

Programme Specification 2025-26

1.	Programme title	MSc Sport Rehabilitation and Soft Tissue Therapy
2.	Awarding institution	Middlesex University
3a	Teaching institution	Middlesex University London
3b	Language of study	English

4a	Valid intake dates and mode of study
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Mode of Study	Cohort	Delivery Location	Duration
Full-time (FT)	Semester 1	Hendon	1 Years
Part-time (PT)	Semester 1	Hendon	2 Years

4c	Delivery method	On Campus/Blended Learning
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5. Professional/Statutory/Regulatory body (if applicable)
N/A

6.	Apprenticeship Standard (if applicable)	N/A
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7. Final qualification(s) available
Target Award Title(s)
MSc Sport Rehabilitation and Soft Tissue Therapy
Exit Award Title(s)
PGCert Sport Rehabilitation and Soft Tissue Therapy
PGDip Sport Rehabilitation and Soft Tissue Therapy

8. Academic year effective from	2025-26
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9. Criteria for admission to the programme
Students will require an undergraduate degree or UK equivalent in a sport, exercise science or therapy related field (2:2 or better). Students with undergraduate degrees in non-related areas may be considered subject to relevant industry experience and professional qualifications. Relevant experience includes (but is not limited to) working as a sports

rehabilitator or therapist in a professional sports organisation, governing body or private practice.

Students for whom English is a second language must have achieved IELTS 6.5 (with minimum 6.0 in all components) or equivalent.

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exists and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are undertaken in compliance with the Equality Act.

We take a personalised but fair approach to how we make offers. We feel it's important that our applicants continue to aspire to achieving great results and make offers which take into account pieces of information provided to us on the application form.

This includes recognition of prior learning and experience. If you have been working, or you have other learning experience that is relevant to your programme, then we can count this towards your entry requirements and even certain modules once you start studying.

For further information please visit our: Accreditation of Prior Learning page (<https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning>).

10. Aims of the programme

The programme aims to:

The programme bridges the gap between traditional musculoskeletal rehabilitation and performance enhancement, preparing graduates to work across both domains seamlessly. This programme is designed for individuals passionate about helping others recover from injuries, enhance physical performance and prevent further physical impairments. It is ideal for individuals seeking to work with professional athletes and the general population in a variety of area such as sports teams, private clinics and the NHS.

Graduates of the Sport Rehabilitation and Soft Tissue Therapy programme will be able to design and implement tailored rehabilitation programmes for a diverse range of clients. Utilise innovative tools and techniques to assess, treat musculoskeletal injuries and monitor performance and recovery. This unique programme equips graduates with the knowledge, skills, and confidence to thrive in the dynamic and growing field of sport and exercise rehabilitation.

Being delivered at StoneX Stadium in London, we are part of the elite few Universities to be based at the facilities of a professional sports organisation, ensuring we are at the cutting edge of high-performance sport.

11. Programme learning outcomes

Programme - Knowledge and Understanding

On completion of this programme the successful student will have a knowledge and understanding of:

1. Analysis and application of anatomical and pathophysiological concepts in the assessment and treatment of injuries.
2. The evidence-based applications of soft tissue techniques and modalities for the treatment of injuries.
3. The critical components involved in constructing and justifying evidence-based rehabilitation programmes.
Programme - Skills On completion of this programme the successful student will be able to:
4. Construct a validated treatment plan based on a thorough clinical assessment.
5. Critique independent reviews of research and practice and apply them in the field of sports injury rehabilitation.
6. Critically analyse client's needs, construct and deliver evidence-based rehabilitation programmes.
7. Justify clinically reasoned soft tissue therapies and modalities in the treatment of injury.
8. Communicate, articulate, and justify complex or contentious issues in sport rehabilitation, while expanding upon, analysing and evaluating these topics for a wider audience.
9. Generate, report and analyse information relative to the creation of an independent project.

12. Teaching/learning methods
<p>The programme integrates both digital and traditional learning methods to cater for diverse student needs. Students engage in a mix of synchronous and asynchronous learning through research-informed teaching, pre-recorded online content (in the form of key concept videos), seminars, workshops, and practice led-learning. A focus on active participation is central, with opportunities for students to lead discussions, collaborate in small groups, and engage in problem-solving tasks. This approach fosters inclusivity, co-leadership, digital literacy, and adaptability, while providing the flexibility for students to learn at their own pace through self-directed study. The curriculum is designed to encourage collaboration, peer learning, and the sustainable development of both academic and practical skills, providing a holistic approach to student learning, development, health and wellbeing.</p> <p>Students' knowledge and competencies are assessed through both formative and summative methods, which include peer review, self-reflection, and a combination of practical and theoretical assessments. Students are encouraged to participate in curriculum design and lead student communities via co-leadership opportunities throughout the academic year via group learning, student forums, programme voice groups and an ability to co-design their research methods and dissertation assessments. This participatory approach supports the development of critical thinking, problem-solving, and leadership skills, all while ensuring students remain connected to the evolving field of strength and conditioning.</p> <p>In addition to academic learning, the programme emphasizes employability and practical application through a dedicated placement module. This allows students to apply theoretical knowledge in real-world settings, enhancing their professional development. The integration of employer engagement through authentic assessments, guest lectures, and employability</p>

