AECC University College
Transforming lives through Health Sciences

MSc Sport Rehabilitation and Therapy

Course Specification

Version 1.1

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Record of Modifications

Description of Modification	Date approved	Cohort(s) to which modification applies
Minor changes: to specify ethical/moral/legal requirements of the profession covered in the Sports Rehabilitation placement rather than Principles of sport and Exercise Rehabilitation unit. Swap of semester: clinical assessment in sport and exercise, and Principles of sport and exercise. Changes to assessment weightings (No significant change, version number retained)	July 2021	Sept 2021
Amendment to reflect replacement of SEH650 with placement unit that is non-credit bearing (SEH6001)	September 2022 (reported to ASQC Oct 2022)	Entry in September 2022 and thereafter
Amendment to ILOs for Rehabilitation of Neurological Conditions (SEH7006)	August 2023	September 2023 and all future Cohorts

NOTE: Reference to BASRaT accreditation added 03.09.2020

Inconsistencies/proofreading errors corrected, and reference to BASRaT accreditation updated in course summary diagram 12 November 2020
Proofing error in unit coding/title corrected Sept 2021

Title of course: **MSc Sport Rehabilitation and Therapy**

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 Rehabilitation and Therapy (180 CATS at Level 7 plus non-credit bearing placement unit at Level 6) Or MSc Rehabilitation Studies (180 CATS at Level 7) Interim awards do not convey eligibility to apply for registration with BASRaT
Interim exit awards, titles and credits	PGDip Rehabilitation Studies (120 CATS) PGCert Rehabilitation Studies (60 CATS)
FHEQ level of final award	7
Mode of study	Full-time/Part-time
Accreditation details	BASRaT accreditation granted July 2020 for 2020-2021 and 2021-2020 cohorts
Standard length of course	1 year – 18 months (Full-time) 2 – 3 years (Part-time)
Minimum and maximum periods of study	1 year to 4 years
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	April 2020
Date of first intake	September 2020
Version number of this Framework/Course Specification	1.2
Date this version approved/intake to which this applies	Version 1.2 applied August 2023
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:

- Develop a critical understanding of the concepts, theories, principles and practices of rehabilitation and training in the sport and exercise environment.
- Encourage independent learning through evidence-based practice to underpin practical application and to deal with complex issues.
- Equip students with the knowledge, skills and expertise to become autonomous sport and exercise rehabilitation practitioners and to work in a multi-disciplinary team.
- Provide students with authentic practical experience through clinical placements, enabling them to consider issues relating to professionalism, ethics and scope of practice.
- Develop students' research and analysis skills within sport and exercise rehabilitation.
- Develop Graduate sport rehabilitators who meet the professional requirements of the British Association of Sport Rehabilitators and Trainers (BASRaT).

3. Intended Learning Outcomes

Subject Knowledge and Understanding

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

A1 Normal and pathologic conditions in sport and exercise-related injury and illness and approaches to facilitating the process of tissue healing.

A2 Ethical dilemmas, health and safety, legal implications and professional conducts of a Sport Rehabilitator and the process of critical self-reflection.

A3 Evidence-based immediate care and long-term patient management based on a comprehensive theoretical understanding and application of the competencies required of a Sport Rehabilitator.

A4 How to develop an independent approach to formulating evidence-based assessment, treatment, and rehabilitation prescription; and show a critical awareness of relevant underpinning theories.

A5 The application of exercise prescription to the prevention of musculoskeletal injury.

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,

3. Intended Learning Outcomes

reasoned arguments, supported by relevant evidence.

B2 Evaluate and reflect upon individual practice in order to plan effectively for continuing professional development, and to enhance professional practice.

B3 Demonstrate a critical awareness of current problems and new insights in sport rehabilitation and therapy.

B4 Working systematically and critically to evaluate contemporary understanding to underpin research project development.

B5 Discriminate, synthesise and integrate current theoretical concepts into musculoskeletal assessment, clinical reasoning and rehabilitation.

Practical Skills

Having successfully completed this course students will be able to:

C1 Operate within scope of practice in complex and unpredictable situations, adopting a professional approach and adhering to health and safety rules, codes of conduct, and ethical guidelines.

C2 Demonstrate technical expertise and authority in leading and motivating patients in the rehabilitation process in various environments.

C3 Work independently and as part of a multidisciplinary team, demonstrating initiative in the selection of a range of practical skills in the treatment and rehabilitation intervention process.

C4 Use a range of techniques and research methods applicable to sport and exercise rehabilitation and therapy.

