



BSc (Hons) Sports Therapy

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What is a Sports Therapist? Scope of Practice

- PREVENTION
- RECOGNITION & EVALUATION
- MANAGEMENT, TREATMENT & REFERRAL
- REHABILITATION
- EDUCATION & PROFESSIONAL PRACTICE ISSUES

Course accredited by the
Society of Sports Therapists



On successful completion of the course
you will be eligible to apply for
membership with them

Career prospects

- **Supporting Sports Teams**
 - Full time – Professional
 - Part time – Multiple training clinics
- **Sports Injury Clinics**
 - Business Owner
 - Working within a clinic as part of a multi-disciplinary team
 - Working with Health and Fitness professionals
- **Research**
 - MSc studies
 - PhD completion
 - Industry research



BSc (Hons) Sports Therapy

- The course is split between theoretical and practical elements, and you'll learn how to provide advice and treatment to manage the individual needs of a person within their sporting environment.
- This may involve designing and carrying out injury prevention programmes, providing immediate care of injuries and basic life support in recreational, clinical, training and competitive environments.

Key areas of study

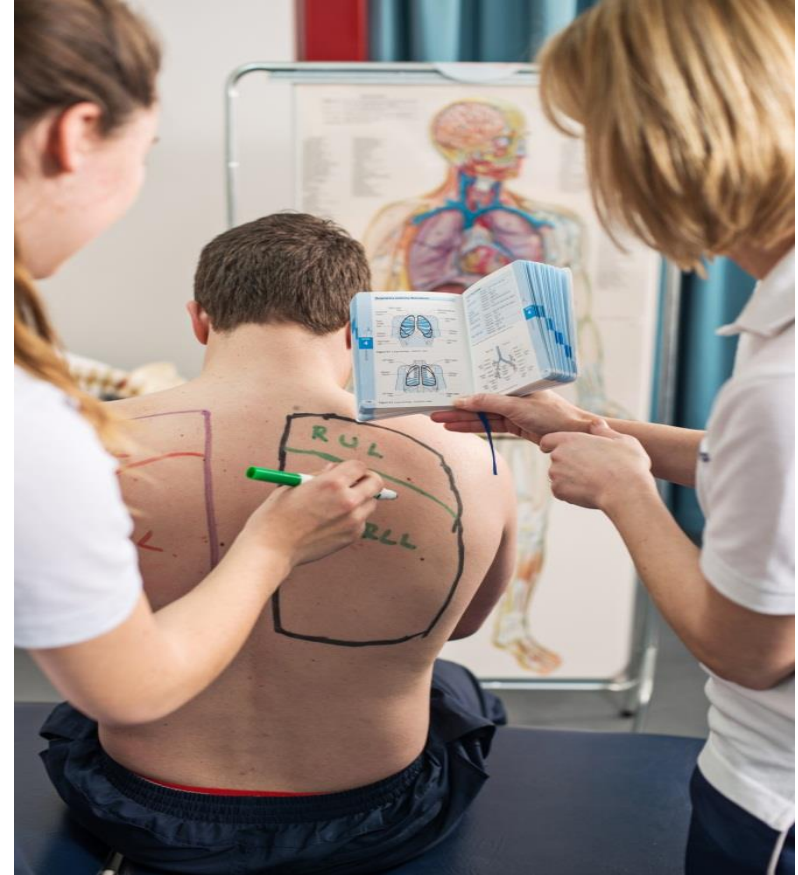
- Assessment of sports injuries
- Manual therapy
- Sports therapy practice and professionalism
- Exercise prescription and applied physiology
- Athlete welfare and rehabilitation
- Research
- Team working and innovative ideas

