

### Special Features

All graduates of the course are eligible to join the professional body – BASRaT (British Association of Sports Rehabilitators and Trainers) this programme is one of only seven courses in the UK and Southern Ireland that are accredited for the BASRaT membership. The full membership includes license to practice as an independent practitioner and professional indemnity and medical malpractice insurance. It was the first undergraduate degree course of its kind in the UK and allows the student to work specifically in the area of sport injury and in particular late stage rehabilitation, providing our students with a variety of skills in sport rehabilitation, sport massage, and hydrotherapy.

## Frequently Asked Questions

### I'm interested in Sport Rehabilitation, but I'm worried that I won't be able to cope with the volume of work.

As a small programme, in terms of student numbers, we are able to guide students through the course and provide individual tutorials with the course tutors. These are generally student led, but should tutors feel concerned we are able to react quickly and offer support and advice if we feel that you are under achieving.

### I am a mature student. Will I be able to fit into the group?

We have a number of mature students on the course and believe that in a vocational degree this is an asset, not only to the group but to the individual. A successful sport rehabilitator will be required to have the ability to communicate to all people of all ages from a variety of backgrounds.

### How do I find out more?

For entry requirements, fees and codes, contact +44 (0)20 8240 2314 or see [www.smuc.ac.uk](http://www.smuc.ac.uk)

For further information on course details contact Angela Cumine on +44 (0)20 8240 4184 or Email [cuminea@smuc.ac.uk](mailto:cumine@smuc.ac.uk)

To request a copy of our prospectus please telephone +44 (0)20 8240 2314 or visit our website

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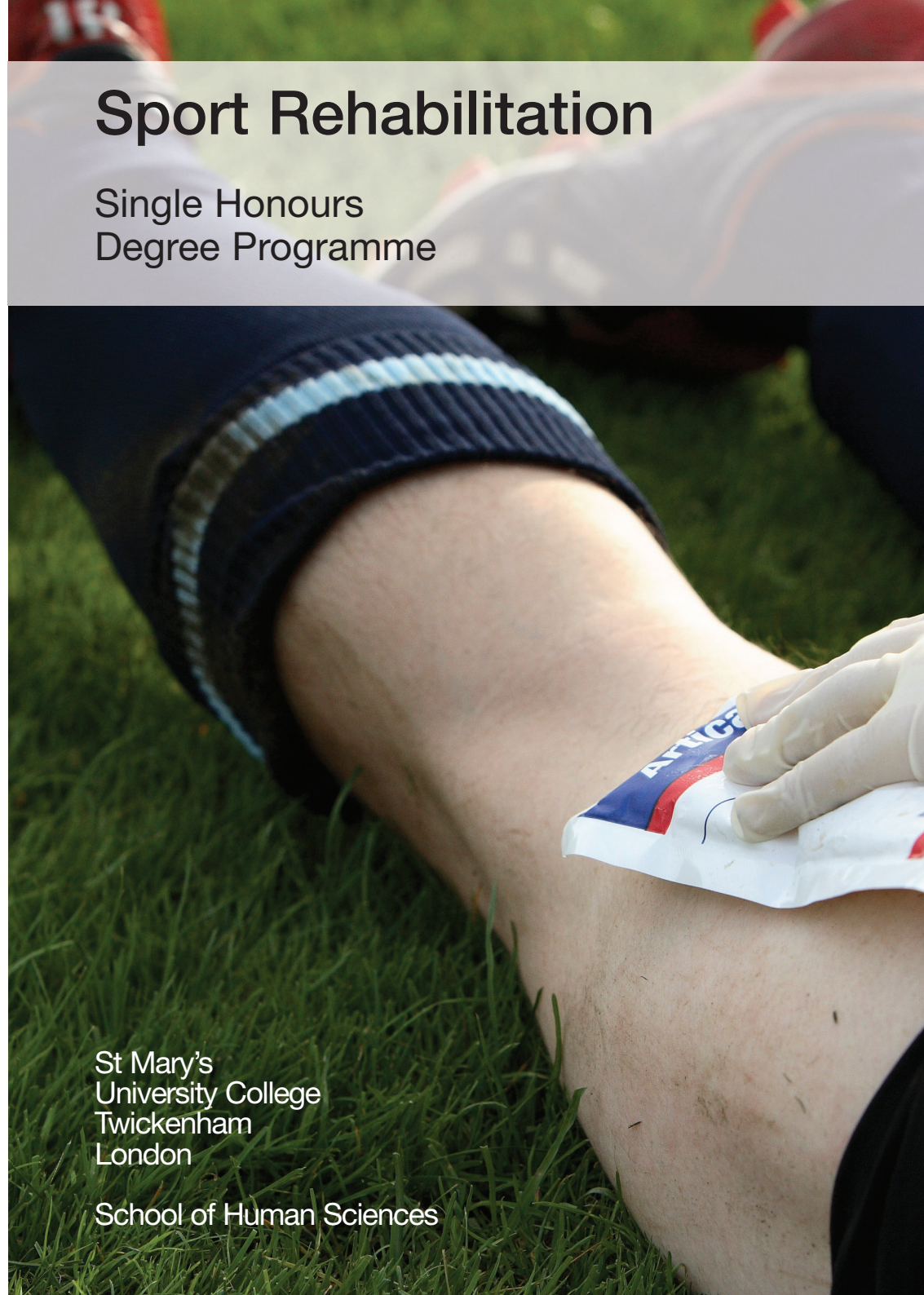
Switchboard 020 8240 4000 Fax 020 8240 4255  
[www.smuc.ac.uk](http://www.smuc.ac.uk)

# Sport Rehabilitation

## Single Honours Degree Programme

St Mary's  
University College  
Twickenham  
London

School of Human Sciences



# Sport Rehabilitation

A modern vocational programme that provides skills and knowledge for the management of musculoskeletal injury, progressing on to health and fitness training programmes. On successful completion of the programmes you are entitled to join The British Association of Sport Rehabilitators and Trainers, as an independent practitioner.

