

Programme Specification for



1. Programme title	MSc Sport Rehabilitation
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	MSc Rehabilitation Available Exit points: PG Certificate Sport Rehabilitation; PG Diploma Sport Rehabilitation
6. Year of validation Year of amendment	
7. Language of study	English
8. Mode of study	Full-time

9. Criteria for admission to the programme

Students will require an undergraduate degree in a sport or health related field (2.2 or above) and ideally experience within the field of athlete support. Students for whom English is a second language must have achieved IELTS 6.5 or TOEFL 575 (paper test) or 237 (computer test) and 4.5 in Test of Written English, or equivalent.]

NOTE: In all cases, entry to the programme will be subject to the relevant background and approval from the programme leader.

10. Aims of the programme

The programme aims to:

1. Develop the student's ability to synthesis concepts and work within complex, challenging and unpredictable situations within the sport rehabilitation field.

2. Enable student's to critically evaluate, analyse, interpret and apply current and alternative approaches in sport's medicine, in the evaluation and treatment of injury. In addition, students will use this evidence to design and implement treatment/rehabilitation programmes.
3. Demonstrate an advanced level of responsibility and self-awareness of ethical issues that may arise in research / professional practice.
4. Enable student's to work as advanced independent practitioners and to develop the ability to work independently and as part of a professional multidisciplinary sports' medicine team.
5. To prepare students and work towards accreditation by 'The British Association of Sport Rehabilitators and Trainers' (BASRaT).

11. Programme outcomes	
<p>A. Knowledge and understanding</p> <p>On completion of this programme the successful student will have knowledge and understanding of :</p> <ol style="list-style-type: none"> 1. Advanced knowledge of the anatomical and patho-physiological concepts in the assessment and treatment of injury in the sport/exercise rehabilitation field. 2. Be able to synthesis the moral and ethical issues concerning a graduate sport rehabilitator in the assessment and treatment of people from a wide range of populations. 3. Be able to work with increasing autonomy and responsibility as an advanced practitioner in dealing with the elements of unpredictability and complexity in the sport rehabilitation field. 4. Demonstrate the ability to critically evaluate current research and to design and conduct research at M level. 	<p>Teaching/learning methods</p> <p>Student's gain knowledge and understanding through attending lectures, seminars, practical sessions, supervised clinical placement work, voluntary work and laboratory sessions</p> <p>Assessment Method</p> <p>Student's knowledge and understanding is assessed through a wide range of methods, which will assess both clinical reasoning and clinical skills. These will include written and practical examinations, viva voce, presentations, clinical placement logbooks and coursework assignments.</p>
<p>B. Cognitive (thinking) skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate an ability to critically review 	<p>Teaching/learning methods</p> <p>Students learn cognitive skills through:</p> <p>Students learn cognitive skills through seminars, clinical placement work, practical</p>

<p>current and alternative approaches and concepts in the sport rehabilitation field and to contribute/debate the latest research findings.</p> <p>2. Design and implement clinical reasoning strategies when working with increasing autonomy as an advanced practitioner in the professional placement.</p> <p>3. Work with flexibility and creativity when designing and implementing exercise programmes in the sport rehabilitation field.</p> <p>4. Act independently and with autonomy in designing a research project that will further research evidence in the sport rehabilitation field.</p>	<p>sessions and lectures.</p> <p>Assessment methods</p> <p>Students' cognitive skills are assessed by:</p> <p>Student's cognitive skills are assessed by written work, seminars, group work, dissertation and case studies.</p>
<p>C. Practical skills</p> <p>On completion of the programme the successful student will be able to:</p> <p>1. Work with autonomy using advanced communication skills at M level in the assessment, design and implementation of exercise/ treatment / rehabilitation programmes.</p> <p>2. Demonstrate the ability to critically evaluate and integrate theoretical principles with advanced practical reasoning skills.</p> <p>3. Work as part of a multidisciplinary sports medicine team either as a team leader or as a specialist, demonstrating the ability to critically evaluate skill sets and design and implement referral structures and processes.</p> <p>4. Demonstrate in-depth knowledge of and competency in the BASRaT Role delineation descriptors and be able to outline how they could contribute to the development of the profession</p>	<p>Teaching/learning methods</p> <p>Students learn practical skills through practical sessions, clinical placement, lectures and seminars.</p> <p>Assessment</p> <p>Student's practical skills are assessed by practical examinations, clinical placement logbooks, laboratory reports, formal clinical assessments</p>
<p>D. Graduate skills</p> <p>On completion of this programme the successful student will be able to:</p> <p>1. Critically reflect on their clinical skills and demonstrate an ability to critical reason the effectiveness of their practice.</p>	<p>Teaching/learning methods</p> <p>Student's acquire personal and enabling skills through clinical teaching supervision, reflective practice PDP work, peer review assessments, and independent study.</p>

