UNIVERSITY OF PLYMOUTH

exeter college endc

ACADEMIC PARTNERSHIPS PROGRAMME QUALITY HANDBOOK 2026-2027

BSc (Hons) Sports Therapy

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Welcome and Introduction

Welcome to the BSc. (Hons) Sports Therapy delivered at Exeter College. We are delighted that you have chosen to study with us. The specialist programme for Sports Therapy integrates academic learning and the development of practical skills to provide the necessary skills for Sports Therapy.

The degree incorporates standard professional practice requirements including therapy related skills and practice, ethical foundations of practice and the conventional knowledge base of pathological, physiological, psychological, biomechanical analysis of performance, injury treatment, rehabilitation and prevention of injury. It is accredited by and leads to the opportunity to apply for membership of, the Sports Therapy Organisation (STO).

The programme has recently been approved with the University of Plymouth to aid in the development and enhance the structure and running of the course. As Sports Therapy is a rapidly growing industry, this course will be perfect to help you grow and become a strong therapist, following from your foundation degree or equivalent.

There will be a student representative for each tutor group on the programme, where they are invited to attend regular programme meetings to give feedback. We have developed the programme from your feedback over the years, and these sessions are essential for growth of Sports Therapy. We work closely with the University of Plymouth during these processes.

You will take part in active “real life” clinics during the academic year, and you are required to participate in additional placement activities. There are placement opportunities that we can support you with, and some of these in the past have included working with Exeter Chiefs RFC and Exeter City FC. You will also be given the opportunity to attend sporting events with Warrior Chimps. You will be assigned to a Sports Academy at the college where you will be their designated lead Sports Therapist for the year, working with year two Sports Therapists also.

This programme has been designed to equip you with the skills and knowledge base required to work in your chosen specialism or other graduate opportunities. It is also a platform from which you can undertake additional vocational and academic qualifications.

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This Programme Quality handbook contains important information including:

- The approved programme specification
- Module records

Note: The information in this handbook should be read in conjunction with the current edition of:

- Your Programme Student Handbook which contains student support-based information on issues such as finance and studying at HE available on Moodle
- Your Module Guide available at on Moodle
- Your University of Plymouth Student Handbook available at: https://www.plymouth.ac.uk/your-university/governance/student-handbook

Programme Specification

1. BSc

Final award title	BSc (hons) Sports Therapy
UCAS code:	BC37
HECOS:	100475 Sports Therapy
2. Awarding Institution:	University of Plymouth
Teaching institution(s):	Exeter College
3. **Accrediting body(ies)**	Not Applicable

4. Distinctive Features of the Programme and the Student Experience

A student-centred approach to a contemporary practical based course where learners progress from Level 5 Sports Therapy (or equivalent) to Level 6. The programme design is heavily practical based, where lessons are delivered in a state-of-the-art Sports Therapy 6-bed Clinic, and an exceptional newly built gym. The course will provide students with a theory base of knowledge early on to then be confident in applying the knowledge in a practical manner. The college runs weekly internal Sports Therapy clinics, which target clients from the elite sports academies at the college, staff and external patients. In addition to exceptional in-house opportunities, we have a range of external placement opportunities are offered, for example working with Exeter Chiefs RFC and with local private practices at sporting events such as the Great West Run. Students add to a strong portfolio that has been built previously of evidence of their work-based learning during the one year of study to support with the academic side of the course.

Lessons are delivered in a varied manner, and a range of assessment methods are applied throughout the modules. This allows students to be developed into critical thinkers and apply recent and up to date research within the industry to their professional practice. The course will implement the UoP Teaching and Learning strategy, for example inclusive teaching, learning and assessment methods, developing employability skills and supporting students in a variety of areas. The programme will also implement the UoP sustainability and internationalisation strategy to support all learners effectively.

With the programme being heavily practical based, it will provide a solid platform for students to have the ability to practice confidently once they become qualified. Students will also become Emergency First Aid trained from the start of the course and will be able to become RockDocs via Rock Tape Level 1 and Level 2. In addition to this, as part of the course the students will be able to take part in a Pitch Side and Trauma Management First Aid Course.

Exeter College is an accredited training provider with the Sports Therapy Organisation (STO). As such, the programme outcomes meet industry specific competencies which allow students to work towards obtaining full membership after successfully completing the BSc (Hons) Sports Therapy award. The programme has a module for Advanced Strength and Conditioning which will provide a base for the students to also apply for assessment for United Kingdom Strength and Conditioning Association (UKSCA) membership.

5. Relevant QAA Subject Benchmark Group(s)

- Events, Hospitality, Leisure, Sport and Tourism QAA Subject Benchmark Statement November 2019
- The UK Quality Code for Higher Education (The QAA)
- Classification Descriptions for FHEQ Level 6 (The QAA)

6. Programme Structure

Full-Time Option:

Module Code	Year of Study	Level of Study	Module Title	Credits	Compensatable
EXCE3014	1	6	Advanced Strength and Conditioning	20	Y
EXCE3015	1	6	Examination and Assessment of Soft Tissue Injury	20	N
EXCE3016	1	6	Sports Rehabilitation and Adherence Considerations	20	N
EXCE3017	1	6	Dissertation	40	N
EXCE3018	1	6	Inter-disciplinary and Clinical Practice	20	N

Part Time Option:

Module Code	Year of Study	Level of Study	Module Title	Credits	Compensatable
EXCE3014	1	6	Advanced Strength and Conditioning	20	Y
EXCE3015	1	6	Examination and Assessment of Soft Tissue Injury	20	N
EXCE3016	1	6	Sports Rehabilitation and Adherence Considerations	20	N
EXCE3017	2	6	Dissertation	40	N
EXCE3018	2	6	Inter-disciplinary and Clinical Practice	20	N

7. Programme Aims

The programme has been designed to develop academic, clinical and professional skills required for a Sports Therapist. Students who gain the award of BSc (Hons) Sports Therapy will have demonstrated many of the vital qualities required to work effectively in this sector such as intellectual abilities, reflective practice, academic and practical skills. The programme is intended to:

1. Ensure that all of those who complete the programme are safe and competent to practice Sports Therapy autonomously
2. Provide autonomous knowledge and understanding of Sports Therapy
3. Prepare students to safely deliver industry specific skills, including diagnosis and rehabilitation of sports and health conditions
4. Prepare students practically and academically, including cognitive and intellectual skills, in the field of Sports Therapy consistent with relevant professional bodies
5. Prepare students to respond to the changes of Sports Therapy and Science, including the application of life-long learning, interdisciplinary awareness and CPD importance
6. Provide independence, employability and reflective skills related to Sports Therapy and enhancing understanding of evidence-based practice
7. Critically develop research methods enhancing the understanding of appropriate methodologies in an applied setting encouraging active independent learning
8. Enhance scientific reading skills, including a variety of research papers in relation to the industry
9. Develop transferrable skills to enable the students for a successful future in studying, and employment within the industry and other areas of practice

From the outset, the students will have opportunities to work at a high level, particularly through integration and application of theory into practice and through the fulfilment of professionally based learning outcomes. The programme aims to support the student in achieving their full potential by incorporating reflection on work-based learning into module assessments or demonstrating critical analysis and interpretation of work-based evidence, e.g. observations. They are supported in this by academic tutors. There is expectation to be able to demonstrate independent learning through specific investigation in the form of a dissertation and within clinical practice.

8. Programme Intended Learning Outcomes

8.1. Knowledge and understanding

On completion of the programme, graduates should have developed:

1. Essential knowledge and understanding of the history, contemporary issues and changes within Sports Therapy
2. Knowledge of key concepts and scientific principles associated with Sports Therapy
3. An understanding of components of Sports Therapy, including soft tissue treatments, mobilisations, and electrotherapy in line with professional competencies
4. The ability and in-depth knowledge of how to establish clients' needs for complementary, natural healthcare and Sports Therapy treatments
5. Critical awareness of the ethical, environmental, professional and legal issues that underpin best practice within Sports Therapy

8.2. Cognitive and intellectual skills

On completion of the programme, graduates should be able to:

1. Effectively assess, evaluate and interpret data relating to problems within Sports Therapy, including research
2. Develop reasoned arguments, to enable students to critically engage with established and new concepts and ideas in the field Sports Therapy
3. Use evidence-based practice to support in justification of ideas and challenging concepts
4. An ability to interpret and analyse data appropriately to Sports Therapy and the industry

8.3. Key and transferable skills

On completion of the programme, graduates should have developed the ability to:

1. Work within an appropriate ethos, using and accessing a range of learning facilities
2. Critically evaluate their own strengths and weaknesses within criteria largely set by others
3. Take responsibility for their own learning and independent application of skills
4. Apply methods accurately applying suitable and effective communication skills
5. Develop critical thinking and justification from recognition and interpretation of data, integrating manipulation of data

8.4. Employment related skills

On completion of the programme, graduates should have developed:

1. Initiative to apply specific skills autonomously and take personal responsibility
2. Effective and concise communication skills for a variety of disciplines, including clients from a variety of backgrounds
3. Professional and ethical informed decision making in complex and unpredictable contexts
4. Reflective application skills on practice and experience, and professional practice
5. The ability to Independently contribute towards the industry and their professional development

8.5. Practical skills

On completion of the programme, graduates should have developed:

1. The ability to plan, apply and evaluate practical Sports therapy treatment methods
2. The ability to undertake diagnostic skills, treatment and rehabilitation for a variety of injuries
3. The ability to provide advanced Sports Therapy techniques and advice for sports injuries and health conditions
4. The ability to carry out ethical research within the field of Sports Therapy

9. Admissions Criteria, including APCL, APEL and Disability Service arrangements

All applicants must have GCSE (or equivalent) English at Grade 4/C or above.

Entry Requirements for BSc Top-up Sports Therapy	
Foundation Degree	A foundation degree in an appropriate subject, in or similar to Sports Therapy. Progression from other foundation degrees will be considered on an individual basis. Those who have taken a break from studying must complete their studies on the progression programme within 6 years of their initial registration of the foundation degree if they have not been gaining continuous relevant CPD or practice.
LEVEL 5 VTCT Diploma or equivalent	An applicant with a VTCT Level 5 diploma in Sports Massage or equivalent will be assessed and considered on an individual basis.
HND / FD	An applicant with a HND / FD in an appropriate subject with 120 level 2 credits with a Merit profile will be considered on an individual basis.
APEL / APCL possibilities	Prior experience within the industry that can APEL against the FdSc Sports Therapy Programme. Candidates are interviewed before an offer is made.
Disclosure and Barring Service Required	DBS check required (student funded) - students will need a clear DBS check prior to taking part in placements

Students on the course can apply for STO student membership during their studies, at which there is a small membership fee. Having student membership will then allow students to gain discounted insurance through a 3rd party insurance company. *An example of this in 2019/2020 the cost for student membership is £24 per annum, and for student insurance the fee is £15 per annum.*
Details can be found at: https://www.sportstherapyorganisation.net/member-benefits

10. Progression Routes

On completion of the BSc (hons) Sports Therapy, students can apply for further study on a Masters (Level 7) qualification at an institute of their choice. There are also opportunities for students to progress on to teacher training such as a PGCE. Graduates will be able to work as a Sports Therapist.

11. Non Standard Regulations

N/A

12. Transitional Arrangements

N/A

Appendices

- Programme Specification Mapping (UG) – core/elective modules
- STO Competencies Mapping

Appendix 1: Programme Specification Mapping (UG): module contribution to the meeting of Award Learning Outcomes

CORE MODULES: tick those Award Learning Outcomes the module contributes to through its assessed learning outcomes. Insert rows and columns as required.

Core Modules		FHEQ Level 6																								
		8.1 Knowledge & understanding					8.2 Cognitive & intellectual skills				8.3 Key & transferable skills					8.4 Employment related skills					8.5 Practical skills				Compensation Y/N	Assessment Element(s) and weightings [use KIS definition] E1- exam E2 – clinical exam T1- test C1- coursework A1 – generic assessment P1 - practical
		1	2	3	4	5	1	2	3	4	1	2	3	4	5	1	2	3	4	5	1	2	3	4		
Level 6	EXCE3014 Advanced Strength and Conditioning		✓				✓			✓	✓			✓		✓	✓	✓			✓		✓		Y	C1 – 50% P1 – 50%
	EXCE3015 Examination and Assessment of Soft Tissue Injury		✓		✓		✓	✓	✓	✓			✓	✓	✓	✓	✓		✓		✓	✓	✓		N	P1 – 100%
	EXCE3016 Sports Rehabilitation and Adherence Considerations				✓		✓	✓	✓					✓												N	C1 – 100%
	EXCE3017 Dissertation		✓			✓	✓		✓	✓	✓	✓	✓	✓		✓		✓	✓	✓				✓	✓	N	C1 – 80% P1 – 20%
	EXCE3018 Interdisciplinary and Clinical Practice	✓	✓	✓								✓	✓	✓		✓			✓	✓		✓	✓		N	C1 – 100% A1 – Pass/Fail
Level 6 LOs		1	4	1	2	1	4	2	3	3	2	2	3	5	1	4	2	2	3	2	2	2	4	1		
Confirmed Award LOs		1	4	1	2	1	4	2	3	3	2	2	3	5	1	4	2	2	3	2	2	2	4	1		

Appendix 2: Mapping Matrix – Sports Therapy Modules to STO Competencies

Sports Therapy Organisation Learning Outcomes and Competencies to be Achieved	**Modules**	***Comments***
1 OVERALL AIMS OF THE COURSE		
To ensure that those who complete the course are safe and competent to practice Sports Therapy as autonomous healthcare practitioners	Programme Aims and All Non-Compensatory Modules	
2 LEARNING OUTCOMES AND COMPETENCIES TO BE ACHIEVED		
2A CNH1 Explore and establish the client's needs for complementary and natural healthcare	EXCE3014 EXCE3015 EXCE3018	See Learning PLO mapping matrix
2B CNH2 Develop and agree plans for complementary and natural healthcare with clients	EXCE3014 EXCE3015 EXCE3017 EXCE3018	See Learning PLO mapping matrix
2C CNH20 Plan, apply and evaluate massage methods and soft tissue methods	Level 4 and 5 EXCE3015 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2C CNHC 21 Plan, apply and evaluate massage to prevent and manage injury	Level 4 and 5 EXCE3015 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2C CNH22 Plan, evaluate and apply complex massage/soft tissue therapy	Level 4 and 5 EXCE3015 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2D D523 Apply taping and strapping for general support in a sport and activity context	Level 4 and 5 EXCE3016 EXCE3018	See Learning PLO mapping matrix

2D D524 Apply taping and strapping following injury to limit specific movement in a sport/activity context	Level 4 and 5 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2D D525 Apply taping and strapping to influence movement patterns and proprioception in a sport/activity context	Level 4 and 5 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2E D526 Apply magnetic therapies to clients in a sport and activity context	Level 4 and 5 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2E D530 Apply electrical stimulation techniques to clients in a sport and activity context	Level 4 and 5 EXCE3018	See Learning PLO mapping matrix
2E D531 Apply repair stimulator techniques to clients in a sport and activity context	Level 4 and 5 EXCE3018	See Learning PLO mapping matrix
2E D532 Apply advanced repair stimulator techniques to clients in a sport and activity context	Level 4 and 5 EXCE3018	See Learning PLO mapping matrix
2F D527 Apply basic cold techniques to clients in a sport and activity context	Level 4 and 5 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2F D528 Apply hot and cold techniques to clients in a sport and activity context	Level 4 and 5 EXCE3016 EXCE3018	See Learning PLO mapping matrix
2G A334 Apply accepted standards and continually develop own practice in preventing and managing injuries in sport and active recreation	EXCE3016 EXCE3017 EXCE3018	See Learning PLO mapping matrix

3 ASSESSOR AND INTERNAL QUALITY ASSURANCE (IQA) REQUIREMENTS FOR THE REGULATED QUALIFICATIONS FRAMEWORK (RQF) COMPETENCE QUALIFICATIONS		
There are no regulated qualifications for Sports Therapy however, the STO has given guidelines in the accreditation process for Assessment and IQA provision	Assessment is completed by a variety of tutors who deliver on the programme and all work is internally verified. Work is then Externally Verified by an external examiner.	
4 THE MINIMUM (OR EQUIVALENT) LEVEL AT WHICH QUALIFICATIONS LEADING TO CNHC REGISTRATION MUST BE ACHIEVED AGAINST THE REGULATED QUALIFICATIONS FRAMEWORKS ACROSS THE UK		
The minimum level of qualification required is equivalent to 5 (England and Wales); 6 (Northern Ireland); 8 (Scotland) on the UK Qualification Comparison Chart.	The programme will qualify the learners above the minimum to be able to work in the industry.	
5 HOURS OF STUDY		
5.1 Total Qualification Time – 558 hours	Each student has a total of 330 guided learning hours per year of study. In addition to this the learners are expected to also complete 150 hours of external placements. Before this programme, learners would have completed a minimum of 660 hours on a Foundation Degree or equivalent.	
5.2 Guided Learning Hours – 270 hours	The programme offers 330 GLH per year per student.	
5.3 Immediate Guidance or Learning can be with the simultaneous physical presence of the Learner and the lecturer, supervisor or tutor, or remotely by means of simultaneous electronic communication	The programme offers 330 GLH which are timetabled as lessons (some of these lessons may be physical presence or some may be via electronic communication). Learners may also have additional studying time which will at times be guided via electronic communication.	
6 CASE STUDY REQUIREMENTS		
6.200 hours	Learners are expected to also complete 200 hours of external placements which will include Case Study scenarios	

