******Programme Specification**

**for MSc Sports Massage**

**Therapy and**

**Rehabilitation**

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| **1. Programme title** | MSc Sports Massage Therapy and Rehabilitation  |
| **2. Awarding institution**  | Middlesex University |
| **3. Teaching institution**  | Middlesex University |
| **4. Programme accredited by**  | Sports Massage Association |
| **5. Final qualification**  | MSc Sports Massage Therapy and Rehabilitation Available Exit points : PG Certificate ; PG Diploma |
| **6. Academic year** | 2012/13 |
| **7. Language of study** | English |
| **8. Mode of study** | Full-time; Part-time |

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| **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. |

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| **10. Aims of the programme** |
| The programme aims to:1. Prepare the students for the certification requirements of the Sports Massage Association Professional accreditation.
2. Provide work experience to gain and develop the clinical skills and knowledge and apply the theory to the practice of sports massage therapy and rehabilitation.
3. Provide students with the ability to critically evaluate current research methodology and research in the area of sports injuries and therapies and apply research findings to clinical practice.
4. Enable students to design evidence-based sports massage treatment and corrective exercise rehabilitation programmes based on musculoskeletal assessment.
5. Develop the student’s professional skills in communication, practical demonstration and apply ethical and legal considerations.
6. Provide the students with the ability to select, administer and synthesise a wide variety of performance and functional tests and critically evaluate their validity and reliability.
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| **11. Programme outcomes** |
| **A. Mastery of knowledge**On completion of this programme the successful student will have mastery of knowledge of;1. Aetiology, epidemiology, and presentation (signs and symptoms) of common sporting injuries 2. Critical evaluation of assessment techniques related to a variety of chronic and acute musculoskeletal dysfunction/injuries.3. Designing and implementing evidence-based rehabilitation interventions4. Clinically appraise the application and effectiveness of different soft tissue and massage techniques in treatment and training programmes. | **Teaching/learning methods**Students gain knowledge and understanding through attending lectures, participatory seminars, small group discussions, directed learning, laboratory and practical sessions. An understanding of the subject is both summatively and formatively assessed.**Assessment Method**Students’ knowledge and understanding is assessed by seminar presentations, written assignments, laboratory reports, unseen examinations and practical demonstrations. |
| **B. Cognitive (thinking) skills**On completion of this programme the successful student will be able to:1. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions
2. Design and critically evaluate sports massage treatment programmes for a variety of different clients.
3. Devise and critically analyse a rehabilitative training intervention.
4. Design, implement, document and evaluate a series of performance and functional testing and monitoring procedures
 | **Teaching/learning methods**Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.**Assessment Method**Students’ cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations and case studies. |
| **C. Practical skills**On completion of the programme the successful student will be able to:1. Demonstrate mastery of technique across the various testing modalities.
2. Select, administer and interpret functional neuromuscular and manual muscle tests according to professional levels of competency.
3. Communicate results of research to peers, demonstrating expertise in application of theory and advanced research and critical analysis skills.
4. Effectively apply advanced soft tissue manual therapy techniques showing a mastery of anatomical palpation.
 | **Teaching/learning methods**Students learn practical skills through attending laboratory classes, formative assessment, practical skills and sessions.**Assessment**Students’ practical skills are assessed by practical examinations, logbooks, laboratory reports, and portfolio work; also via work experience |
| **D. Graduate Skills**On completion of this programme the successful student will be able to:1. Master effective communication and presentation skills.
2. Effectively demonstrate competent use of a information technology and a range of media and evaluate its use in a clinical setting.
3. Demonstrate competence in numeracy and apply complex problem solving techniques and evaluation.
4. Critically evaluate and analyse research, demonstrating mastery in independent thought and clinical autonomy.
 | **Teaching/learning methods**Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material and formative assessment.**Assessment**Students’ graduate skills are assessed by written work in the form of portfolios, case studies, logbook, presentations, peer assessment and self-assessment and project work. |

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| **12. Programme structure (levels, modules, credits and progression requirements)** |
| **12. 1 Overall structure of the programme** |
| The programme can normally be studied over one year full-time (12 months) or 2 -4 years part-time.The full programme (MSc) is modular comprising a total of 180 credit points, including four 30-credit modules and a 60-credit dissertation module completed during the summer.Students can exit with the PG certificate or the PG diploma.PG cert (unnamed) = 60 credits: SES4024 & 4030;PG Dip in Sports Massage Therapy and Rehabilitation (level 4 SMA accreditation) = 120 credits: SES4024, 4013, 4025 & SES4030 **See page *[page number]*** |

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| **12.2 Levels and modules** **Starting in academic year 2010/11 the University is changing the way it references modules to state the level of study in which these are delivered. This is to comply with the national Framework for Higher Education Qualifications. This implementation will be a gradual process whilst records are updated. Therefore the old coding is bracketed below.** |

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| COMPULSORY | PROGRESSION REQUIREMENTS |
| Students must take all of the following:* SES4013 Professional Placement
* SES4030 Research Methods
* SES4025 Advanced Functional Rehabilitation.
* SES4024 Advanced Sports Massage Techniques
 | Students must complete the research module before progressing on to the dissertation module * SES4095 Dissertation
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| ***12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)*** |
| No module may be compensated |

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| **13. A curriculum map relating learning outcomes to modules** |
| **See Curriculum Map attached** |

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| **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***](http://www.intra.mdx.ac.uk/students-teaching/quality-standards/business-school/assessment-information/index.aspx) |

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| **15. Placement opportunities, requirements and support (if applicable)** |
| All students are required to do a 400 hour placement to satisfy the work experience logbook hours specified by the Sports Massage Association (SMA). The placement has to be in a sports massage and rehabilitation environment but does not have to be at the same place, it could be up to 3 placements. The placement for Advanced Sports Massage Techniques (SES4024) is 100 hours. This will be supervised in the Middlesex University LSI Clinic. Placements could be completed with professional sports teams, in physiotherapy clinics, and with elite and leisure athletes. |

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| **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 therapists, on either a part-time or full-time basis dependent on their level of funding or competition. Sports 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. |

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| **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 |

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| **18. JACS code (or other relevant coding system)** | C600 |
| **19. Relevant QAA subject benchmark group(s)** | QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism (Unit 25) |

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| **20. Reference points**The following reference points were used in designing the Programme.**Internal documentation:**1. London Sport Institute Validation report 2011
2. MU Learning and Quality Enhancement Handbook 2010/11
3. Middlesex University (2010) Learning Framework Document

**External Documentation:**1. Quality Assurance Agency (2010) Framework for Higher Qualifications, London, QAA

Sports Massage Association Accreditation Guidelines |

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 student programme handbook and the University Regulations.