initiatives strengthens the connection between academic content and industry practices, ensuring that graduates are well-prepared for careers in strength and conditioning. The inclusive and collaborative nature of the curriculum, alongside opportunities for practical learning, ensures students gain a well-rounded education that supports both their academic growth and future career success.

Approx. number of timetabled hours per week (at each level of study, as appropriate), including on-campus and online hours

FT 8

PT 4

Approx. number of hours of independent study per week (at each level of study, as appropriate)

FT 32

PT 16

Approx. number of hours on placement (including placement, work-based learning or year abroad, as appropriate).

FT 50

PT 50

13. Employability

13a Development of graduate competencies

13b Employability development

Development of graduate competencies

The Sport Rehabilitation program is designed to develop graduate competencies through applied and dynamic learning approaches. By engaging in problem-based learning, students refine their problem-solving skills, foster curiosity, and collaborate effectively with peers to drive innovation in group work. The course emphasises the application of real-world clinical case studies to prepare them for challenges within the field of sport rehabilitation. Technological proficiency is embedded throughout the program, with various clinical technology and software integrated into group projects, assessments, and learning activities. A strong focus on both group and individual presentations enhances students' communication skills while fostering resilience and adaptability. Additionally, students have the opportunity to cultivate leadership skills and make a meaningful impact during their clinical placements, preparing them for success in professional rehabilitation settings.

To further enrich student development, the curriculum will emphasise the cultivation of entrepreneurial skills, empowering students to innovate and adapt within the field of sport rehabilitation. By nurturing an entrepreneurial mindset, students will be prepared to identify opportunities, design novel services and confidently navigate the dynamic and ever-evolving landscape of the industry with confidence ensuring they are best prepared to achieve excellent graduate outcomes.

Employability development

Collaborating with industry professionals and utilising the experiences of qualified staff that also consult within the field, ensures the curriculum remains relevant and aligned with market demands. The development of skills will be dually focused on hard and soft skills, ensuring students are well versed in practical competency and communication.

A key component to enhance employability is the placement module in which applied experience is fostered through a case study and reflective practice. This is facilitated with applications to

placement opportunities as and when available, allowing students to increase their networking opportunity. Further to this, connections with Middlesex University Sports Teams also provide opportunities internally, thus integrating the student further into the Middlesex University community.

13c Placement and work experience opportunities (if applicable)

Students are required to complete a compulsory minimum set of hours (50) for their work placement. Students are encouraged to explore organisations that work within the student's area of interest (but must be relevant to their programme) and suitable applications are supported by the programme leader. Obtaining a basic first aid qualification may be a prerequisite for commencing a clinical placement, depending on the requirements of the placement and the preferences of your clinical supervisor.

Where a student is not already working within a field relevant to their programme of study, programme staff may be able to advise of suitable work placements. It is typical that interviews will be required for popular placements; therefore, the University offers no guarantee of work and students are required to source their own placement. Support is provided to students through University employability services and by the programme team where appropriate.

13d Future careers / progression

Career opportunities (full-time and part-time) exist for well-qualified and experienced sports rehabilitators in both professional and amateur sports, as well as private training facilities.

Previous graduates of the course are currently working in UK Sports Institute (British Fencing), professional soccer (Championship), professional rugby (Premiership) and Higher Education institutions. Alumni have also had successful careers outside of sport, working in the private clinical sector and other organisations such as the Military and the NHS. Graduates will also be capable of establishing their own clinical practice and consultancy business or progressing to additional study/research including MPhil/PhD.

14. Assessment methods

Students' knowledge, understanding and skills is assessed via a range of assessment methods, such as: live and pre-recorded presentations, Objective Structured Clinical Assessment's (OSCA's), coursework and independent project.

15. Programme Structure (level of study, modules, credits and progression requirements)

Structure is indicative for Part-time routes.

Students must take all of the compulsory modules and choose following programme requirements from the optional modules.

Non-compensatable modules are noted below.

Available Pathways

Not Applicable

Year 1

Year 1 Level 7 FT and PT

Code	Type	Module Title	Credits at FHEQ Level
SES4097	Compulsory	Independent Project 2025-26	60 at Level 7
SES4047	Compulsory	Client Assessment and Anatomy 2025-26	15 at Level 7
SES4072	Compulsory	Pathology & Early Intervention 2025-26	15 at Level 7
SES4073	Compulsory	Advanced Treatment Techniques 2025-26	15 at Level 7
SES4062	Compulsory	Rehabilitation and Programming 2025-26	15 at Level 7
SES4030	Compulsory	Research Methods 2025-26	30 at Level 7
SES4013	Compulsory	Professional placement 2025-26	30 at Level 7

Year 2**Year 2 Level 7 PT**

Code	Type	Module Title	Credits at FHEQ Level
SES4013	Compulsory	Professional placement 2026-27	30 at Level 7
SES4097	Compulsory	Independent Project 2026-27	60 at Level 7

*Please refer to your programme page on the website re availability of option modules

16. Programme-specific support for learning

Students enrolled in Middlesex University London programmes at the StoneX campus will gain hands-on clinical experience in state-of-the-art facilities, utilising a wide range of therapeutic modalities. They will also have access to industry relevant software, including tools for statistical analysis and office applications, to support their academic and professional development.

Academic supervisors from the University are assigned to students to guide them through the shared modules for this programme.

Course content can also be accessed via the University MyMDX learning platform, where all learning materials are available. In addition, University wide services can be availed on the same platform.

17. HECos code(s)

100475: Sports Therapy

18. Relevant QAA subject benchmark(s)	
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19. University Regulations

This programme will run in line with general University Regulations: [Policies | Middlesex University](#)

This programme will run in line with general University Regulations:
Middlesex University Regulations 2022/23

20. Reference points

Internal Documentation:

- Middlesex University Learning and Quality Enhancement Handbook - <https://www.mdx.ac.uk/about-us/policies/academic-quality/learning-and-quality-enhancement-handbook-lqeh/>
- Middlesex University Centre for Academic Practice Enhancement - Embedding Employability, Graduate Competencies, and Employer Engagement (2024) - <https://www.intra.mdx.ac.uk/about-us/services/centre-for-academic-practice-enhancement/quick-guides-to-support-learning-and-teaching/P5-Embedding-employability-Employer-engagement-and-Graduate-Competencies.pdf>
- Middlesex University Learning Framework Principles - <https://www.mdx.ac.uk/study/learning-framework/>

External Documentation:

- Quality Assurance Agency (2024) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, second edition. Gloucester: QAA - https://www.qaa.ac.uk/docs/qaa/quality-code/the-frameworks-for-higher-education-qualifications-of-uk-degree-awarding-bodies-2024.pdf?sfvrsn=3562b281_11
- Quality Assurance Agency (2024) UK Quality Code for Higher Education. Gloucester: QAA - <https://www.qaa.ac.uk/the-quality-code/2024>
- United Nations Sustainable Development Goals and its 2030 Agenda for Sustainable Development - <https://sdgs.un.org/goals>
- QAA Master's Degrees Characteristics Statement: Characteristics Statement - Masters Degrees

21. Other information (if applicable)
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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 they take 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.

22a. Programme learning outcomes

A 1	Analysis and application of anatomical and pathophysiological concepts in the assessment and treatment of injuries
A 2	The evidence-based application of soft tissue techniques and modalities for the treatment of injuries
A 3	The critical components involved in constructing and justifying evidence-based rehabilitation programmes

B 1	Construct a validated treatment plan based on a thorough clinical assessment
B 2	Critique independent reviews of research and practice and apply them in the field of sports injury rehabilitation
B 3	Critically analyse client's needs, construct and deliver evidence-based rehabilitation programmes
B 4	Justify clinically reasoned soft tissue therapies and modalities in the treatment of injury
B 5	Communicate, articulate, and justify complex or contentious issues in sport rehabilitation, while expanding upon, analysing and evaluating these topics for a wider audience.
B 6	Generate, report and analyse information relative to the creation of an independent project.

A 1	A 2	A 3	B 1	B 2	B 3	B 4	B 5	B 6
7	7	7	7	7	7	7	7	7

[illegible]

Client Assessment & Anatomy	SES404 7	X		X	X		X			
Pathology & Early Intervention	SES407 2	X	X	X	X		X	X		
Advanced Treatment Techniques	SES407 3	X	X	X	X		X	X		
Rehabilitation and Programming	SES406 2	X	X	X	X		X	X		
Research Methods (shared)	SES403 0					X			X	
Professional Placement (shared)	SES401 3	X	X	X	X		X	X	X	
Independent Project (shared)	SES409 7					X			X	X