7 OVERALL RATIO OF THEORY AND PRACTICE		
7.1 Theory 340 hours / Practical 216 hours	There will be an equal balance of practical and theory hours in the delivery of the programme.	
8 CREDIT VALUE		
8.1 Depends on Identified TQT		660 hours completed in FdSc or equivalent and a total of 330 GLH on the BSc (hons) top-up, plus 200 hours of placement
9 ASSESSMENT PROCESS		
9.1 Case Studies as above plus one summative practical skills assessment and one summative written examination	EXCE3014 EXCE3015 EXCE3018	Across practical modules, these areas will be assessed.
9.2 The above should all evidence clear understanding of learning outcomes outlined in this document. Assessment should be by the tutor with a sample of the overall submissions having been additionally assessed by an independent assessor. Training providers must be able to provide evidence of this if required.	Assessment is completed by a variety of tutors who deliver on the programme and all work is internally verified. Work is then Externally Verified by an external examiner.	
10 DETAILS OF AN ACCREDITATION OF PRIOR EXPERIENCE AND LEARNING (APEL) PROCESS AND WHO WOULD BE RESPONSIBLE FOR IT		
10.1 The APEL process would be the responsibility of professional associations who verify applications for CNHC registration from Sports Therapy practitioners who have not completed a training course that of itself meets the requirements of the National Occupational Standards and this core curriculum.	For entry on to the programme at Level 6 learners must have a Foundation Degree or Level 5 qualification in Sports Therapy and GCSE English and Maths Grade C or Above.	
10.2 A therapist's portfolio/certification would be mapped to current NOS and Core Curriculum.	As above.	

Appendix 3: Assessment Method Mapping

	Module	Assessment	Examples
Level 6	EXCE3014 Advanced Strength and Conditioning	C1 – 50% P1 – 50%	C1 – Case Study Assignment Task P1 – Practical Assessment
	EXCE3015 Examination and Assessment of Soft Tissue Injury	P1 – 100%	P1 – Presentation and Observed Practical Assessment
	EXCE3016 Sports Rehabilitation and Adherence Considerations	C1 – 100%	C1 – Essay Assignment and Seminar Paper Assignment
	EXCE3017 Dissertation	C1 – 80% P1 – 20%	C1 – Proposal Paper and Dissertation Report P1 – Oral VIVA
	EXCE3018 Interdisciplinary and Clinical Practice	C1 – 100%	C1 – Essay Assignment and Clinical Portfolio A1 – Pass/Fail Clinical Hours

Module Records

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.***

MODULE CODE: EXCE3014 **MODULE TITLE:** Advanced Strength and Conditioning

CREDITS: 20 **FHEQ LEVEL:** 6 **HECOS CODE:** 100433 Sport and Exercise Sciences

PRE-REQUISITES: n/a **CO-REQUISITES: n/a** **COMPENSATABLE: Y *(if No identify programmes in notes box below)***

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

The module is closely mapped to the UKSCA guidelines and outcomes, to enable students to investigate interdisciplinary sciences, involved within Strength and Conditioning principles, including specific techniques and methods. In addition to this the module will cover human anatomy and physiological responses enabling students to consolidate and extend their understanding of strength and conditioning.

ELEMENTS OF ASSESSMENT *[Use HESA KIS definitions] – see Definitions of Elements and Components of Assessment*					
E1 (Examination)	0%	**C1** (Coursework)	50%	**P1** (Practical)	50%
E2 (Clinical Examination)	0%	**A1** (Generic assessment)	0%		
T1 (Test)	0%				

SUBJECT ASSESSMENT PANEL to which module should be linked: Sports Therapy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:
This module will enable students to practically demonstrate the coaching and/or technical knowledge of the core techniques involved within strength and conditioning. The module will allow learners to critically appraise warm-up activities for a training session/athlete and deliver safe, effective and appropriate training methods. It aims to enable students to demonstrate effective and professional communication with athletes and clients and finally, to demonstrate effective understanding of processes involved in periodising a training programme.

ASSESSED LEARNING OUTCOMES: (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

Assessed Module Learning Outcomes	Award/ Programme Learning Outcomes contributed to
1. Demonstrate a comprehensive understanding of physiological functions of the human body in response to training methodologies	8.1.2
2. Portray a critical understanding of applied functional human anatomy and movement to sports therapy	8.1.2
3. Demonstrate and accurately disseminate the application of knowledge of training and adaptation	8.2.4 8.2.1 8.3.4 8.4.1
4. Practically, comprehensively, demonstrate a variety of coaching, to include but not limited to tactical and technical knowledge related to strength and conditioning	8.2.4 8.2.1 8.3.1 8.3.4 8.4.1 8.5.1
5. Practically demonstrate a comprehensive understanding of an effective warm-up and appropriate training methods	8.3.1 8.3.4 8.4.1 8.4.2 8.4.3 8.5.1 8.5.3

DATE OF APPROVAL: March 2021	**FACULTY/OFFICE: Academic Partnerships**
DATE OF IMPLEMENTATION: 01/09/2021	**SCHOOL/PARTNER: Exeter College**
DATE(S) OF APPROVED CHANGE:	**SEMESTER: All Year**

Notes:

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2026/2027 **NATIONAL COST CENTRE:** 106
MODULE LEADER: Ali Hill **OTHER MODULE STAFF:** N/A

Summary of Module Content

The module will have extensive theoretical and practical application. Students will revisit previous physiological functions and anatomy and apply to strength and conditioning principles. The module will allow students to apply principles in a practical way, including skills of delivering a warm-up safely and effectively. The module outcomes closely map to the UKSCA competencies allowing the students to take the examinations for UKSCA accreditation once they have completed their qualification.

There will be an equal balance of theory and practical delivery in the lessons, for example students will work in the gym on their peers practising the skills in preparation for examination. The module lecturer will emphasise the link between Strength and Conditioning and Sports Therapy with regards to prevention and rehabilitation protocols and how important it is to understand corrective techniques for exercises.

The in-class test will represent as close as possible to the UKSCA tests to allow students to be confident to take the examination after qualifying if they wish to, and the practical assessment will also follow these guidelines.

SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*		
Scheduled Activities	**Hours**	**Comments/Additional Information (briefly explain activities, including formative assessment opportunities)**
Lectures	35	Delivery of informative lesson by the teacher, including practical skills
Seminars	10	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual leaner
Self-directed study	150	Students to self-study and complete assignments in own time
Total	**200**	**(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)**

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment Task to meet LO1-LO3	100%
Practical	Practical assessment to meet LO4 and LO5	100%
Clinical Examination		0%
Generic Assessment		0%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)	Written Assignment to meet LO1-LO3	100%
Coursework		0%
Practical	Practical assessment to meet LO4 and LO5	100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

To be completed when presented for Minor Change approval and/or annually updated	
Updated by: Ali Hill Date: 28/08/2026	**Approved by**: Tammy Emmins Date: 28/08/2026

Reading List

Comfort, P., Jones, P, A., and McMahon, J, J. (2018) *Performance Assessment in Strength and Conditioning*. UK, Oxon: Routledge

Joyce, D., and Lewindon, D. (2016) *Sports Injury Prevention and Rehabilitation: Integrating medicine and science for performance solutions.* UK, Oxon: Routledge.

Turner, A. (2018) *Routledge Handbook of Strength and Conditioning: Sport-specific Programming for High Performance.* UK, Oxon: Routledge.

Turner, A., and Comfort, P. (2017) *Advanced Strength and Conditioning*. UK, Oxon: Routledge.

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD. *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

MODULE CODE: EXCE3015	**MODULE TITLE:** Examination and Assessment of Soft Tissue Injury	
CREDITS: 20	**FHEQ LEVEL:** 6	**HECOS CODE:** 100475 Sports Therapy
PRE-REQUISITES: n/a	**CO-REQUISITES: n/a**	**COMPENSATABLE: N *(if No identify programmes in notes box below)***

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module will focus on the theoretical anatomy of the trunk, back and spine. Learners will practically assess these including the relevance of the anatomy involved. Students will be able to identify and critically review common back problems and dysfunctions They will develop aetiology analysis of common injuries in different sports and exercise to enable a deeper understanding of evidence-based diagnosis and practice.

ELEMENTS OF ASSESSMENT *[Use HESA KIS definitions] – see Definitions of Elements and Components of Assessment*					
E1 (Examination)	0%	**C1** (Coursework)	0%	**P1 (**Practical**)**	100%
E2 (Clinical Examination)	0%	**A1** (Generic assessment)	0%		
T1 (Test)	0%				

SUBJECT ASSESSMENT PANEL to which module should be linked: Sports Therapy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module will aim to provide students with the confidence in performing assessment of the back and trunk to a professional standard, applying the knowledge of the anatomy that is learnt during the delivery. The module will also aim to develop learners' knowledge of some neurological testing and awareness of nerve innervation for common muscles, closely linking to myotomes and dermatomes.

Students will develop further in-depth skills at level 6 of peripheral sports injuries examination using evidence-based practice. They will be able to interpret the clinical findings, and where appropriate, in a data analytical manner. With the suitable assessment and interpretation, the module will aim to support students in the application of suitable treatments for a range of sporting and occupational injuries.

ASSESSED LEARNING OUTCOMES: (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

Assessed Module Learning Outcomes	Award/ Programme Learning Outcomes contributed to
1. Demonstrate an in-depth level of knowledge and understanding of the anatomy of the back and trunk and its inter-relation with movement	8.2.4 8.3.3 8.4.2
2. Safely and effectively demonstrate assessment of the back and trunk, including orthopaedic tests, demonstrating neurological testing protocols	8.1.2 8.1.4 8.2.1 8.4.1 8.2.3 8.3.3 8.3.4 8.4.4 8.5.2 8.3.5
3. Examine and assess, using evidence-based practice, peripheral sports injuries in a safe and appropriate manner including orthopaedic diagnostic testing	8.1.2 8.2.2 8.2.3 8.3.3 8.3.4 8.4.1 8.4.2 8.5.2
4. Recognise and interpret clinical findings, using data analysis where appropriate, to devise and apply suitable treatment methods in a safe and effective manner	8.2.4 8.1.4 8.2.2 8.3.5 8.5.1 8.5.3

DATE OF APPROVAL: March 2021	**FACULTY/OFFICE: Academic Partnerships**
DATE OF IMPLEMENTATION: 01/09/2021	**SCHOOL/PARTNER: Exeter College**
DATE(S) OF APPROVED CHANGE:	**SEMESTER: All Year**

Notes:

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2026/2027 **NATIONAL COST CENTRE:** 106
MODULE LEADER: Tammy Emmins **OTHER MODULE STAFF:**

Summary of Module Content

The module will initially begin with theory-based elements to identify some common anatomical landmarks and a deeper understanding of the trunk anatomy, including the soft tissue. The anatomy of the spine will be covered in some depth such as the individual vertebrae and will include neurological elements and understanding of what nerves innervate specific areas and key muscles in the body.

The delivery of lessons will then include theory of how the spine and muscles relate with regards to movement and function. Following the theoretical application of anatomy, the practical elements will be delivered. Learners will be confident to apply practical assessment of the back and trunk applying the anatomical knowledge gained. In addition to basic range of movement, appropriate orthopaedic, muscular and neurological tests will also be identified. Tests should include the Slump Test; Straight Leg Raise test and re-visiting myotomes and dermatomes.

Progressing from back and trunk assessment, the module will have a heavy emphasis on diagnosis of injury using evidence-based practice. Students will learn orthopaedic testing in confidence and safely for a range of peripheral sports and occupational injuries. The learners will be able to provide a suitable diagnosis, using data analysis where appropriate, to plan and apply a suitable treatment method.

SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*		
Scheduled Activities	**Hours**	**Comments/Additional Information (briefly explain activities, including formative assessment opportunities)**
Lectures	25	Delivery of informative lesson by the teacher, including practical
Seminars	20	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual leaner
Self-directed study	150	Students to self-study and complete assignments in own time
Total	**200**	**(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)**

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework		0%
Practical	Practical to meet LO1 and LO2 Practical to meet LO3 and LO4	50% 50% 100%
Clinical Examination		0%
Generic Assessment		0%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework		0%
Practical	Practical to meet LO1 and LO2 Practical to meet LO3 and LO4	50% 50% 100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

To be completed when presented for Minor Change approval and/or annually updated	
Updated by: Tammy Emmins Date: 28/08/2026	**Approved by**: Ali Hill Date: 28/08/2026

Reading List

Brukner, P., Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R., and Khan, K. (2017) *Clinical Sports Medicine*, 5th ed. Australia: McGraw-Hill education Pty Ltd.

Biel, A., and Dorn, R. (2019) *Trail Guide to the Body: How to Locate Muscles, Bones and More*. 6th ed. USA: Lippincott Williams & Wilkins.

Cramer, G, D., and Darby, S, A. (2014) *Clinical Anatomy of the Spine, Spinal Cord and ANS.* 3rd ed. USA: Elsevier

Lee, T, C., and Mukundan, S. (2014) *Netter's Correlative Imaging: Neuroanatomy*. USA: Churchill Livingstone, Elsevier.

McRae, R. (2010) *Clinical Orthopaedic Examination*, 6th edn. UK: Elsevier.

Petty, N, J., and Barnard, K. (2017) *Principles of Musculoskeletal Treatment and Management, Volume 2: A Handbook for Therapists*. 3rd ed. UK: Elsevier.

Sanderson, M. (2012) *The soft tissue release handbook: reducing pain and improving performance*. Chichester: Lotus Publishing.

Zulak, D. (2016) *Clinical Assessment for Massage Therapy: A practical guide*. UK: Handspring Publishing Limited.

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.***

MODULE CODE: EXCE3016 **MODULE TITLE:** Principles of Rehabilitation and Adherence Considerations

CREDITS: 20 **FHEQ LEVEL:** 6 **HECOS CODE:** 100475 Sports Therapy

PRE-REQUISITES: n/a **CO-REQUISITES: n/a** **COMPENSATABLE: N *(if No identify programmes in notes box below)***

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module is a mixture of theory and practical, the assessment methods will be based around theoretical application. Students will investigate risk reduction and rehabilitation protocols, including return to play. It can be challenging to engage a client in their rehabilitation; therefore, we will look at behavioural factors that influence their adherence, and to investigate a variety of behavioural strategies.

ELEMENTS OF ASSESSMENT *[Use HESA KIS definitions] – see Definitions of Elements and Components of Assessment*					
E1 (Examination)	0%	**C1** (Coursework)	100%	**P1 (**Practical**)**	0%
E2 (Clinical Examination)	0%	**A1** (Generic assessment)	0%		
T1 (Test)	0%				

SUBJECT ASSESSMENT PANEL to which module should be linked: Sports Therapy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The module aims for learners to be able to critically examine behavioural factors affecting the adherence to rehabilitation, taking into consideration the principles of rehabilitation and the impact of a variety of factors, including psychological implications and subsequently the healing of a sports injury
It will allow students to apply practical skills and application of rehabilitation taking into consideration, the psychological implications and creating behavioural strategies. The module will allow learners to understand and apply prevention protocols for a variety of scenarios, and to design suitable rehabilitation programmes for a variety of clients.

ASSESSED LEARNING OUTCOMES: (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

Assessed Module Learning Outcomes	Award/ Programme Learning Outcomes contributed to
1. Discuss and critique injury risk reduction protocols in relation to specific injuries	8.1.4 8.2.2
2. Critically analyse information which informs the design of suitable rehabilitation programmes including principles of return to play	8.1.4 8.2.1
3. Critically analyse behavioural factors that might influence adherence to rehabilitation and the impact this has on injury recovery	8.1.4 8.3.4 8.2.1 8.2.3
4. Critically evaluate the behavioural factors and create behavioural strategies to support adherence to rehabilitation	8.1.4 8.3.4 8.2.1 8.2.3

DATE OF APPROVAL: March 2021	**FACULTY/OFFICE: Academic Partnerships**
DATE OF IMPLEMENTATION: 01/09/2021	**SCHOOL/PARTNER: Exeter College**
DATE(S) OF APPROVED CHANGE:	**SEMESTER: All Year**

Notes:

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2026/2027 **NATIONAL COST CENTRE:** 106
MODULE LEADER: Tammy Emmins **OTHER MODULE STAFF:** N/A

Summary of Module Content

This module aims to provide students with a deeper understanding of adherence to rehabilitation for a variety of scenarios, linking closely to the principles of rehabilitation. There will be investigation into behavioural strategies to support clients in adhering to their rehabilitation.

The module will be heavily theoretical, but some practical elements can be applied to allow the learners to have a deeper understanding and application. There are a range of influences that can be discussed with regards to adherence and compliance to rehabilitation, however there will be a requirement to cover the psychological aspect indefinitely.

It is important that a Sports Therapist understands the behavioural factors that might influence the adherence to rehabilitation and how they can support their patient in complying to the protocols. This will allow the Sports Therapist the apply their rehabilitation skills in a more respectful and approachable manner.

Prior to this, the module will have covered content in relation to prevention methods for injury and for specific injury rehabilitation. This will initially be theory-based information, however, will also have practical elements to support the students in having a deeper understanding and application of the protocols. The rehabilitation design will also have an application to return to play protocols.

SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*		
Scheduled Activities	**Hours**	**Comments/Additional Information (briefly explain activities, including formative assessment opportunities)**
Lectures	25	Delivery of informative lesson by the teacher, including practical
Seminars	20	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual leaner
Self-directed study	150	Students to self-study and complete assignments in own time
Total	**200**	**(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)**

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment task to meet LO1 and LO2 Assignment task to meet LO3 and LO4	50% 50% 100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Assignment task to meet LO1 and LO2 Assignment task to meet LO3 and LO4	50% 50% 100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

To be completed when presented for Minor Change approval and/or annually updated	
Updated by: Tammy Emmins Date: 28/08/2026	**Approved by**: Ali Hill Date: 28/08/2026

Reading List

Brukner, P., Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R., and Khan, K. (2017) *Clinical Sports Medicine*, 5th ed. Australia: McGraw-Hill education Pty Ltd.