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 160 credits of compulsory units at level 7 within this course:

Sport and Exercise Rehabilitation Dissertation (40)
Research Methods (20)
Principles of Sport and Exercise Rehabilitation (20)
Clinical Assessment in Sport and Exercise (20)
Therapeutic Intervention and Manual Therapy (20)
Sports Injury Treatment Modalities (20)
Psychology of Injury, Pain and Recovery (10)
Sport Rehabilitation Placement (Level 6)
Mental Health (10)

Students are also able to select 20 credits of optional units from the following:

Cardiac Rehabilitation (10)
Rehabilitation of Neurological Conditions (10)
Muscle Injury Ultrasound (10)
Supporting Disabled and Para Athletes (10)

4. Outline of course content

In 'Principles of Sport and Exercise Rehabilitation you will develop an understanding of the profession of sport and exercise rehabilitation. You will also develop an understanding of underpinning health science theory including functional anatomy, physiology and biomechanics. 'Clinical Assessment in Sport and Exercise' will seek to develop practical skills, knowledge and understanding relating to assessment and treatment. In the 'Therapeutic Intervention and Manual Therapy' unit you will be introduced to and develop manual therapy techniques and therapeutic intervention skills. The 'Sports Injury Treatment Modalities' unit develops knowledge and practical skills relating to the rehabilitation of a range of sport-related conditions. In the 'Sport Rehabilitation Placement' you get the opportunity to gain experience and further develop your skills in applying sport rehabilitation techniques and consider the associated ethical, moral and legal requirements of the profession. The 'Psychology, of Injury, Pain and Recovery' unit explores the psychological impact of injury and how this knowledge can be used to enhance rehabilitation and recovery. In 'Research Methods' you will develop a strong foundation in research methods to underpin the research project completed as part of the 'Sport and Exercise Rehabilitation' unit.

This course is designed to meet the requirements for the British Association of Sport Rehabilitators and Trainers (BASRaT). As such there are core knowledge, skills and expertise requirements in terms of the overall content and delivery of the course. There is also a professional body requirement for students to complete 400 hours of applied placement experience in addition to the taught content of the course.

In addition to the professional body requirements AECC University College in general, and the School of Psychology Sport, and Physical Activity in particular are committed to also developing the psychological knowledge and skills of students on the course to facilitate the development of more client-centred approaches to care, rehabilitation and recovery.

Alongside the core curriculum, students are also offered a total of 20 credits (2 x 10 credit units) of optional units based upon their own areas of interest or possible future specialisation.

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

As part of the course students will undertake a compulsory 400-hour clinical placement which is non credit-bearing . The 400 hours of placement experience is in line with the British Association of Sport Rehabilitation and Trainers (BASRaT) requirements for accredited courses.

The focus of this unit is on applying sport and exercise rehabilitation knowledge, skills and expertise in an applied setting and consider the associated ethical, moral and legal requirements of the profession.

Applied practical placements will be sourced in a number of ways. First, some students will seek to individually source opportunities through personal contact. The appropriateness of the experience will be explored by the unit tutor and contact made with the placement provider to ensure that there is an appropriate awareness of the nature of the placement, the demands on the placement provider, and the roles and responsibilities for the Institution, the student and the placement provider. Other placement opportunities will be developed and arranged by the University College including the development of an on-site sports rehabilitation clinic.

There will also be compulsory supervision / mentoring sessions with a designated member of the course team.

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 Rehabilitation and Therapy 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 Rehabilitation and Therapy 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

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 Rehabilitation and Therapy course. The aim here will be to balance the formative (developmental) and summative (judgemental) aspects of assessment to promote deeper learning among sport rehabilitation and therapy students and to give students a greater opportunity to maximise their potential.

With regards to feedback, MSc Sport Rehabilitation and Therapy 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.

8. Assessment strategies and methods

The following assessment types may be employed in the Sport Rehabilitation and Therapy 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 Rehabilitation and Therapy 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.

On this course students will complete 180 credits (1800 hours) of level 7 credit units, plus a further 400 hours of placement experience.

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 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. Students will also be required to pay for printing or photocopying where required. Some students may be required to be DBS checked if the opt for certain volunteer or placement opportunities. Costs related to this need to be funded by the student. There is also be a requirement to purchase appropriate course clothing for practical skills classes, and for use during the applied placements.

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

13. Methods for evaluating the quality of learning and teaching

- 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.