- 2. Critically evaluate current skill sets in the sport rehabilitation field and contribute to the debate of the importance of Continuing Professional Development in professional practice.
- 3. Demonstrate an advanced ability to review current practices and to develop strategies for innovative practice.
- 4. Demonstrate the ability to communicate at an advanced level and expand upon complex or contentious issues to a wider audience in the area of sport rehabilitation.

Assessment

Student's graduate skills are assessed by presentations, viva voce exams, OSKI exams, independent study (dissertation) and coursework.

12. Programme structure (levels, modules, credits and progression requirements)

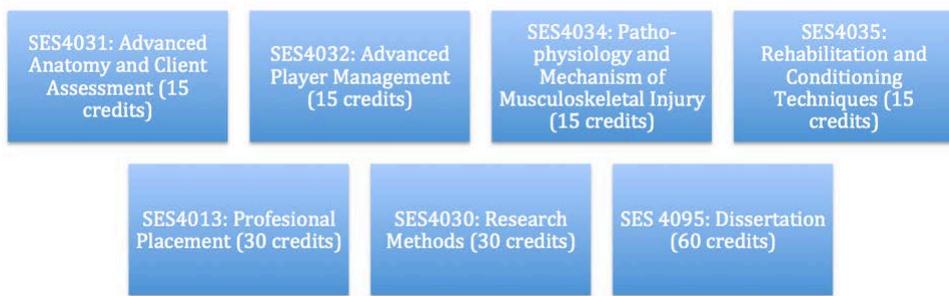
12. 1 Overall structure of the programme

Lectures are 1 day per week (Wednesday)

SES4031 + 4032 + 4034 + 4035 (i.e., completion of all programme specific modules) = PG certificate Sport Rehabilitation

Completion of all programme specific modules + SES4013 + SES4030 = PG Diploma Sport Rehabilitation

Core modules (taught centrally with all PG LSI students) are SES4013, 4030 and 4095. Students wishing to take a part-time route will do all core modules in the second year.



12.2 Levels and modules

Level 7

Module Title	Module Code (credits)	Core / Option
PG Cert		
Advanced Anatomy and Client Assessment	SES4031 (15)	Core
Advanced Player Management	SES4032 (15)	Core
Pathophysiology and Mechanism of Musculoskeletal Injury	SES4034 (15)	Core
Rehabilitation and Conditioning Techniques	SES4035 (15)	Core
PG Dip		
Professional Placement	SES4013 (30)	Core
Research Methods	SES4030 (30)	Core
MSc		
Dissertation	SES4095 (60)	Core

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)

Module level	Module code
<i>None</i>	

13. Curriculum map

See attached.

14. Information about assessment regulations

Regulations follow those set out in the Middlesex University Regulations document
<http://www.intra.mdx.ac.uk/students-teaching/quality-standards/business-school/assessment-information/index.aspx>

15. Placement opportunities, requirements and support (if applicable)

All students are required to complete a 150 placement hours to satisfy the work experience module. The placement has to be in an exercise and rehabilitation environment initially but does not have to be at the same place, it could be up to 3 placements.