Arvinen-Barrow, M, and Walker, N. (2013) *The Psychology of Sport Injury and Rehabilitation*. USA: Routledge

Houglum, P, A. (2016) *Therapeutic Exercise for Musculoskeletal Injuries.* 4th ed. USA: Human Kinetics

Magee, D, J., Zachazewski, J, E., Quillen, W, S., and Manske, R, C. (2016) *Pathology and Intervention in Musculoskeletal Rehabilitation*. 2nd ed. Missouri: Elsevier

Prentice, W, E. (2015) *Rehabilitation Techniques for Sports Medicine and Athletic Training*. USA: SLACK Incorporated

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.***

MODULE CODE: EXCE3017 **MODULE TITLE:** Dissertation

CREDITS: 40 **FHEQ LEVEL:** 6 **HECOS CODE:** 100475 Sports Therapy

PRE-REQUISITES: n/a **CO-REQUISITES: n/a** **COMPENSATABLE: N** ***(if No identify programmes in notes box below)***

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module allows students an opportunity to develop their subject expertise and develop their research, intellectual and organisational skills through the writing of a detailed dissertation thesis. The module provides students with a good structure of designing a proposal, creating a project and then finally presenting the outcomes.

ELEMENTS OF ASSESSMENT *[Use HESA KIS definitions] – see Definitions of Elements and Components of Assessment*					
E1 (Examination)	0%	**C1** (Coursework)	80%	**P1** (Practical)	20%
E2 (Clinical Examination)	0%	**A1** (Generic assessment)	0%		
T1 (Test)	0%				

SUBJECT ASSESSMENT PANEL to which module should be linked: Sports Therapy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module will aim to equip students with the skills to plan and design a piece of small-scale primary or secondary research on a chosen area of Sports Therapy. The module will aim to allow students to critically examine research methods and support students in selecting methods appropriate to their area of study. The aim of the module is to enhance students oral and presentation skills within a project of their choice. Students will be confident to undertake a literature search, critically reviewing literature from many different sources to underpin their conceptual knowledge base on their chosen area of study, and it will aim to enable students to analyse their research, synthesise their findings and come to a coherent and well-argued conclusion to include the benefits of their study.

ASSESSED LEARNING OUTCOMES: (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

Assessed Module Learning Outcomes	Award/ Programme Learning Outcomes contributed to
1. Draw upon research within the field of Sports Therapy to develop a primary or secondary research project proposal within Sports Therapy showing ethical awareness	8.1.2 8.2.4 8.1.5 8.2.1 8.4.1 8.5.4
2. Critically appraise information from a range of secondary research sources demonstrating a comprehensive knowledge base	8.1.2 8.2.4 8.1.5 8.2.1 8.3.1 8.5.4
3. Devise and carry out a structured and detailed research project, including a detailed and ethical methodology, providing analysis and drawing upon future recommendations	8.1.2 8.2.4 8.1.5 8.2.1 8.3.4 8.4.1 8.2.3 8.3.1 8.4.3
4. Engage in a theoretical discussion demonstrating analysis and synthesis of their research evidence demonstrating its relevance to Sports Therapy practice.	8.2.4 8.2.1 8.2.3 8.3.3 8.3.4 8.5.4
5. Present research orally in a structured, detailed and coherent manner and research findings in a critical and evaluative way to assess how it might influence Sports Therapy practice	8.3.2 8.3.3 8.4.4 8.5.4 8.4.5 8.5.3

DATE OF APPROVAL: March 2021	**FACULTY/OFFICE: Academic Partnerships**
DATE OF IMPLEMENTATION: 01/09/2021	**SCHOOL/PARTNER: Exeter College**
DATE(S) OF APPROVED CHANGE:	**SEMESTER: All Year**

Notes:

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2026/2027
NATIONAL COST CENTRE: 106
MODULE LEADER: Miles Carrigan
OTHER MODULE STAFF: Ali Hill / Tammy Emmins

Summary of Module Content

This module is designed to equip students with the skills to plan, design and undertake a small-scale primary or secondary research project on an area of Sport Therapy studies. Students will search for and identify secondary sources of research evidence in order to develop skills of critical appraisal. Through consultation and support from their tutor, students will select a subject area relevant to current issues in Sports Therapy practice.

Tutorials will be a key part of this module in supporting students through the various stages of developing and writing a research project. For example, students will be guided to choose an appropriate project, discuss their developing conceptual knowledge of the literature and give a rationale for their choice of methods and ethical approach. Students will present their proposal to an ethical panel if appropriate and will plan a research project following a successful outcome. They will later present their research projects in an oral VIVA. Students will have opportunities to comment on the research methodologies used, ethical dilemmas, the results, data analysis and the main conclusions drawn.

The taught elements of the module will enable students to develop their research skills to include searching and retrieving evidence, selecting appropriate Sports Therapy related research questions, research methodologies, constructing a literature review, critical appraisal skills, ethical awareness and protocols and analysing and synthesising research findings. Students will be taught to have an ethical awareness and will develop ethical protocols and consent letters that are appropriate for a research project in their chosen area of study which will be put forward to the College Research Ethics Committee.

SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*		
Scheduled Activities	**Hours**	**Comments/Additional Information (briefly explain activities, including formative assessment opportunities)**
Lectures	50	Delivery of informative lesson by the teacher, including practical
Seminars	20	Group discussions and activities led by the teacher
Project supervision	20	Individual and group supervision tutorials
Self-directed study	310	Independent primary and secondary research, seminar project supervision preparation.
Total	**400**	**(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)**

SUMMATIVE ASSESSMENT

Element Category	**Component Name**	**Component Weighting**
Written exam		0%
Test		0%
Coursework	Proposal to meet LO1 Dissertation to meet LO2 – LO4	30% 70% 100%
Practical	Oral Viva to meet LO5	100%
Clinical Examination		0%
Generic Assessment		0%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Proposal to meet LO1 Dissertation to meet LO2 – LO4	30% 70% 100%
Practical	Oral Viva to meet LO5	100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

To be completed when presented for Minor Change approval and/or annually updated	
Updated by: Miles Carrigan Date: 28/08/2026	**Approved by**: Ali Hill Date: 28/08/2026

Reading List

Bergin, T. (2018) *An Introduction to Data Analysis: Quantitative, Qualitative and Mixed Methods*. SAGE Publications.

Cresswell, J, W., and Creswell, J, D. (2018) *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. 5th ed. SAGE Publications

Smith, M, F. (2017) *Research Methods in Sport.* 2nd ed. United Kingdom: Sage Publications Ltd, London.

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.***

MODULE CODE: EXCE3018 **MODULE TITLE:** Interdisciplinary and Clinical Practice

CREDITS: 20 **FHEQ LEVEL:** 6 **HECOS CODE:** 100475 Sports Therapy

PRE-REQUISITES: n/a **CO-REQUISITES: n/a** **COMPENSATABLE: N** ***(if No identify programmes in notes box below)***

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

The module will aim to broaden learners understanding and appreciation of professions related to Sports Therapy, it's history and philosophy. Students will complete a total of 150 hours of practice within the field, including some clinical practice in house. Students will lead the clinical sessions at the college, with some support from the teacher.

ELEMENTS OF ASSESSMENT *[Use HESA KIS definitions] – see Definitions of Elements and Components of Assessment*					
E1 (Examination)	0%	**C1** (Coursework)	100%	**P1** (Practical)	0%
E2 (Clinical Examination)	0%	**A1** (Generic assessment)	Pass/Fail		
T1 (Test)	0%				

SUBJECT ASSESSMENT PANEL to which module should be linked: Sports Therapy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The module aims to support students to broaden their understanding of the history and philosophies in relation to Sports Therapy practice, in comparison to other professionals considering the professional bodies involved and where Sports Therapy might go in the future. It is to help students apply their assessment, diagnostic and treatment skills that have been learnt and developed before the course, and during the course to a suitable standard and to meet the competencies of the professional body. It will also aim to provide learners with a comprehensive work-related experience as a Sports Therapist to enable them to develop an extensive portfolio of evidence that supports their professional development.

ASSESSED LEARNING OUTCOMES: (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

Assessed Module Learning Outcomes	Award/ Programme Learning Outcomes contributed to
1. Provide evidence of 200 hours of continuing professional education and critically reflect upon person and professional development	8.3.3 8.4.1 8.4.4 8.5.2 8.5.3 8.4.5
2. Independently diagnose and treat a variety of patients for a range of occupational and sporting injuries, providing critical reflection on decision making	8.1.2 8.1.3 8.3.2 8.3.4 8.4.4 8.5.2 8.5.3 8.4.1 8.4.5
3. Demonstrate a comprehensive understanding of the history and philosophy of Sports Therapy, identifying clear interdisciplinary relationships	8.1.1 8.3.3
4. Critically evaluate contemporary issues within the field of Sports Therapy	8.1.2 8.3.3

DATE OF APPROVAL: March 2021	**FACULTY/OFFICE: Academic Partnerships**
DATE OF IMPLEMENTATION: 01/09/2021	**SCHOOL/PARTNER: Exeter College**
DATE(S) OF APPROVED CHANGE:	**SEMESTER: All Year**

Notes:

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2026/2027 **NATIONAL COST CENTRE:** 106
MODULE LEADER: Miles Carriagn **OTHER MODULE STAFF:** Evie Willmington

Summary of Module Content

The module will be heavily based on clinical practice and experience gained. The students will be expected to attend external placements as well as run the college Sports Therapy clinic. Students will take responsibility of booking in patients and working with injuries appropriately with minimal support from the teacher to encourage independence and confidence in such environment.

At the beginning of the academic year, students will study the history of Sports Therapy via some lectures and be able to show an understanding of interdisciplinary practice.

Students will be provided with some placement opportunities such as the College Sports Academies but will be expected to also find their own opportunities to have a wider scope of practice. This module will also encourage students to understand and gain relevant CPD, and they can opt to attend different courses. It will also be an opportunity to invite guest lecturers in to deliver specific workshops and experiences to contribute towards their hours.

SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*		
Scheduled Activities	**Hours**	**Comments/Additional Information (briefly explain activities, including formative assessment opportunities)**
Clinical Practice Sessions	40	Clinical Practice - Real Life situations of running a sports therapy clinic at the college
Lectures	10	Delivery of informative lesson including discussions and activities led by the teacher
External Placement	150	Students to complete a minimum of 150 hours' placement
Total	**200**	**(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)**

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Portfolio coursework to meet LO1 and LO2 Assignment task to meet LO3 and LO4	50% 50% 100%
Practical		0%
Clinical Examination		0%
Generic Assessment	Evidence of 200 hours of clinical practice/placement to meet LO1	Pass/Fail

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Portfolio coursework to meet LO1 and LO2 Assignment task to meet LO3 and LO4	50% 50% 100%
Practical		0%
Clinical Examination		0%
Generic Assessment	Evidence of 200 hours of clinical practice/placement to meet LO1	Pass/Fail
Test		0%

To be completed when presented for Minor Change approval and/or annually updated	
Updated by: Miles Carrigan Date: 28/08/2026	**Approved by**: Ali Hill Date: 28/08/2026

Reading List

Jewell, D.V. (2008) *Guide to Evidence-Based Physical Therapy Practice. London:* Jones & Bartlett Publishers.

Knowles, Z., Gilbourne, D., Cropley, B. & Dugdill, L. (2014) *Reflective Practice in the Sports & Exercise Sciences: Contemporary Issues*. London: Routledge.

Ward, K. (2017) *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation*. UK: Routledge.