Programme Specification and Curriculum Map: BSc (hons) Sport & Rehabilitation and Injury Prevention

1. Programme title	Sport Rehabilitation and Injury Prevention
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Programme accredited by	Not Applicable
5. Final qualification	BSc (Hons) Sport Rehabilitation and Injury Prevention
6. Academic Year	2008/2009
7. Language of study	English
8. Mode of study	Full time/part time

9. Criteria for admission to the programme

Candidates must be able to satisfy the general admissions requirements of Middlesex University in one of the following ways.
The normal minimum age of 18 years old.
A levels: 240-280 points (to include 3 complete A levels) plus GCSEs grades A to C in mathematics, English
Science *OR* BTEC National Diploma (OR EQUIVALENT SUCH AS THE NEW SPROTS DEIPLOMA), Science course (equivalent tariff to above). Science at a minimum of a C required.
Applications from candidates without formal qualifications are welcome, providing they can show appropriate levels of relevant ability and experience; they would need to make a claim for accreditation of prior learning (APL). Exemptions from parts of the degree programmes are possible. Claimants seeking accreditation of prior learning and experience must apply to the university and may be required to present a portfolio in support of their claims.

In addition for Overseas students: a qualification demonstrating competence in English (e.g. TOEFL 550, IELTS 6.0) if English is not the first language.

The Programme is not suitable for individuals with profound physical or visual impairment.

10. Aims of the programme

The programme has been based on its American equivalent in Athletic Training and builds on this concept, emphasising injury prevention, primary health care and lifestyle management.

The Programme aims to provide students with the knowledge and skills:

1. To develop into a professional practitioners with an appreciation of the need for continuing professional development
2. To recognise potential causes of injury and ability to devise and implement strategies to reduce risk of injury.
3. To recognise and evaluate the health status of an individual to determine the appropriate evidence-based interventions
4. To facilitate the recovery of function, return physical activity or high performance using evidence-based therapeutic and exercise interventions
5. To provide immediate care following acute injury or illness

Teaching focuses on important interrelations between knowledge, skill development and professional practice.

An important aim is to produce autonomous professional Graduate Sports Rehabilitators capable of working in diverse areas of rehabilitation and injury prevention to this end.

11. Programme outcomes- the programme offers opportunities for students to achieve and demonstrate the following learning outcomes.

A. Knowledge and understanding On completion of this programme the successful student will have knowledge and understanding of : 1. Human anatomy and physiology with reference to exercise, health, development and aging 2. Immediate care and referral procedures for acute injuries to and illnesses of the physically active 3. General medical conditions and disabilities of the physically active and the progression of injuries, illnesses and diseases in the physically active 4. Administration and management of a health care facility and venues providing health care for the physically active 5. Laboratory and clinical skills necessary for assessing and treating injuries and illnesses of the physically active 6. Nutritional aspects of the physically active 7. Pharmacological applications including indications, contraindications, precautions, interactions, and governing regulations relevant to the treatment of injuries and illnesses of the physically active 8. Professional responsibilities, opportunities for professional development, national regulatory agencies and standards 9. The social, psychological and physical behaviours of the physically active 10. Risk management and programmes to prevent injuries to and illnesses of the physically active 11. The principles of safe and effective training for variety of clients including elite athletes and special populations taking into national and professional bodies guidelines and the client's social and cultural background 12. The efficacy of therapeutic exercise programmes for the rehabilitation/reconditioning of injuries to and illnesses of the physically active 13. The efficacy of therapeutic modalities in the treatment of injuries to and illnesses of the physically active 14. Research methods and process related to exercise and health	**Teaching/learning methods** Students gain knowledge and understanding through attending lectures, participatory seminars, small group discussions, directed learning, laboratory and practical clinical sessions and on placement. An understanding of the subject is both summatively and formatively assessed. **Assessment** Students' knowledge and understanding is assessed by seminar presentations, written assignments, laboratory reports and unseen examinations.
B. Cognitive (thinking) skills On completion of this programme the successful student will be able to: 1. Critically apply theoretical perspectives to professional issues 2. Critically reflect upon professional practice to	**Teaching/learning methods** Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading. **Assessment**

identify areas of good practice and areas needing further development 3. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions 4. Assess the need for immediate care at point of contact 5. Identify injury and illness risk factors that a physically active person may encounter, devise and evaluate a risk management and prevention programme 6. Design, implement, document and evaluate the efficacy of rehabilitation interventions to prevent or manage injuries to and illnesses of the physically active	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. Administer appropriate immediate care at point of contact 2. Assess the nature and extent of the injury or illness in the physically active 3. Select and administer method for assessing health, injuries and illnesses of the physically active 4. Execute the appropriate rehabilitative technique to prevent or manage injuries or illnesses in the physically active within a safe environment 5. Recognise and respond to ethical and safety issues which directly pertain to clinical practice including relevant legislation and professional codes of conduct 6. Design, carryout and communicate research using appropriate media	**Teaching/learning methods** Students learn practical skills through attending laboratory classes, formative assessment, clinical skills sessions and work experience. **Assessment** Students' practical skills are assessed by practical examinations, laboratory reports, and logbook and on supervisor reports.
D. Graduate Skills On completion of this programme the successful student will be able to: 1. Develop communication and presentation skills 2. Demonstrate teamwork and interpersonal skills 3. Competently use of information technology 4. Demonstrate competence in numeracy and problem solving techniques 5. Develop Personal career plans 6. Develop an autonomous and reflective approach to lifelong learning	**Teaching/learning methods** Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement. **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.