Course content

	Level 4 (Year 1)	Level 5 (Year 2)	Level 6 (Year 3/4)
Semester One	Foundations of Sports Therapy	Assessment of Sports Injuries 2	Manual Therapy 2 – The Spine
	Athlete Welfare	Manual Therapy 1 – Peripheral Joints	Sports Therapy Practice <i>(Both semesters)</i>
	Beginning Research	Applied Physiology	Research Project <i>(Both semesters)</i>
Semester Two	Early Career Professionalism	Soft Tissue and Therapeutic Modalities	Service Improvement Project <i>(Both semesters)</i>
	Exercise Prescription in Sports Therapy	Rehabilitation in Sports Therapy	Innovation in Sports Therapy
	Assessment of Sports Injuries 1	Conducting Research	

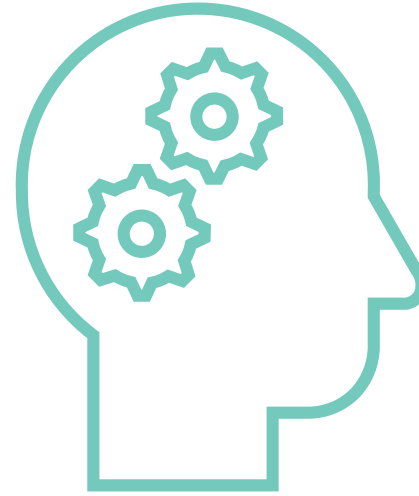
Course content: Blended Learning and Teaching

1. Skills sessions that reflect the professional environment.
2. Team Based Learning.
3. Case Based Learning.
4. Self-managed Learning (SML).
5. Lectures.
6. Learning through Discussion.
7. Interactive workshops and seminars.
8. Continuous professional development (CPD).
9. On-line activities.
10. Interactive software – ‘Physio-Tools’ and ‘Anatomy-TV’.



Course content: Assessment Methods

- Essays / Client reports / Case Study
- Presentations - Group & Individual
- Poster Presentations
- Online MCQs
- Practical Assessments
- Video submissions
- Online Portfolio
- Placement Assessments
- Research project



Why study at BU? Embedded Industry Experience

- **Placement experience throughout course**
- **Level 5**
 - Observations relating to clinical sports injury assessment and treatment.
- **Level P**
 - Optional sandwich year
- **Level 6**
 - A minimum of 200 hours of supervised sports therapy experience.

Why study at BU: Optional Sandwich Year

- 30 week full time sandwich placement between Levels 5 and 6
- Gain a greater understanding of the potential for your profession in a range of industry settings.
- Explore complementary areas associated with sports therapy practice e.g. strength and conditioning, performance analysis, sports coaching etc.
- Reflect on your own experiences in industry.
- Student sourced. Home or Abroad



Why study at BU?

Academic

- Year Tutor and Academic Advisor
- Additional Learning Services
- Academic skills workshops

Practice

- Professional Practice Lead
- Placement coordinator
- Careers advisor

Peer

- Student groups encouraged to develop support and collaboration networks
- Student Representative System (SUBU)
- Peer Assisted Learning (PALS)

Pastoral Support

- Academic and practice links
- Counselling service, Health and Wellbeing, and Chaplaincy



Entry requirements

Required subject: Part of the entry requirement – you must be studying one of these and achieve 40 points

Biology, Human Biology, Applied Human Biology, Applied Science, Health Science, Health & Social Care, Physical Education, Sport & Exercise Science or other sport-related subject.

128 points

Including a minimum of 2 A-levels or equivalent. Also, GCSE English and Maths at grades 4 (C) and above, or appropriate Key Skills Level 2 or equivalent.

English language requirements (if English is not your first language):

- IELTS (Academic) 6.5 with a minimum of 6.0 in each component
- Condition of offer: All successful applicants will be subject to an Enhanced Disclosure and Barred List check (DBS).



**Bournemouth
University**



Please note: The detail, dates and additional fees stated are correct at the time of presentation (October 2021). The latest information can be found at www.bournemouth.ac.uk/courses.

Questions? We've got answers.
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<https://www.bournemouth.ac.uk/study/courses/bsc-hons-sports-therapy-2>