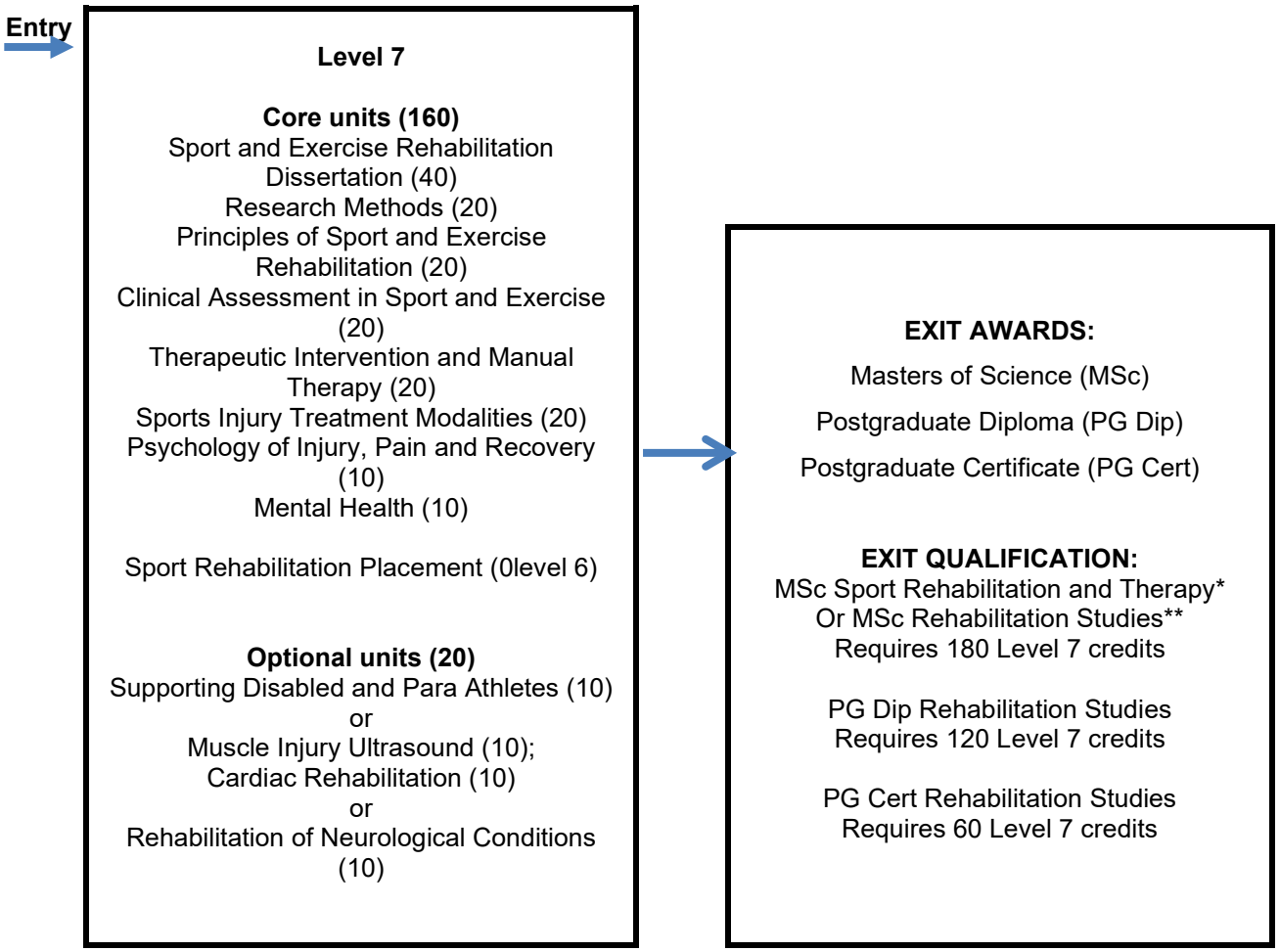
15. Reference points including QAA Benchmark statements

- UK Quality Code for Higher Education: The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2014)
- QAA Characteristics Statement: Master's Degree (2015).
- British Association of Sport Rehabilitators and Trainers (BASRaT) Educational Framework (9th Edition)

16. Regulatory & policy framework

The course conforms fully with the University College's Academic Regulations and Policies for Taught Courses.

Appendix 1: MSc Sport Rehabilitation and Therapy



Students graduating with the MSc Sport Rehabilitation and Therapy are eligible for BASRaT registration.
**The MSc Rehabilitation Studies is awarded where a student fails to pass the level 6 placement unit. Graduates from this course are not eligible for BASRaT registration.*

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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.

		Subject Knowledge and Understanding					Intellectual Skills					Practical Skills				Transferable skills		
Unit Code	**Unit title**	**A1**	**A2**	**A3**	**A4**	**A5**	**B1**	**B2**	**B3**	**B4**	**B5**	**C1**	**C2**	**C3**	**C4**	**D1**	**D2**	**D3**
SEH7000	Sport and Exercise Rehabilitation Dissertation	X			X	X	X		X	X	X	X		X	X	X	X	X
PSY7001	Research Methods					X				X	X	X		X	X	X	X	X
SEH7001	Principles of Sport and Exercise Rehabilitation	X	X		X	X	X	X	X		X	X	X	X	X		X	X
SEH7002	Clinical Assessment in Sport and Exercise	X	X	X	X	X	X	X	X		X	X	X	X			X	X
SEH7003	Supporting Disabled and Para Athletes			X	X		X	X			X	X		X			X	X
SEH7004	Muscle Injury Ultrasound		X		X		X	X				X		X			X	X
SEH7005	Cardiac Rehabilitation	X		X	X		X	X				X	X	X			X	X
SEH7006	Rehabilitation of Neurological Conditions	X	X	X	X		X	X	X		X	X		X			X	X
SEH7007	Therapeutic Intervention and Manual Therapy	X	X	X	X		X	X	X		X	X	X	X	X		X	X
SEH7008	Sports Injury Treatment Modalities	X	X	X	X		X	X	X		X	X	X	X	X		X	X
PSY7008	Mental Health		X	X				X			X	X		X			X	X
PSY7009	Psychology of Injury, Pain and Recovery			X				X	X		X	X	X	X			X	X
SEH 6001	Sport Rehabilitation Placement	X	X	X	X		X	X	X		X	X		X			X	X

Course summary

Course title: MSc Sport Rehabilitation and Therapy

Unit details			Core/ Option	Pre/ co requisite units	No of credits	Assessment Element Weightings (%)*						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
SEH7000	Sport and Exercise Rehabilitation Dissertation	1	C		40			0% (P/F)	100%			15	45	340
PSY7001	Research Methods	1	C		20			100%				32	64	104
SEH7001	Principles of Sport and Exercise Rehabilitation	1	C		20			50%		50%		48	96	56
SEH7002	Clinical Assessment in Sport and Exercise	1	C		20			50%		50%		48	96	56
SEH7003	Supporting Disabled and Para Athletes	1	O		10			75%		25%		16	32	52
SEH7004	Muscle Injury Ultrasound	1	O		10			100%				16	32	52
SEH7005	Cardiac Rehabilitation	1	O		10			100%				16	32	52
SEH7006	Rehabilitation of Neurological Conditions	1.1	O		10			100%				16	32	52
SEH7007	Therapeutic Intervention and Manual Therapy	1	C		20			25%		75%		48	96	56
SEH7008	Sports Injury Treatment Modalities	1	C		20			50%		50%		48	96	56
PSY7008	Mental Health	1	C		10			75%		25%		16	32	52
PSY7009	Psychology of Injury, Pain and Recovery	1	C		10			50%		50%		16	32	52
SEH6001	Sport Rehabilitation Placement	1	C		0 (L6)			100%				0	0	400

Exit qualification:

MSc Sport Rehabilitation and Therapy (requires 180 credits at Level 7 plus successful completion of the Placement unit- level 6)

Or MSc Rehabilitation Studies (180 credits at Level 7)

PGDip Rehabilitation Studies (requires 120 credits at Level 7)

PGCert Rehabilitation Studies (requires 60 credits at Level 7)

MSc Sport Rehabilitation and Therapy Delivery Diagram

Full time

Semester 1 (Sept – Dec)	Semester 2 (Jan- April)	Summer (May-August)
Clinical Assessment in Sport and Exercise ((20)	Principles of Sport and Exercise Rehabilitation (20)	Sport and Exercise Rehabilitation Dissertation (40)
Research Methods (20)	Sports Injury Treatment Modalities (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 Neuro Conditions (10)	
	Cardiac Rehabilitation (10)	
	Sport Rehabilitation Placement	

Core units

Option units

Part time

Semester 1 (Sept – Dec)	Semester 2 (Jan- April)	Summer (May-August)
Year 1		
Clinical Assessment in Sport and Exercise (20)	Principles of Sport and Exercise Rehabilitation (20)	
Therapeutic Intervention and Manual Therapy (20)	Mental Health (10)	
Year 2		
Research Methods (20)	Sports Injury Treatment Modalities (20)	Sport & Exercise Rehabilitation Dissertation
Either		
Muscle Injury Ultrasound (10)	Psychology of Injury, Pain and Recovery (10)	
or	Either	
Supporting Disabled and Para Athletes (10)	Rehabilitation of Neuro Conditions (10)	
	or	
	Cardiac Rehabilitation (10)	
Sport Rehabilitation Placement		
Year 3		
Sport and Exercise Psychology Dissertation		
Sport Rehabilitation Placement		