16. Future careers (if applicable)

Full-time and part-time career opportunities exist within professional and semi-professional sports organisations across the UK and worldwide. Most team sports now have sport rehabilitation / therapists, on either a part-time or full-time basis dependent on their level of funding or competition. Sports rehabilitation / therapists can also gain employment in a clinical environment or on a self employed basis. There are also opportunities to engage in the internship programmes run by the English Institute of Sport (EIS) or any of the UK equivalent institutes.

It is envisaged that some students may choose to continue their academic studies through an MPhil or PhD, or to progress in to teaching after completing a PGCE or PGCHE.

17. Particular support for learning (if applicable)

Learning Resource facilities at Middlesex including CAL suite and internet access.

Access to Learner Development Unit.

Support for modules available on MyUniHub.

Specialist laboratories (Human Performance Lab and Human Movement Lab), gymnasium and clinical facilities for the development of practical skills

18. JACS code (or other relevant coding system)	B160
--	------

19. Relevant QAA subject benchmark group(s)	QAA Subject: Allied to Health Professions
--	---

20. Reference points

The following reference points were used in designing the Programme.

Internal documentation:

- i. MU Learning and Quality Enhancement Handbook 2010/11
- ii. Middlesex University (2010) Learning Framework Document

External Documentation:

- iii. BASRaT role Delineation document template
Quality Assurance Agency (2010) Framework for Higher Qualifications, London, QAA and SEEC level descriptors 2010.

21. Other information

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Curriculum map for MSc Sport Rehabilitation

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Knowledge and understanding		Performance / Practical skills	
A1	Advanced knowledge of the anatomical and patho-physiological concepts in the assessment and treatment of injury in the sport/exercise rehabilitation field.	C1	Work with autonomy using advanced communication skills at M level in the assessment, design and implementation of exercise/treatment / rehabilitation programmes.
A2	Be able to synthesis the moral and ethical issues concerning a graduate sport rehabilitator in the assessment and treatment of people from a wide range of populations	C2	Demonstrate the ability to critically evaluate and integrate theoretical principles with advanced practical reasoning skills.
A3	Be able to work with increasing autonomy and responsibility as an advanced practitioner in dealing with the elements of unpredictability and complexity in the sport rehabilitation field.	C3	Work as part of a multidisciplinary sports medicine team either as a team leader or as a specialist, demonstrating the ability to critically evaluate skill sets and design and implement referral structures and processes.
A4	Demonstrate the ability to critically evaluate current research and to design and conduct research at M level.	C4	Demonstrate in depth knowledge of and competency in the BASRaT Role delineation descriptors and be able to outline how they could contribute to the development of the profession
Cognitive (intellectual) skills		Personal / Enabling Skills	
B1	Demonstrate an ability to critically review current and alternative approaches and concepts in the sport rehabilitation field and to contribute/debate the latest research findings.	D1	Critically reflect on their clinical skills and demonstrate an advanced ability to critical reason the effectiveness of their practice.
B2	Design and implement clinical reasoning strategies when	D2	Critically evaluate current skill sets in the sport rehabilitation field

	working with increasing autonomy as an advanced practitioner in the professional placement.		and contribute to the debate of the importance of Continuing Professional Development in professional practice.
B3	Work with flexibility and creativity when designing and implementing exercise programmes in the sport rehabilitation field.	D3	Demonstrate an advanced ability to review current practices and to develop strategies for innovative practice.
B4	Act independently and with autonomy in designing a research project that will further research evidence in the sport rehabilitation field.	D4	Demonstrate the ability to communicate at an advanced level and expand upon complex or contentious issues to a wider audience in the area of sport rehabilitation.

Programme Outcomes (Assessed)

Module Title	Module Code																	
		A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4	D1	D2	D3	D4	
Advanced Anatomy and Client Assessment	SES4031	X									X							
Advanced Player Management	SES4032	X	X	X			X					X	X					
Patho-physiology and Mechanism of Musculoskeletal Injury	SES4034	X				x		x		x	x						x	x
Rehabilitation and Conditioning	SES4035		X			X	X	X		X			X		X			

Professional Placement	SES4013	X	X	X		X	X	X		X	X	X	X	X	X	X	X
Research Methods	SES4030				X				X								
Dissertation (including research methods)	SES4090			X	X				X								X

