pain and Recovery (10)	
Supporting Disabled and Para Athletes (10)	Rehabilitation of Neurological Conditions (10)	
Counselling Skills (10)	Cardiac Rehabilitation (10)	
	Sports Vision (10)	

Option units

Core units