12. Programme structure and requirements, levels, modules, credits and qualifications

12. 1 Overall structure of the programme

The programme can normally be studied over three years full time or minimum of five years part-time.

The programme is modular comprising a total of 450 credit points, including a 30-credit and a 60-credit placement module.

12.2 Levels and modules.

Level 1 Modules

COMPULSORY	DESIGANTED	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following BMS1515 SES1234 SES1200 SES1520 SES1901	**Students must also choose at least one of the following modules:** Not applicable	None	Attain year-one programme learning outcomes.

Level 2 Modules

COMPULSORY	COMPULSORY FOR PATHWAYS	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following H SES2002 SES2001 SES2112 SES2222	**Students must also choose at least one of the following modules:** Not applicable	None	Completion of all level 2 modules.

Level 3 Modules

COMPULSORY		OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following SES3330 SES3111 SES3188 SES3557 SES3901	**Students must also choose at least one of the following modules:** Not applicable	None	Completion of all level 3 modules.

13. A curriculum map relating learning outcomes to modules[1]

See Curriculum Map attached.

14. Information about assessment regulations

Regulations follow those set out in the Middlesex University Guide and Regulations.

15. Placement opportunities, requirements and support

There are placements at the end of the first and second year and throughout the third year. A student must complete a minimum of 400 placements hours in health and fitness centre, sports injury clinic and sports club. Students can go on placements overseas during the summer period of the second year.

Before students can commence their placements, they must normally pass the earlier modules. Students will receive help with identifying a suitable placement, and writing letters of application. There are 3 placement workshops scheduled during the second and final year to assist students with their placements. On placement,

each student will be allocated a supervisor, who will be employed by the placement centre. The supervisor will provide the student with learning opportunities, enabling students to achieve the learning outcome of the module. Each placement will be allocated a placement tutor, who will strive to ensure students gain the most educationally from the placement.

16. Future careers: how the programme supports graduates' future career development

Graduates will be qualified to pursue a career as a Graduate Sports Rehabilitator under BASRaT, engage in research, or in teaching at schools, further or higher education institutions. They can be employed by sport rehabilitation clinics, health clinics, elite or amateur sports teams, the leisure and fitness industry, or self employed.

Suitable graduates can undertake postgraduate studies particularly in the areas of Sports Rehabilitation or Physiotherapy.

17. Particular support for learning

ILRS facilities at Middlesex including CAL suite and internet access.
Access to English Language and Learning Support
Specialist laboratory and clinical facilities for the development of practical skills

Support for modules available on Oasis.

18. JACS code (or other relevant coding system)

C610 E BSc/SRIP

19. Relevant QAA subject benchmark group(s)

Hospitality, Leisure, Sport and Tourism

20. Reference points

The following reference points were used in designing the Programme.

Internal documentation:

i. Middlesex University (2006) Learning Framework Document
ii. Middlesex University Guide and Regulations. London. MU
iii. Middlesex University: CLQE Procedures Handbook, London, MU
iv. School of Health and Social Sciences Learning, Teaching and Assessment Policy and Strategy
v. School of Health and Social Sciences Curriculum Policy and Strategy Framework
vi. School of Health and Social Sciences: Assuring Academic Quality and Standards. HSSC
vii. Human and Healthcare Sciences Academic Group Learning, Teaching and Assessment Strategy

External Documentation:

i. BASRaT (2006) Role Delineation, BASRaT.
ii. Quality Assurance Agency (2000) Framework for Higher Qualifications, London, QAA
iii. Quality Assurance Agency (2000) QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism (Unit 25)

21. Other information

Please note: this specification provides 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 can be found in the student programme handbook and the University Regulations.

Curriculum map for Sport Rehabilitation and Injury Prevention

This map shows the main measurable learning outcomes of the Programme and the modules in which they are assessed.

	Module	Code	Programme Outcomes																															
			A1	A2	A3	A4	A5	A6	A7	A8	A9	A10	A11	A12	A13	A14	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	C6	D1	D2	D3	D4	D5	D6
1	Human Sciences	BMS1515	X				X	X								X			X									X			X	X		
2	Applied Anatomy and Biomechanics	SES1200	X				X												X						X		X			X				
3	Professional and Skills Development	SES1234								X						X		X	X									X	X	X	X	X	X	X
4	Health, Fitness and Injury Prevention	SES1520	X					X			X		X									X			X	X	X							
5	Professional Practice 1	SES1901	X	X	X					X		X	X				X	X		X	X	X	X	X	X	X	X			X				X
6	Approaches to Health and Social Care Research	SES2002														X	X		X					X			X				X			
7	Pathology and Client Management	SES2001			X		X		X												X			X	X				X					
8	Principles of Rehabilitation	SES2112					X			X	X	X		X	X							X		X	X	X	X					X		
9	Applied Physiology and Biomechanics	SES2222	X				X									X			X						X						X	X		
10	Dissertation	SES3330														X			X								X	X			X			

	Module	Code	Programme Outcomes																															
			A1	A2	A3	A4	A5	A6	A7	A8	A9	A10	A11	A12	A13	A14	B1	B2	B3	B4	B5	B6	C1	C2	C3	C4	C5	C6	D1	D2	D3	D4	D5	D6

11	Advanced Rehabilitation	SES3111					X					X	X	X	X	X	X		X		X	X		X	X	X	X		X			X		
12	Sports Nutrition	SES3188	X					X											X						X	X					X	X		
13	Sports and Exercise Psychology	SES3557									X					X			X						X									X
14	Professional Practice and Development	SES3901	X			X		X		X		X		X	X		X				X	X		X	X	X	X		X	X			X	