Your skills will enable you to work as a part of a team, alongside sport scientists and physiotherapists who are assisting elite athletes in their return to full fitness.

When the Programme was assessed by the QAA, they commended Sport Rehabilitation as a successful programme which incorporates professional accreditation. It stresses the value of multi-skilling and the importance of working alongside physiotherapists in a professional context.

## Entry Requirements

Minimum of 240 points, of which 180 must include at least a B in a Science or PE subject and a C in a second A level. GCSE Biology / Science, Mathematics or Physics. A distinction in a Sports Therapy Diploma (two year course) or Access (with level 3 Science credits) providing the course is sufficient in terms of depth of Human Physiology and Anatomy. Students offering a BTEC and OCR National Certificates and Diplomas will be required to attend an interview.

## Programme Structure and Content

### Level 1

Year 1 is designed to sensitise you to the language, concepts and knowledge of basic anatomy and physiology. You begin to look at anatomy and physiology in an applied manner, looking at structure in relation to function. Practical/ handling skills are introduced and developed. Movement analysis, massage and functional anatomy involve not only the observation but the palpation of students.

You begin to understand the mechanism and causation of sport injuries and you learn the pathological considerations for the assessment of injury. Professional skills are developed through risk assessment procedures and BASRaT legal/ethical guidelines are introduced. Professional assessment skills are taught through observation of professionals. You will undertake 100 hours of clinical observation. Modules include:

[Applied Human Physiology](#)  
[Classification and Mechanism of Musculoskeletal Injury](#)  
[Client Assessment](#)  
[Client Observation](#)  
[Functional Anatomy – Lower Limb](#)  
[Functional Anatomy – Trunk](#)  
[Functional Anatomy – Upper Limb](#)  
[Motor Learning and Physical Development](#)  
[Movement Analysis](#)  
[Pathology of Musculoskeletal Injury](#)  
[Sports Massage](#)  
[Skills for Sport Rehabilitators](#)  
[Sport and Exercise Psychology](#)

### Level 2

Students begin to design rehabilitation/fitness programmes for themselves. An overview of initial treatment and rehabilitation sensitises you to the management of injury at the early stages. The programme includes a holistic approach, considering the sociological and psychological aspects of injury.

Hydrotherapy and a research skills module are introduced. You will have 300 hours in a placement during which you begin to practice assessment and treatment skills under supervision of a qualified practitioner, who will be BASRaT accredited or a Chartered Physiotherapist. Modules include:

[Applied Biomechanics](#)  
[Clinical Placement 1](#)  
[Specialised Treatment Techniques](#)  
[Factors Affecting Performance and Recovery](#)  
[Soft Tissue Techniques](#)  
[Research Methods](#)  
[Rehabilitation 1](#)  
[Rehabilitation 2](#)

### Level 3

At Level 3 you will work with increasing independence. Individual projects allow you to pursue an in-depth topic of your own interest. Students are encouraged to develop specialist skills in areas such as General Practitioner referral schemes and Chronic Pain management techniques.

Clinical skills are developed further during Clinical Placement 2. Performance and recovery are considered in Fitness Assessment and Rehabilitation 3. Modules include:

[Clinical Placement 2](#)  
[Dissertation](#)  
[Exercise/Rehabilitation Regimes for Special Populations](#)  
[Fitness Assessment and Training Programme Design](#)  
[Neurophysiological Principles of Rehabilitation and Exercise](#)  
[Rehabilitation 3](#)  
[Nutrition](#)

## Teaching methods

A variety of teaching methods are used in the programme. These include theory and practical sessions as well as group and seminar work. At the start of Level 2 and 3 there is a one week peer teaching block where students assess each other in revision sessions. The Level 1 programme begins with a two day 'camping trip' where students work on group activities which are designed to develop communication, listening and team work skills.

## Assessment methods

Courses are assessed through a variety of methods, including written theory examinations, vivas, oral presentations and practical assessments at Levels 1 and 2. At Level 3, clinical placement assessment, case study presentation, the design of business plans and the completion of a 5,000-word individual project are also included.

## Career opportunities

Opportunities in: sports injury clinics, health clubs, professional sporting clubs, fitness centres, rehabilitation units, and GP referral schemes to name a few.

For more information on career destinations please consult the professional website at [www.basrat.org](http://www.basrat.org)

"The course is well structured and is very interesting. The lecturers know so much it inspires students to want to know more. Anatomy and Pathology are my favourite modules; anatomy because it's about how the complexity of the human body and pathology because I love learning about how the body reacts and how to go about correcting problems. Work placements happen in each of the three years as well as day trips to biology exhibitions and museums."

**Keith O'Malley, Sport Rehabilitation**