



UNIVERSITY OF
GLOUCESTERSHIRE

at Cheltenham and Gloucester

BSc (HONS) SPORTS THERAPY



The BSc Sports Therapy provides students with the knowledge and skills to treat and rehabilitate athletes.

Getting athletes back on track is at the heart of this innovative course. You'll be given the clinical skills to examine, assess, treat and rehabilitate sports injuries, finally returning the injured athlete to full functionality.

Students are encouraged to undertake periods of clinical practice, on and off campus. Students who have demonstrated their clinical competence will qualify for full membership of the Society of Sports Therapists and be able to obtain professional indemnity insurance.

In the first year, the programme focuses on developing understanding and knowledge of the requirements of the sports therapist and of the context in which they work. The modules develop skills in the practical application of sports therapy as well as providing a sound scientific underpinning and excellent anatomical knowledge.

Students are encouraged to work with the university sports teams and outside events during their first year.

In the second year an emphasis is placed on the development of injury assessment, treatment skills and sports specific rehabilitation. Students build on their professional experience whilst working with sports teams and the university sports injuries clinic sessions. The ability to manage research and information is also developed.

The final phase of the programme consolidates the assessment, treatment and rehabilitation skills with a year-long clinical placement module. This year also includes a research project and modules which allow students to examine key issues affecting the industry.

International Development Centre

BSc (Hons) Sports Therapy

Year 1	Introduction to Research Methods	Introduction to Biomechanics of Sport and Exercise	Sports Massage	Sports Therapy I
	Introduction to Anatomy	Introduction to the Physiology of Sport and Exercise	Essential Skills: First Aid	
Year 2	Rehabilitation of Sports Injuries	Sports Therapy II	Research Methods	Physiology of Sports Performance <small>Option</small>
			Analysing Data in Sport and Exercise Sciences	Applied Exercise Physiology <small>Option</small>
Year 3	Dissertation	Sports Therapy Clinical Practice	Manual Therapy and Anatomy of the Trunk	Biomechanics of Human Movement <small>Option</small>
			Sports Therapy III	Nutrition for Sports Performance <small>Option</small>

Please Note: Course maps are shown for single honours degree. Option depicts the opportunity to choose your module - the module named is only one example from a wider selection. A full list of modules can be seen at www.glos.ac.uk

MODULES COVERED

Rehabilitation of Sports Injuries enables students to gain practical skills in taping and strapping, electrotherapy and sports specific rehabilitation along with the essential underpinning knowledge of these techniques. The module is very practical and students are encouraged to work with athletes outside of the class to practice their skills

Sports Therapy 1 is a practical functional anatomy module which enables students to work hands on testing muscles, finding bony points and assessing range of movements. Students will have brief introductions into others aspects of working as a sports therapist and develop their human anatomy knowledge

Sports Therapy Clinical Practice This year-long module allows students to utilise all their skills within a clinic environment. Students have to gain 150 hours of work experience from a variety of different placements and produce a portfolio of evidence.

Dietetics looks at the importance of nutritional knowledge for the exercise and health practitioner. This module is important for any student that may have to advise clients on dietary regimes, menu planning and special diet analysis.

Biomechanics of Human Movement gives students the understanding of the biomechanics principles underpinning human movement. This module will develop synthesis and application of concepts relating to human movement.

Nutrition for Sports Performance considers the underpinning biochemistry and physiology of nutrition for health and sport performance. Study will involve lectures, tutorials and computer aided learning.

STAFF PROFILE

Kate Louise Evans MSc, BSc (Hons), PGCE, MSST

Senior Lecturer in Sports Therapy

Kate is the course leader for the undergraduate Sports Therapy degree. She has been a teacher in higher education for over eight years and has written, delivered and developed a number of sports therapy and rehabilitation programmes in the UK.

Kate's role involves providing active learning through practical sessions in the university, student interaction, organising practical sessions with external clubs and teams, and running a sports therapy injury clinic.

In addition to teaching Sports Therapy, Kate is also an experienced practitioner which enables her to bring real life scenarios into the classroom. Working at an elite level Kate's skills enable her to diagnose, treat and rehabilitate players back to a high performance level where she works alongside other professionals as part of a multidisciplinary team that includes doctors, consultants and strength and conditioning coaches.

Kate has also spent over 10 years working in rugby union at a professional and semi professional level, and currently works with a Heineken Cup and Magners League team.

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Benefits of the Course

- Hands-on practical skills throughout the three years
- Students will qualify for full membership of the Society of Sports Therapists
- Development of a portfolio of evidence which is useful when finding work upon graduation

Entry Requirements

- Applicants should have completed High School with good grades. Some students may have to complete an international foundation course before progressing to the bachelors degree
- English at IELTS 6.0 (5.5 in writing) or equivalent

Mode of Attendance

3 years full-time

International Fees for 2010

Annual tuition fee £8,615

Career Paths

- Owning or working in a sports injuries clinic
- Working alongside other health professionals
- Graduates have found work as sports therapists with semi-professional and professional sports teams

Location

Oxstalls Campus, Gloucester

Enquiries and Applications

International Development Centre

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