



STAFFORDSHIRE
UNIVERSITY



UCAS Code:
BC96

BSc(Hons)
Sports Therapy

UNDERGRADUATE
COURSE INFORMATION

Key Facts

Faculty of Health

Location:

Stoke Campus

Duration:

3 years full-time

Entry requirements:

Typical offer: 260 UCAS points.

A levels: BCC.

All applicants are individually assessed.

Detailed entry requirements can be found on each of our online course pages or by visiting www.staffs.ac.uk/ugentryrequirements

In addition to meeting our academic requirements you will need to undertake an interview and a Criminal Records Bureau (CRB) check and may be required to register with the Independent Safeguarding Authority (ISA) depending on the outcome of current reviews.

Accredited by:
Society of Sports Therapists

At-a-glance

Sports Therapy is concerned with injury prevention, injury assessment and the rehabilitation of athletes to full functional fitness in a safe, effective and efficient manner. Sports Therapists utilise many rehabilitation tools such as sports massage, electrotherapy, manual therapies, exercise and stretching techniques.

Throughout this course, students will be taught by, and will work with, practicing sports therapists to develop an in-depth knowledge of underlying principles and a range of practical skills. This will enable students to develop competencies and gain experience essential for employment within this exciting and developing industry.

Working with practicing sports therapists guarantees you the opportunity to develop the competencies, skills and experiences for employment in this exciting new industry. Graduates of this award will be able to explore careers in a wide range of sport related environments including sports clubs, gyms, leisure centres and fitness suites.

The BSc(Hons) Sports Therapy degree offers an opportunity to develop the skills needed to become an accredited sports therapist with the Society of Sports Therapists.

Throughout the course you will be taught by, and work with, a sports therapy practitioner, gaining significant hands-on, practice-based experience combined with regular use of state-of-the-art laboratories enabling you to develop crucial skills for employment in the industry. Based within the Department of Sport and Exercise, you will have the opportunity to work with individual and team sportsmen and women and to complement your taught curriculum with a range of accredited vocational courses. As well as gaining hands-on experience with sports teams and athletes, you will undertake a final year placement, where you will be able to put your skills into practice in a professional organisational setting.

We continue to work closely with the Society of Sports Therapy so that your course remains current, challenging and matches the needs of employers.

Course Outline

Year 1

- Professional Development
- Physiology and Nutrition
- Sports Injuries: Evaluation and Assessment
- Sport Massage
- Movement Analysis
- Foundations of Sports Therapy

Option modules include:

- Physical Activity
 - Exercise and Health
 - UK Sports Policy
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Year 2

- Professional development
- Fitness Instruction
- Physiological Monitoring in Sport and Exercise
- Sports Injury and Rehabilitation
- Biomechanics of Human Movement

Option modules include:

- Applied Nutrition
 - Theory and Practice of Coaching and Teaching in Sport
 - Acquiring Sports Skills
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Year 3

- Professional Development
- Sports Therapy Placement
- Advanced Sports Therapy
- Theory and Method of Training
- Applied Kinesiology

Option modules include:

- Applied Sport and Exercise Physiology
 - Acquiring Sports Skills
 - Drugs in Sport
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**STAFFORDSHIRE
UNIVERSITY**

THE STAFFORDSHIRE GRADUATE

**EMPLOYABLE.
ENTERPRISING.
ENTREPRENEURIAL.**

The information in this leaflet is correct at the time of publication, but may be subject to change.

For the latest information visit www.staffs.ac.uk/undergraduate or contact our enquiries team on t: 01782 294400 e: enquiries@staffs.ac.uk

Study at Staffs and we'll help you to develop the skills and qualities necessary for success in the 21st Century.

By working together, we'll aim to equip you to become 'The Staffordshire Graduate' – an individual with the knowledge, personal attributes and expertise that employers look for, and the ability to stand out in the job market.

With a thorough understanding of your chosen field, you'll be a reflective, critical learner with a truly global perspective. Work-ready and highly employable, you'll also fully understand the importance of being enterprising and entrepreneurial – essential skills whether you go into employment or start your own business.

Detailed entry requirements can be found on each of our online course pages or by visiting www.staffs.ac.uk/ugentryrequirements

For full, up-to-date details of our degrees and other courses, visit: www.staffs.ac.uk/undergraduate

For lots of friendly help and advice: t: 01782 294400 e: enquiries@staffs.ac.uk

You can also find us on:

