



UNIVERSITY OF  
PLYMOUTH

# **PROGRAMME QUALITY HANDBOOK 2025-26**

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**BSc Sports Rehabilitation with  
Strength and Conditioning**

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# Welcome and Introduction

## Welcome and Introduction to BSc (Hons) Sports Rehabilitation with Strength Conditioning

Welcome to City College Plymouth and the BSc (Hons) Sports Rehabilitation with Strength Conditioning.

This Bachelor of Science (Hons) programme in Sports Rehabilitation with Strength & Conditioning is designed for students who have already successfully completed study at Level 5 (Foundation Degree or first two years of degree programme) in subjects relating to Strength & Conditioning. The programme builds upon candidates existing knowledge/skills in strength & conditioning and sports performance in order to work as part of a multi-disciplinary sports medicine team. The programme focuses on aspects of athletic care such as injury management, advanced strength & conditioning training principles and rehabilitation methods whilst allowing candidates to complete a research project based on personal areas of particular interest. Finally, there is a focus on the continual professional development of each candidate in preparation for employment within the sports rehabilitation industry.

This programme has been designed to equip you with the skills and knowledge base required to work in your chosen specialism or other graduate opportunities. It is also a platform from which you can undertake additional vocational and academic qualifications.

This Programme Quality handbook contains important information including:

- The approved programme specification
- Module records

**Note:** Note: The information in this handbook should be read in conjunction with the current edition of:

- Your Programme Institution & University Student Handbook which contains student support based information on issues such as finance and studying at HE
  - available in your Google Classroom
- o Your Module, Teaching, Learning and Assessment Guide
  - available in your Google Classroom
- University of Plymouth's Student Handbook
  - o available at:  
<https://www.plymouth.ac.uk/your-university/governance/student-handbook>

## Programme Specification

<b>Awarding Institution:</b>	University of Plymouth
<b>Teaching Institution:</b>	City College Plymouth – Kings Road Campus
<b>Accrediting Body:</b>	Linked to United Kingdom Strength and Conditioning Association (UKSCA) qualification.
<b>Language of Study:</b>	English
<b>Mode of Study:</b>	Full Time
<b>Final Award:</b>	BSc (Hons)
<b>Intermediate Award:</b>	BSc Sports Rehabilitation
<b>Programme Title:</b>	BSc (Hons) Sports Rehabilitation with Strength & Conditioning
<b>UCAS Code:</b>	7L33
<b>JACS Code:</b>	C630
<b>Benchmarks:</b>	Framework for Higher Education Qualifications (FHEQ), QAA HLSTQB Hospitality, Leisure, Sport and Tourism Qualification Benchmarks 6.17, 6.18, 6.19 (2008)
<b>Date of Programme</b>	March 2016
<b>Approval:</b>	

This Bachelor of Science (Hons) programme in Sports Rehabilitation with Strength & Conditioning is designed for students who have already successfully completed study at Level 5 (Foundation Degree or first two years of degree programme) in subjects relating to Strength & Conditioning. The programme builds upon candidates existing knowledge/skills in strength & conditioning and sports performance in order to work as part of a multi-disciplinary sports medicine team. The programme focuses on aspects of athletic care such as injury management, advanced strength & conditioning training principles and rehabilitation methods whilst allowing candidates to complete a research project based on personal areas of particular interest. Finally, there is a focus on the continual professional development of each candidate in preparation for employment within the sports rehabilitation industry.

This Bachelor (Hons) Degree is linked to the UKSCA competencies. Candidates who have successfully completing the strength & conditioning (S&C) route will be accredited to the level 5 Sports Therapy Organisation (STO). The required clinical hours (100) for the S&C based students to be accredited at level 5 will be embedded into the Interdisciplinary Practice & Wider

Professional Issues module. As a non-profit organisation, the STO works with industry and sport's governing bodies to maintain high standards of practice and professional identity.

### **Programme Aims:**

1. Opportunities to further develop and apply knowledge and understanding of current methods used by rehabilitation professionals within the industries of strength & conditioning and injury rehabilitation in relation to elite sports performance.
2. Contextualisation of the role of sports therapy specialists in relation to athletic care, development and rehabilitation as part of a multi-disciplinary team.
3. Guidance in the planning, implementation, and analysis of a research project in strength & conditioning and rehabilitation fields which demonstrates critical thinking, enquiry and objective analysis of information and data.
4. An appreciation for the complexities involved in communicating ideas, theories and information with specialists and non-specialists which includes working within a sports medicine team.
5. Systematic understanding of existing methods, practices and technologies employed in wider, related professional fields to include sports therapy and rehabilitation both nationally and internationally.
6. An understanding of the continual development of methods and practices used within the strength & conditioning and rehabilitation industries which demand the lifelong development of skills and knowledge.
7. Continual development and scrutiny of industry practices, policies and guidelines that is required for employment in the strength & conditioning and rehabilitation industries.
8. Consideration of the social-cultural, ethical and health and safety implications that relate to conducting research.

### **Programme Intended Learning Outcomes (ILO)**

By the end of this programme the student will be able to:

**ILO1:** accurately synthesise, recall and critically evaluate methods and theories pertaining to fields of study in athletic development which demonstrates understanding of the limits of knowledge.

**ILO2:** interpret and scrutinise theories and practices relating to strength & conditioning and sports rehabilitation.

**ILO3:** research, interpret, critically analyse and apply theories, practices and data relating to areas of long term athlete development including strength and conditioning and rehabilitation.

**ILO4:** communicate information, ideas, practices, problems and solutions with specialists and non-specialists in a variety of mediums.

**ILO5:** work independently as a strength & conditioning and rehabilitation specialist and within a group situation with a self-motivated approach which demonstrates initiative, cooperation, leadership and effective time management within an athletic care team situation.

**ILO6:** identify, analyse and develop personal strengths and weaknesses for the purpose of continual professional development and future employment in the strength & conditioning, and sports rehabilitation industries.

**ILO7:** apply industry specific practices in strength and conditioning and sports injury rehabilitation as an individual and as part of an athletic care team which includes the use of new and emerging technologies.

**ILO8:** critically evaluate the current position, and future scope of nationally and internationally recognised organisations related to athletic development and rehabilitation.

**ILO9:** justify the validity and value of continual professional development opportunities relevant to the strength & conditioning, and sports rehabilitation industries.

## **Distinctive Features**

This is a contemporary programme where students study athlete preparation and care holistically combining areas of strength and conditioning, sports therapy and injury rehabilitation. Students will work independently and as part of an athletic care team to apply and analyse existing methods of athlete development, whilst also gaining practical skills, knowledge and experience in preparation for accreditation with bodies such as the Sports Therapy Organisation (STO), British Association of Sports Rehabilitators and Trainers (BASRAT), United Kingdom Strength and Conditioning Association (UKSCA) and the National Strength and Conditioning Association (NSCA). The programme consists of a 40 credit Independent Research module and two other core modules (Interdisciplinary Practice & Wider Professional Issues and Employment & Reflective Practice) shared with the BSc (Hons) Sports Rehabilitation with Sports Therapy pathway. The remaining two modules explore Advanced Strength, Conditioning & Rehabilitation and Sports Therapy for Strength and Conditioning Coaches. This unique programme structure allows students to continue to specialise in their previously studied field of strength and conditioning whilst developing a critical approach to research and problem solving in other areas of rehabilitation and athletic care.

The programme is delivered at City College Plymouth (Kings Road Campus) where there is a dedicated sports therapy clinic, strength and conditioning gym, and a variety of high level athletes to work with including (but not limited to) access to Football Academy Teams (in association with Plymouth Argyle), Rugby Academy Teams (in association with Plymouth Albion) and sports

scholars from Plymouth University. These links provide students with 'real life' athletes which allow students to build a portfolio and CV of experience to enhance employability post-graduation.

### **Student Numbers:**

Approximate minimum student numbers per stage = 12

Target student numbers per stage = 25

Approximate maximum student numbers per stage = 40

### **Progression Route(s)**

Approved 'progression route(s)' are those where successful achievement in this programme enables direct alignment to join a stage of another programme. This is an approach employed primarily for Foundation Degree students to 'top-up' to complete a Bachelor degree, but may be employed for other award types.

This is in part an automated admissions criterion and therefore progression may be impacted on by availability of a position on the progression award; however, progression opportunity, if not available in the first year of application, is guaranteed within 3-years.

Progression arrangements with institutions other than Plymouth University carry an increased element of risk. It is necessary for the delivering partner institution to obtain formal agreement from that institution to guarantee progression for existing students on the programme. For progression to Plymouth University, should there be the need to withdraw the progression route programme(s) then either this will be delayed to provide progression or appropriate solutions will be found. This arrangement is guaranteed for existing students that complete their programme of study with no suspensions or repeat years and who wish to progress immediately to the University.

Successful completion of this Level 6 programme would allow candidates to progress into employment within the industry, apply for further accreditation with relevant regulating bodies or continued study at Level 7.

The contribution of marks from prior levels of study to the progression award is governed by University regulations

## Admissions Criteria:

Qualification(s) Required for Entry to this Programme:	Details:
<b>Level 2:</b> <b>Key Skills requirement / Higher Level Diploma:</b> <b>and/or</b> <b>GCSEs required at Grade C or above:</b>	Level 2 English and Maths  or 5 GCSE's – Grade C or above to include English and Maths.
<b>Level 3: at least one of the following:</b> <b>A Levels required to meet AS/A2/UCAS Points Tariff: 120</b> <b>Advanced Level Diploma:</b> <b>BTEC National Certificate/Diploma:</b> <b>HNC/D:</b> <b>VDA: AGNVQ, AVCE, AVS:</b> <b>Access to HE or Year 0 provision:</b> <b>International Baccalaureate:</b> <b>Irish / Scottish Highers / Advanced Highers:</b>	Equivalent to 120 UCAS points  Equivalent to 120 UCAS points Pass or higher Pass or higher Minimum of Grade E Pass or higher Pass or higher Equivalent to 120 UCAS points
<b>Work Experience:</b>	N/A
<b>Other non-standard awards or experiences:</b>	Completion of a Foundation Degree or completion of levels 4 & 5 in degree programmes in Strength & Conditioning, Sports Conditioning or other related field.
<b>APEL / APCL possibilities:</b>	Prior Experiential Learning and Prior Certificated Learning would be considered and accredited in line with Plymouth University regulations.
<b>Interview / Portfolio requirements:</b>	Interviews may be required by the programme leader especially for external applicants from less specific level 5 programmes.
<b>Independent Safeguarding Agency (ISA) / Disclosure and Barring Service (DBS) clearance required:</b>	Yes. DBS check required (student funded)



**Academic Standards and Quality Enhancement:**

The Programme Leader/Manager (or other descriptor) leads the Programme Committee in the following of Plymouth University's annual programme monitoring process (APM), as titled at the time of approval. APM culminates in the production, maintenance and employment of a programme level Action Plan, which evidences appropriate management of the programme in terms of quality and standards. Any formally agreed change to this process will continue to be followed by the Programme Leader/Manager (or other descriptor) and their Programme Committee.

**Subject External Examiner(s):**

All modules within this programme will be covered by a single External Examiner: Sarah Shaw, Lecturer at the University of Gloucestershire and has extensive experience and qualifications in Sports Therapy, Strength and Conditioning, and Rehabilitation.

**Additional stakeholders specific to this programme:**

Students, graduates, employers, academic delivery team and STO.

# Programme Structure

## Full Time – 1 Year

Full Time Stage 1			
Module Code	Module Title	No. of Credits	Core / Optional
CITY3001	Interdisciplinary Practice & Wider Professional Issues	20	Core
CITY3002	Employability & Reflective Practice	20	Core
CITY3019	Advanced Strength, Conditioning & Rehabilitation	20	Core
CITY3006	Sports Therapy for Strength & Conditioning Coaches	20	Core
CITY3014	Research Project	40	Core

## Part Time – 2 Year

Part Time Stage 1			
Module Code	Module Title	No. of Credits	Core / Optional
CITY3002	Employability & Reflective Practice	20	Core
CITY3006	Sports Therapy for Strength & Conditioning Coaches	20	Core
CITY3019	Advanced Strength, Conditioning & Rehabilitation	20	Core
Part Time Stage 2			
CITY3014	Research Project	40	Core
CITY3001	Interdisciplinary Practice & Wider Professional Issues	20	Core

## Exposition and Mapping of Learning Outcomes, Teaching & Learning, and Assessment

Developing graduate attributes and skills, at any level of HE, is dependent on the clarity of strategies and methods for identifying the attributes and skills relevant to the programme and the where and how these are operationalized. The interrelated factors of Teaching, Learning and Assessment and how these are inclusive in nature are fundamentally significant to these strategies and methods, as are where and how these are specifically distributed within the programme. Ordered by graduate attributes and skills, the following table provides a map of the above plus an exposition to describe and explain the ideas and strategy of each. Therefore, subsequent to the initial completion for approval, maintenance of this table as and when programme structure changes occur is also important:

Level: 4					
Definitions of Graduate Attributes and Skills Relevant to this Programme	Teaching and Learning Strategy / Methods	Prog Aims	Prog intended Learning Outcomes	Range of Assessments	Related <u>Core</u> Modules
<b>Knowledge / Understanding:</b> QAA Subject Specific - Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18, 6.19 By the end of this level of this programme the students will be able to demonstrate for a threshold pass: 40%	Primary: Lectures Seminars Directed questioning Group work Case study work  Secondary/Supplementary:	1, 2, 3, 4, 5	1, 2, 3, 4, 8	Exam/In class test Essay Report Presentation Timed essay	CITY3014 CITY3001 CITY3002 CITY3003 CITY3005

Students should demonstrate the ability to recall, interpret and apply key facts, theories, principles and practices relating to the main topics of physiology, biomechanics, athlete development and athlete care with a focus on physical preparation, injury prevention, injury management and rehabilitation.	None				
Various assessment methods which assess the student's ability to recall information pertaining to, and demonstrate understanding of, the major topics/theories will be employed across a number of modules throughout the academic year. Knowledge and understanding of the human body systems responses and adaptations to various training methods, treatment methods, injury and recovery will be the main emphasis of this element. Traditional teaching methods of lectures, seminars and assessment preparation will be the main focus of delivery in order to further develop students level of knowledge and understanding of the relevant areas.					
<b>Cognitive and Intellectual Skills:</b>  QAA Subject Specific - Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18, 6.19  By the end of this level of this programme the students will be	Primary: Lecture Seminar Case study work Lab/Clinic work Individual guidance  Secondary/Supplementary:	1, 2, 3, 4, 5, 6, 7, 8	1, 2, 3, 4, 8, 9	Research proposal presentation Research project report Case study report Data analysis	CITY3014 CITY3001 CITY3002 CITY3003 CITY3005

<p>able to demonstrate for a threshold pass: 40%</p> <p>Students will be expected to demonstrate the ability to create hypothesis based on knowledge and understanding. The ability to plan and carry out a research project, and the ability to interpret information/data to a satisfactory level will be required to achieve a threshold pass.</p>	<p>Guest speakers</p> <p>Conference visits</p>				
<p>Throughout multiple modules teaching will be focused on guiding students to develop their skills in interpreting and critically analysing information, literature and data with the aim of creating a more inquisitive approach to learning. Lectures, seminars and individual/group tasks will be student focused with the development of student's ideas and higher level questioning being the desired outcome. Much of this aspect of student development will be facilitated by lecturer guidance and steer students towards scrutinizing widely accepted theories and practices. This element will facilitate student's completion of a personal research project and a greater analysis of their own professional development needs.</p>					
<p><b>Key Transferable Skills:</b></p> <p>QAA Subject Specific - Hospitality, Leisure, Sport &amp; Tourism Qualification Benchmarks 6.17, 6.18, 6.19</p>	<p>Primary:</p> <p>Group work tasks</p> <p>Timed tasks</p> <p>Lab/Clinic work</p> <p>Secondary/Supplementary:</p> <p>Seminars</p>	<p>2, 3, 4, 7, 8</p>	<p>2, 3, 4, 5, 6</p>	<p>Case study work</p> <p>Timed essay/report</p> <p>Presentations</p>	<p>CITY3014</p> <p>CITY3001</p> <p>CITY3002</p>

<p>By the end of this level of this programme the students will be able to demonstrate for a threshold pass: 40%</p> <p>Students will need to demonstrate an ability to communicate information with a range of audiences, develop skills in time management to complete tasks, identify personal areas of development for future progression and use various technologies appropriately.</p>	<p>Guest Speakers</p> <p>Conference Visits</p>				
<p>In order to develop key transferable skills, the teaching approach will be very student focused with a considerable amount of time dedicated to putting into practice skills of working with others, communicating with both specialist and non-specialist audiences. Use of various technologies (e.g. software packages, specialist equipment, web based design tools) and group work tasks where adaptability, time management and potential conflict resolution skills may be necessary will aid the development of life skills that can be applied to specialist and non-specialist situations.</p>					
<p><b>Employment Related Skills:</b></p> <p>QAA Subject Specific - Hospitality, Leisure, Sport &amp; Tourism Qualification Benchmarks 6.17, 6.18, 6.19</p>	<p>Primary:</p> <p>Group work</p> <p>Personal development</p> <p>planning</p> <p>Networking</p>	<p>1, 4, 5, 6, 7</p>	<p>4, 5, 6, 7, 8, 9</p>	<p>Practical skills</p> <p>Personal development Plan</p> <p>Website production</p> <p>Business Plan</p>	<p>CITY3001</p> <p>CITY3002</p> <p>CITY3019</p> <p>CITY3005</p>

<p>By the end of this level of this programme the students will be able to demonstrate for a threshold pass: 40%</p> <p>Students will be expected to identify areas of personal ability that need further development in relation to employer's requirements. This may include but is not limited to, communication skills, subject knowledge, industry related practical skills and inter-personal skills.</p>	<p>Seminars</p> <p>Guest speakers</p> <p>Secondary/Supplementary:</p> <p>None</p>				
<p>Where appropriate/possible students will be exposed to guest speakers, conferences, webinars, specialist events and industry specific accreditation requirements in order to prepare them for employment. Practical skills and factual/theoretical content for this programme are embedded throughout each of the modules and ultimately guided the development of the programme. Some assessments mirror the expectations of organisations such as the United Kingdom Strength and Conditioning Association, National Strength and Conditioning Association, Sports Therapy Organisation and British Association of Sports Rehabilitators and Trainers. After completion of the programme students (who have not already gained accreditation individually or as part of the programme) should be fully prepared to undertake the accreditation process for such organisations.</p>					
<p><b>Practical Skills:</b></p> <p>QAA Subject Specific - Hospitality, Leisure, Sport &amp; Tourism</p>	<p>Primary:</p> <p>Group work</p> <p>Lab/Clinic work</p> <p>Practicals</p>	2, 3, 4, 5, 7	2, 3, 5, 7	<p>Practicals</p> <p>Group work</p> <p>Research project</p>	<p>CITY3001</p> <p>CITY3002</p> <p>CITY3019</p> <p>CITY3005</p>

<p>Qualification Benchmarks 6.17, 6.18, 6.19</p> <p>By the end of this level of this programme the students will be able to demonstrate for a threshold pass: 40%</p> <p>Students will be expected to demonstrate and apply industry related practical skills in a variety of scenarios as individuals and working as part of a multi-disciplinary sports support team.</p>	<p>Workshops</p> <p>Secondary/Supplementary:</p> <p>None</p>				
<p>Due to the 'hands-on' nature of the topics involved in the industry students will be exposed to multiple situations where practical skills will be further developed in line with industry requirements. Teaching, learning and assessment of practical skills will be purely focused on existing and emerging practices used by professionals and are expected of individuals seeking employment in the industry. This will be achieved by placing students in 'live' situations with 'real' athletes who will benefit from being supported by Sports Therapists, Strength and Conditioning Coaches and Sports Rehabilitators.</p>					



## Work Based/Related Learning

WBL is an essential element of Foundation Degrees and therefore needs to be detailed here. However, there should be an employability focus for all HE programmes, through at least Work Related Learning. Therefore, the following section is applicable to all programmes:

Level 5					
WBL/WRL Activity:	Logistics	Prog Aim	Prog Intended LO	Range of Assessments	Related Core Module(s)
Interdisciplinary athlete support	This element of the programme will be embedded into the Professional Development and Reflective Practice module and will work in conjunction with supporting athletes from the Sports Academy teams.	5, 6, 7	4, 5, 6, 7, 8	Case study report Practical assessment Performance review	CITY3001 CITY3002 CITY3005
<p>An exposition to explain this map:</p> <p>Students will work as part of a sports support team (mixture of strength and conditioning students and sports therapy students) to enhance the performance of designated athletes. Groups of students will be assigned to an athlete from the Sports Academy Teams and will be responsible for the injury prevention, physical preparation, injury/recovery management and rehabilitation of the specified athlete. This will involve, but is not limited to, a range of supervised activities including, athletic screening, design and delivery of developmental exercises programmes, recovery/fatigue management, injury diagnosis, injury treatment and rehabilitation programme design/delivery.</p> <p>Whilst each module includes industry based skills and knowledge the teaching team have also developed strong links with numerous clubs/teams/employers during past years and currently includes the Plymouth Raiders professional basketball team, Plymouth Albion RFC and some of the Plymouth BUCS societies including football, rugby, netball and surfing. In addition, the college runs 2 successful academy partnerships (Plymouth Raiders and Plymouth Argyle) and has recently developed a third partnering academy with Plymouth Albion rugby club. Furthermore,</p>					

students will be able to benefit from industry relations and will opportunities to shadow and work alongside practitioners active in industry including sports therapists, physiotherapists and strength conditioning coaches.

The Interdisciplinary and Wider Professional Practice module will require learners to work collaboratively as part of a small sports science support team encompassing athlete screening, injury prevention, training & conditioning, and injury treatment & rehabilitation for a pool of athletes and demonstrate a minimum of 100 hours' relevant practice. Due to this practice, students are constantly exposed to 'real' athletes in an industry-based environment.

### **Additional Guidance for Learning Outcomes:**

**To ensure that the module is pitched at the right level check your intended learning outcomes against the following nationally agreed standards**

- Framework for Higher Education Qualifications <http://www.qaa.ac.uk/Publications/InformationAndGuidance/Documents/FHEQ08.pdf>
- Subject benchmark statements  
<http://www.qaa.ac.uk/ASSURINGSTANDARDSANDQUALITY/SUBJECT-GUIDANCE/Pages/Subject-benchmark-statements.aspx>
- SEEC level descriptors <http://www.seec.org.uk/academic-credit/seec-credit-level-descriptors-2010> (scroll to pdf link at bottom of page)
- Professional, regulatory and statutory (PSRB) accreditation requirements (where necessary e.g. health and social care, medicine, engineering, psychology, architecture, teaching, law)
- QAA Quality Code <http://www.qaa.ac.uk/AssuringStandardsAndQuality/quality-code/Pages/default.as>

## Module Records

**SECTION A: DEFINITIVE MODULE RECORD.** Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.

<b>MODULE CODE:</b> CITY3001	<b>MODULE TITLE</b> Interdisciplinary Practice & Wider Professional Issues
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<b>CREDITS:</b> 20	<b>FHEQ LEVEL:</b> 6	<b>JACS CODE:</b> C600
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<b>PRE-REQUISITES:</b> None	<b>CO-REQUISITES:</b> None	<b>COMPENSATABLE:</b> Yes
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### SHORT MODULE DESCRIPTOR:

With the professions of strength & conditioning and sports therapy rapidly gaining increased recognition and regulation globally it is imperative for developing professionals to have an appreciation of the principles and practices of international peers and organisations. Holistic understanding of the profession and its application in the wider, non-athlete population will add to the employability of learners.

### ELEMENTS OF ASSESSMENT *[Use HESA KIS definitions]*

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
<b>E1</b> (Formally scheduled)		<b>C1</b>	100%	<b>P1</b>	Pass/Fail
<b>E2</b> (OSCE)		<b>C2</b>		<b>P3</b>	
<b>T1</b> (in-class test)		<b>A1</b>			

**SUBJECT ASSESSMENT PANEL** Group to which module should be linked: BSc (Hons) Sports Rehabilitation with Sports Therapy; BSc (Hons) Sports Therapy with Strength & Conditioning

**Professional body minimum pass mark requirement:** n/a

**MODULE AIMS:**

This module aims to broaden learner's understanding and appreciation of professions related to strength & conditioning, sports therapy and rehabilitation globally. A comparison of the philosophies, practices and policies from various international organisations will provide learners with an understanding of personal strengths and weaknesses. This module also aims to provide learners with a comprehensive work-related experience as part of a sports science support team.

**ASSESSED LEARNING OUTCOMES:** (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Critically review policies and developments in the wider industry and the potential impact upon professionals.
2. Critically analyse contemporary literature, guidelines and issues relating to recognised and reputable industry related organisations both nationally and globally.
3. Evidence a minimum of 100 hours work-related practice within an interdisciplinary sports science support team.
4. Critically evaluate the benefits and issues relating to an interdisciplinary approach to athletic training, prehabilitation and rehabilitation

<b>DATE OF APPROVAL:</b> April 2016	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> Sept 2016	<b>PARTNER:</b> City College Plymouth
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>TERM:</b> All Year

## SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

<b>ACADEMIC YEAR:</b> 2025/26	<b>NATIONAL COST CENTRE:</b> 108
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<b>MODULE LEADER:</b> Cameron Donkin	<b>OTHER MODULE STAFF:</b>
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### Summary of Module Content

- International organisations policies
- Professional skills application with non-athletes
- Professional practice of other countries
- Effective teamwork (meetings, action plans etc.)
- Evidence of case studies
- Minimum of 100 hours work-related practice

### SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]

Scheduled Activities	Hours	Comments/Additional Information
Lead lectures	20	Lead lecture, guidance and tutor support
Independent practice	120	Minimum of 100 WRL hours.
Seminars / team meetings	20	Dissemination of WRL practice, discussion of case studies and sharing of good practice
Guidance/One-to-one support	40	Individual tutor support for interdisciplinary practice
<b>Total</b>	<b>200</b>	

Category	Component Name	Element	Component weighting	Comments Include links to learning objectives
Coursework	Blog post	C1	100%	LO1, LO2, LO4
Practice	Evidence and Review of 100 hours Practice	P1	Pass/Fail	LO3

**Recommended Texts and Sources:**

*Evidence-Based Practice*. Philadelphia: WB Saunders Company.

Holey, E.A. & Cook, E.M. (2011) *Evidence-Based Therapeutic Massage: A Practical Guide for Therapists*. Churchill Livingstone Elsevier:

Jewell, D.V. (2008) *Guide to Evidence-Based Physical Therapy Practice*. London: Jones & Bartlett Publishers.

Longson, S. (1999) *Making Work Experience Count: How to Get the Right Work Experience and Improve Your Career Prospects* (2<sup>nd</sup> ed). Oxford: How to Books Ltd.

Pedersen, P.M., Parks, J.B., Quarterman, J. & Thibault, L. (2011) *Contemporary Sport Management*. Leeds: Human Kinetics.

Ward, K. (2012) The United States of Sports Therapy: A commentary on current progress and challenges of the profession. *Journal of Sports Therapy*. 5: (2); 2-13.

[www.basrat.org](http://www.basrat.org)

[www.cnhc.org.uk](http://www.cnhc.org.uk)

[www.nasca.com](http://www.nasca.com)

[www.sportstherapyorganisation.org.uk](http://www.sportstherapyorganisation.org.uk)

[www.UKSCA.org.uk](http://www.UKSCA.org.uk)

**Updated by: Cameron Donkin**

**Date: July 2025**

**Approved by: Hollie Galpin-Mitchell**

**Date: August 2025**

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.*

<b>MODULE CODE: CITY3002</b>	<b>MODULE TITLE:</b>	<b>Employability &amp; Reflective Practice</b>
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<b>CREDITS: 20</b>	<b>FHEQ Level: 6</b>	<b>JACS CODE: C630</b>
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<b>PRE-REQUISITES: None</b>	<b>CO-REQUISITES: None</b>	<b>COMPENSATABLE: Yes</b>
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**SHORT MODULE DESCRIPTOR:**

Having an understanding of industry requirements in relation to employability is essential for graduates in an increasingly competitive market. This module allows learners to explore current opportunities to further develop their skills and understanding of their professional identity. Reflective practice will be encouraged to highlight and support individual continuing professional development.

**ELEMENTS OF ASSESSMENT** *Use HESA KIS definitions]*

WRITTEN EXAMINATION		COURSEWORK		PRACTICAL	
<b>E1</b> (Formally scheduled)		<b>C1</b>	100%	<b>P1</b>	
<b>E2</b> (OSCE)		<b>A1</b>			
<b>T1</b> (in-class test)					

**SUBJECT ASSESSMENT PANEL** Group to which module should be linked: BSc (Hons) Sports Rehabilitation with Sports Therapy; BSc (Hons) Sports Rehabilitation with Strength & Conditioning

**Professional body minimum pass mark requirement: N/A**

**MODULE AIMS:**

This module will provide learners with opportunities to reflect on individual strengths & weaknesses and encourage an independent and proactive approach to enhancing professional development and employability. Programmes and courses relating to further development in the industry will be critiqued in relation to enhancing candidate's employability.

**ASSESSED LEARNING OUTCOMES: (additional guidance below)**

At the end of the module the learner will be expected to be able to:

1. Critically reflect upon personal skills, knowledge and experience in direct relation to current employment opportunities.
2. Demonstrate a critical awareness of relevant professional, ethical and industry codes of conduct.
3. Critically compare current academic and industry based development opportunities in relation to employability.
4. Develop resources to enhance personal employability within the industry.

<b>DATE OF APPROVAL:</b>	03/2016	<b>FACULTY/OFFICE:</b>	Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b>	09/2016	<b>SCHOOL/PARTNER:</b>	City College Plymouth
<b>DATE(S) OF APPROVED CHANGE:</b>		<b>TERM/SEMESTER:</b>	All Year



## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

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<b>ACADEMIC YEAR: 2025/26</b>	<b>NATIONAL COST CENTRE: 108</b>
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<b>MODULE LEADER: Cameron Donkin</b>	<b>OTHER MODULE STAFF:</b>
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<b>SUMMARY of MODULE CONTENT</b>	
<ul style="list-style-type: none"><li>• Personal development plan</li><li>• Structure of professional development within the industry.</li><li>• CPD course evaluations</li><li>• Self-employment opportunities</li><li>• Marketing, self-promotion, networking</li></ul>	

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
Scheduled Activities	Hours	Comments/Additional Information
Lead lectures	30	Lead lectures, guidance and tutor support
Directed Reading/Research	120	Independent reading and revision
Guidance/one-to-one support	20	Individual tutor support for interdisciplinary practice
Networking/conferences/events	30	Off-site visits/networking and personal development
<b>Total</b>	<b>200</b>	

<b>Category</b>	<b>Element</b>	<b>Component Name</b>	<b>Component Weighting</b>	<b>Comments include links to learning objectives</b>
Coursework	C1	<b>Evaluation 1:</b> <ul style="list-style-type: none"><li>• Self reflection and SWOT analysis for portfolio generation</li><li>• Review of current employment opportunities</li></ul> <b>Evaluation 2:</b> <ul style="list-style-type: none"><li>• Employment resource generation</li></ul>	100%	LO1, LO2, LO3, LO4

		<ul style="list-style-type: none"><li>• Alignment of industry needs and standards</li><li>• Employability</li></ul>		
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<b>Updated by: Cameron Donkin</b> <b>Date: July 2025</b>	<b>Approved by: Hollie Galpin-Mitchell</b> <b>Date: August 2025</b>
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**SECTION A: DEFINITIVE MODULE RECORD. *Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

<b>MODULE CODE: CITY3006</b>	<b>MODULE TITLE:</b>	<b>Sports Therapy for Strength &amp; Conditioning Coaches</b>
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<b>CREDITS: 20</b>	<b>FHEQ Level: 6</b>	<b>JACS CODE: C630</b>
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<b>PRE-REQUISITES: None</b>	<b>CO-REQUISITES: None</b>	<b>COMPENSATABLE: No</b>
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**SHORT MODULE DESCRIPTOR:**

This module exposes learners to concepts of sport therapy & injury management. Exploration of musculoskeletal & injury assessment and injury pathophysiology will further enhance the strength conditioners theoretical knowledge and practical application of sports therapy, injury management & athlete care.

**ELEMENTS OF ASSESSMENT *Use HESA KIS definitions***

<b>WRITTEN EXAMINATION</b>		<b>COURSEWORK</b>		<b>PRACTICAL</b>	
E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	50%
E2 (Clinical Examination)		A1 (Generic Assessment)			
T1 (Test)					

**SUBJECT ASSESSMENT PANEL Group to which module should be linked: BSc (Hons)**

Sports Rehabilitation with Strength & Conditioning; BSc (Hons) Sports Rehabilitation with Sports Therapy.

**Professional body minimum pass mark requirement: N/A**

**MODULE AIMS:**

This module aims to equip learners with theoretical & practical knowledge of fundamental sports therapy principles to complement their strength conditioning practices. By encouraging strength conditioners to become compliant in sports therapy & injury management concepts learners are more proficient at contributing positively to the dynamics of a multi-discipline sports science support team.

**ASSESSED LEARNING OUTCOMES: (additional guidance below)**

At the end of the module the learner will be expected to be able to:

1. Apply and interpret appropriate musculoskeletal assessment for sports injuries.
2. Portray a critical understanding of the epidemiology, aetiology and pathophysiology of common sports injuries.
3. Be critically aware of and justify different treatment interventions for a range of common sports injuries.
4. Implement enhanced skills in the accurate recording and analysis of injury & musculoskeletal assessment outcomes to industry standards.

<b>DATE OF APPROVAL:</b>	03/2016	<b>FACULTY/OFFICE:</b>	Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b>	09/2016	<b>SCHOOL/PARTNER:</b>	City College Plymouth
<b>DATE(S) OF APPROVED CHANGE:</b>		<b>TERM/SEMESTER:</b>	All Year

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

*Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.*

<b>ACADEMIC YEAR: 2025-26</b>	<b>NATIONAL COST CENTRE: 108</b>
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<b>MODULE LEADER: Lucy Rothwell</b>	<b>OTHER MODULE STAFF:</b>
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### **SUMMARY of MODULE CONTENT**

- Injury pathophysiology, epidemiology & aetiology
- Active, passive, resisted and special tests
- Injury treatment modalities including manual & electrotherapy
- Accurately record and analyse injury & musculoskeletal assessment outcomes

### **SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]**

Scheduled Activities	Hours	Comments/Additional Information
Lead lectures	60	Tutor guidance & discussion
Directed Reading/Revision	120	Independent learning and research
Tutorial/One-to-one support	4	One-to-one support
Assignment Workshops	16	Workshops to support assignment preparation
<b>Total</b>	<b>200</b>	

<b>Category</b>	<b>Element</b>	<b>Component Name</b>	<b>Component Weighting</b>	<b>Comments include links to learning objectives</b>
Coursework	C1	Injury review	100%	LO2; LO3
Practical	P1	Musculoskeletal assessment & treatment	100%	LO1; LO4

### **Recommended Texts and Sources:**

Biel, A. (2019). *Trail Guide to the Body*, 6th Ed. Boulder: Books of Discovery.

Bruckner, P. and Khan, K. (2018). *Clinical Sports Medicine*. 5<sup>th</sup> Edition. Australia: McGraw-Hill.

Jones, G. and Wilson, E. (2019). *The BMA Guide to Sports Injuries*. 2nd Edition. London: Dorling Kindersley.

Magee, D.J. (2021) *Orthopedic physical assessment, 7th Ed*. Canada, Elsevier Saunders.

Myers, T.W. (2020) *Anatomy Trains, 4th Ed*. London: Elsevier.

Nordin, M. and Frankel, V. (2021). *Basic biomechanics of the musculoskeletal system*, 5th Ed. Philadelphia: Lippincott Williams & Wilkins.

Peterson, L. and Renstrom, P. (2019.) *Sports Injuries: their prevention & treatment, 3<sup>rd</sup> Ed*. London: Dunitz.

**Updated by: Lucy Rothwell**

**Date: July 2025**

**Approved by: Hollie Galpin-Mitchell**

**Date: August 2025**

**SECTION A: DEFINITIVE MODULE RECORD. *Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

<b>MODULE CODE: CITY3019</b>	<b>MODULE TITLE:</b>	<b>Advanced Strength, Conditioning &amp; Rehabilitation</b>
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<b>CREDITS: 20</b>	<b>FHEQ Level: 6</b>	<b>JACS CODE: C630</b>
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<b>PRE-REQUISITES: None</b>	<b>CO-REQUISITES: None</b>	<b>COMPENSATABLE: No</b>
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**SHORT MODULE DESCRIPTOR: (*max 425 characters*)**

This module consolidates previous strength & conditioning knowledge whilst further developing skills and understanding of the application of strength & conditioning to rehabilitation. Current & contemporary approaches to effective physical rehabilitation will be explored in practical problem solving environments to replicate the demands of the skilled strength and conditioning coach and injury rehabilitation specialist.

**ELEMENTS OF ASSESSMENT *Use HESA KIS definitions***

<b>WRITTEN EXAMINATION</b>		<b>COURSEWORK</b>		<b>PRACTICAL</b>	
E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	
E2 (Clinical Examination)		A1 (Generic Assessment)			
T1 (Test)	50%				

**SUBJECT ASSESSMENT PANEL Group to which module should be linked:** BSc (Hons) Sports Rehabilitation with Sports Therapy; BSc (Hons) Sports Rehabilitation with Strength & Conditioning

**Professional body minimum pass mark requirement: N/A**

**MODULE AIMS:**

The aim of this module is to build upon learner's previous studies to produce skilled and knowledgeable practitioners. By exploring advanced topics of strength and conditioning within a practical problem solving environment this module also aims to support critical thinking and enhanced application of contemporary practices within rehabilitation and corrective exercise.

**ASSESSED LEARNING OUTCOMES: (additional guidance below)**

At the end of the module the learner will be expected to be able to:

1. Effectively and accurately disseminate evidence based, and anecdotal information regarding the underpinning science and practical application of a specific, relevant topic in relation to performance enhancement and pre/rehabilitation.
2. Demonstrate a comprehensive understanding of the potential causes and issues relating to movement deficiencies.
3. Portray a critical understanding of technical, biomechanical, anatomical and physiological aspects of selected corrective exercises for a specified athlete.

<b>DATE OF APPROVAL:</b>	06/2019	<b>FACULTY/OFFICE:</b>	Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b>	09/2019	<b>SCHOOL/PARTNER:</b>	City College Plymouth
<b>DATE(S) OF APPROVED CHANGE:</b>	07/2019	<b>TERM/SEMESTER:</b>	All Year



## SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

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<b>ACADEMIC YEAR: 2025/26</b>	<b>NATIONAL COST CENTRE: 108</b>
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<b>MODULE LEADER: Liam Houlton</b>	<b>OTHER MODULE STAFF: Cameron Donkin</b>
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### SUMMARY of MODULE CONTENT

- Corrective exercises and movement deficiencies
- Continued development of strength and conditioning fundamentals
- Leading and coaching rehabilitation exercises
- Rehabilitation and return to sport guidance

### SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*

Scheduled Activities	Hours	Comments/Additional Information
Lead lectures	60	Tutor guidance & discussion
Directed Reading/Revision	120	Independent learning and research
Tutorial/One-to-one support	4	One-to-one support
Assignment Workshops	16	Workshops to support assignment preparation
<b>Total</b>	<b>200</b>	

<b>Category</b>	<b>Element</b>	<b>Component Name</b>	<b>Component Weighting</b>	<b>Comments include links to learning objectives</b>
In Class Test	T1	In Class Test	50%	LO1, LO2; LO3
Coursework	C1	Workshop planning & delivery	50%	LO1, LO2; LO3

### Recommended Texts and Sources:

American College of Sport Medicine (2013) *ACSM's Guidelines for Exercise Testing and Prescription*, 9<sup>th</sup> Ed. Philadelphia, PA: Lippincott Williams & Wilkins.

Anderson, M.K. & Parr, G.P. (2012) *Foundations of athletic training: Prevention, assessment, and management*, 5th Ed. Philadelphia, United States: Lippincott Williams & Wilkins.

Baechle, T. & Earle, R. (eds)(2008) *Essentials of Strength Training & Conditioning 3<sup>rd</sup> Ed.* Champaign, USA: Human Kinetics

Bompa, T. & Bruzichelli, C.A. (2015) *Periodization Training for Sports*, 3<sup>rd</sup> Edition. Leeds: Human Kinetics.

Haff, G.G. & Triplett T.T. (2016) *Essentials of Strength Training & Conditioning*, 4<sup>th</sup> Ed. Leeds: Human Kinestics.

Heyward, V. (2006) *Advanced Fitness Assessment and Exercise Prescription*. Champaign, USA: Human Kinetics.

Verkhoshansky, Y. & Siff, M. (2009) *Supertraining*, 6<sup>th</sup> Ed. Italy: Verkhoshansky.

**Updated by: Liam Houlton**

**Date: July 2025**

**Approved by: Hollie Galpin-Mitchell**

**Date: August 2025**

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.*

<b>MODULE CODE:</b> CITY3014	<b>MODULE TITLE:</b> Research Project
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<b>CREDITS:</b> 40	<b>FHEQ Level:</b> 6	<b>JACS CODE:</b> B900
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<b>PRE-REQUISITES:</b> None	<b>CO-REQUISITES:</b> None	<b>COMPENSATABLE:</b> No
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**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module requires students to undertake the writing of a journal article that includes the design, implementation, collection, critical analysis and interpretation of scientific data in the field of sports science. Evaluation and interpretation of scientific literature, contemporary topics and independent research will be communicated to target audiences to help disseminate subject knowledge and study outcomes.

**ELEMENTS OF ASSESSMENT** *Use HESA KIS definitions]*

<b>WRITTEN EXAMINATION</b>		<b>COURSEWORK</b>		<b>PRACTICAL</b>	
<b>E1</b> (Examination)		<b>C1</b> (Coursework)	100%	<b>P1</b> (Practical )	
<b>E2</b> (Clinical Examination)		<b>A1</b> (Generic Assessment)			
<b>T1</b> (Test)					

**SUBJECT ASSESSMENT PANEL** Group to which module should be linked: BSc (Hons) Sports Rehabilitation with Sports Therapy; BSc (Hons) Sports Rehabilitation with Strength & Conditioning

**Professional body minimum pass mark requirement:** N/A

**MODULE AIMS:**

To inspire students to complete self-directed research project of current concepts relevant to their programme of study and to produce a journal article. To develop capability in the design,

ethical & practical implementation and analysis of a sports related research project and the ability to synthesise and competently communicate these findings to target audiences by appropriate means (oral, written and presentation). To provide opportunities for learners to disseminate research findings and contribute to industry knowledge.

**ASSESSED LEARNING OUTCOMES: (additional guidance below)**

At the end of the module the learner will be expected to be able to:

1. Design, and justify the contents of a journal article and a poster presentation.
2. Demonstrate an awareness of ethical issues in relation to conducting research.
3. Utilise transferable research skills in relation to project design, subject recruitment and resource management.
4. Design and execute the collection of data through a combination of laboratory work, field work questionnaire or reference to the scientific literature.
5. Analyse, interpret and critically evaluate study data in the context of current literature and contemporary topics.
6. Discuss and appropriately communicate study design, data and outcome connotations to target audiences.

<b>DATE OF APPROVAL:</b>	03/2016	<b>FACULTY/OFFICE:</b>	Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b>	09/2016	<b>SCHOOL/PARTNER:</b>	City College Plymouth
<b>DATE(S) OF APPROVED CHANGE:</b>		<b>TERM/SEMESTER:</b>	All Year

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

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<b>ACADEMIC YEAR: 2022-23</b>	<b>NATIONAL COST CENTRE: 108</b>
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<b>MODULE LEADER:</b> Liam Houlton	<b>OTHER MODULE STAFF:</b> Cameron Donkin, Lucy Rothwell
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### **SUMMARY of MODULE CONTENT:**

- Comprehensive review of relevant scientific literature and current topics
- Research proposal presentation
- Study design and data collection
- Critical analysis and evaluation significance of study data in context of current literature
- Appropriately communicate study findings and connotations to target audiences by way of a poster presentation

### **SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]**

<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information</b>
Lead lectures / tutor support	30	Lead lectures, guidance and tutor support.
Risk assessment, COSHH completion and ethical approval	10	Must be evidence prior to commencing study.
Scientific paper based on studies	320	5000-6000 word limit.
Science communication	10	Learners are expected to be able to communicate their findings to their peers by appropriate means of communication (oral; written; presentation).
Conduct of study	30	This element is indicative of appropriate engagement in all aspects of the research project (subject briefings; data collection; tutor meetings).
<b>Total</b>	<b>400</b>	

Category	Element	Component Name	Component Weighting	Comments include links to learning objectives
Coursework	C1	Assignment 1: Research proposal presentation Assignment 2: Independent research project Assignment 3: Poster Presentation	100%	LO1; LO2, LO3; LO4; LO5; LO6

### Recommended Texts and Sources:

American College of Sport Medicine (2013) *ACSM's Guidelines for Exercise Testing and Prescription*, 9<sup>th</sup> Ed. Philadelphia, PA: Lippincott Williams & Wilkins.

Hicks, C.M. (2009) *Research Methods for Clinical Therapists: Applied Project & Analysis*, 5<sup>th</sup> Ed. Churchill Livingstone.

Jones, I. (2015) *Research Methods for Sports Studies*, 3<sup>rd</sup> Ed. London: Routledge.

Kenney, L.W., Wilmore, J.H. & Costill D.L. (2015) *Physiology of Sport and Exercise*, 6<sup>th</sup> Ed. Champaign, IL: Human Kinetics.

Morrow, J.E., Mood, D., Disch, J. & Kang, M. (2015) *Measurement and Evaluation in Human Performance*, 5<sup>th</sup> Ed. Champaign, IL: Human Kinetics.

Pallant, J. (2013) *SPSS Survival Manual: A Step by Step Guide to Data Analysis using IBM SPSS*. Buckingham, UK: Open University Press.

Prentice, W.E. (2015) *Rehabilitation Techniques for Sports Medicine and Athletic Training*, 6<sup>th</sup> Ed. United States: Slack.

**Updated by: Liam Houlton**

**Date: July 2025**

**Approved by: Hollie Galpin-Mitchell**

**Date: August 2025**