

Sports Therapy BSc (Hons)



This course provides a solid knowledge of all areas of sports therapy, including human movement and biomechanics, physiology, exercise programme prescription, nutrition and sports psychology.

Sports Therapists need an in-depth understanding of these sports science disciplines to appreciate the higher level of function required by athletes and to enable them to communicate professionally with athletes and coaches. You will also learn the therapeutic skills of detailed anatomy, examination and assessment of all joints, joint mobilisations, massage, sports rehabilitation and other electrotherapy modalities. The course will also develop academic skills such as of scientific writing, researching, critical thinking and clinical reasoning utilising the current evidence base.

A double module of clinical placement running across the final year helps to develop excellent clinical reasoning and all the skills required of a graduate Sports Therapist. You will act as first-aiders to the University sports teams from your first semester onwards. You will also work regularly in the sports massage and sports injury clinics.

You are encouraged to provide first aid and massage at a number of external sporting events.

The course is accredited by the Society of Sports Therapists. The course ensures graduates achieve all the professional body competencies, therefore giving them eligibility to join the professional body after graduation. The course places an emphasis on preparing you for your role as a graduate Sports Therapist.

Placement links have been forged with a number of local professional and amateur football and rugby teams - other sports also provide placement opportunities. The department also has links with overseas universities, particularly the USA. Students in previous years have undertaken a 4-week placement within an Athletic Training department in a USA university.

From the very first year students are encouraged to participate in a number of external sporting events which are arranged by staff. Over the past few years these have included the provision of massage at the Flora London Marathon, Tough Guy, Evesham Rowing Festival, Race for Life, Men's Health Survival of the Fittest.

The University has an extensive range of library texts, journals and online resources in both health and sport to support the programme. The sports therapy programme makes use of all the state-of-the-art facilities on campus include human performance and sports science laboratories, clinic environments, sports therapy specific clinical skills teaching rooms, fitness suite, sports hall, AstroTurf, playing fields.

Course views



UCAS code

UCAS is the central organisation through which applications are processed for entry onto full-time undergraduate courses in Higher Education in the UK.

Sport Therapy BSc (Hons) C603 BSc/SpTh

For the latest information, check the UCAS website at <http://www.ucas.com>

Study options

Single Honours programme, which cannot be combined with any other subject

Only available full-time

Opportunity to gain a first aid qualification

Accredited by The Society of Sports Therapists

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Get in touch

Admissions Office

01905 855111

admissions@worc.ac.uk

280 UCAS Tariff points to include an A2 in either PE or Human Biology plus GCSE (A-C) in English and Mathematics

A Criminal Records Bureau disclosure is required for this course. Successful candidates will also be required to complete a medical questionnaire

Your personal statement on the UCAS application form will also be looked at as a key part of your application. You should include the following items in your personal statement, if possible, to show the admissions staff that you are serious in your application to undertake a degree in Sports Therapy:

Evidence that you have done some research into the profession of Sports Therapy; you understand what the profession of Sports Therapist involves; how the job of a Sports Therapist may differ from other, similar jobs; you are clear that this is what you want to do in future.

You participate in sport or regular exercise. The level you play at is not particularly important.

You have some work experience in sport, for example coaching, or therapy, for example observing a therapist working in sport.

A sports coaching and / or sports first aid qualification will be a very favourable addition to your academic qualifications.

You can show the admissions staff that you understand the effort which will be required to complete this degree programme.

Modules

Year 1

Musculoskeletal Anatomy (double module)

Special Populations

Musculoskeletal Injuries

Exercise Therapy

Fundamentals of Sport & Exercise Therapy

Introduction to Examination & Assessment

Foundations of Sport (Physiology)

Year 2

Psychology of Sport & Exercise
Research Methods
Sport Nutrition
Biomechanics of Sport & Exercise (for Sports Therapy)
Preparation for Practice
Sports Rehabilitation
Sports Therapy
Manual Therapy 1

Year 3

Enterprise & Innovations in Sport
Advances & Developments within Sports Therapy
Manual Therapy 2
Clinical Placement (double module)
Independent Study (taken over two semesters)
Independent Study (taken in one semester)

Assessment

A variety of assessment strategies are used to prepare you for future employment, including:

Practice assessments
Laboratory reports
Essays
Reflective practice
Presentations
Written examinations

Peter Khan

Student, Sports Therapy BSc (Hons)

"The external events and the clinical placement opportunities were amazing. They really brought the whole course together, improved my confidence and showed me where I want to work in the future."

Academic department

[Institute of Health & Society](#)

"The University is a leading innovator in the fields of health and social care. Unique appointments such as the UK's first professors of perinatal education and tissue viability demonstrate our commitment to research excellence."

Louise Jones, Head of Institute

Employability

Graduates can follow a number of career paths including Graduate Sports Therapist at a sports club or with a team, working in private practice as a therapist within fitness and leisure complexes. You may also choose to focus on the sports rehabilitation role. The course also provides a sound basis for a variety of postgraduate courses in sports science, sports medicine or PGCE teaching qualification.



Sports Therapy Students Get Experience With Some of the Country's Top Sports Stars

Two Sports Therapy graduates at the University of Worcester have been working alongside some of the Country's top sports stars.

Kathryn Goodfellow and Janne Moore were given the chance of a lifetime when Formula One legend Nigel Mansell paid a visit to the University of Worcester. They were also among a group of students who assisted at the England v Lithuania basketball match, held at the University recently, offering treatments to the elite athletes. Plus the pair have also worked with British Basketball League (BBL) stars.

Nigel Mansell was taking part in a charity cycle ride around Britain for the charity UK Youth, of which he is President, when he stopped off at the University. Accompanied by his two sons, Leo and Greg and former Tour de France racer Magnus Backstedt, along with a number of others, the racing legend spent the night at the University. But before settling down for the night the team was treated to specialist sports massages by Kathryn and Janne, who graduated from the University of Worcester's Sports Therapy degree course this summer.

Twenty-two-year-old Kathryn said: "It was a fantastic opportunity to work with Nigel Mansell and his team. I treated one of his sons and another couple of team members." "It was great to put into practice what we had learned on the course." Janne added: "This was one of many great opportunities we had during the course. As the University is home to the BBL side Worcester Wolves, we did a lot of work with them, but also for other BBL teams as well."

Both Kathryn and Janne attended placements here in the UK and in America as part of the course to gain experience. "The course was really good, but very hard work," said Kathryn, from Stafford. "There were lots of opportunities to gain experience and I have now got a job at my local rugby club and also help out at my local university." Janne, aged 23, added: "I really enjoyed the course. I loved how it was so practical and very interesting."



Sports Therapy student presents at London conference

Dan Milton who has now graduated from the first cohort on the BSc (Hons) Sports Therapy at University of Worcester was chosen to present at this year's student conference. The conference was held at London Metropolitan University on 8th and 9th June 2010. Dan presented the findings from his final year independent study entitled Investigating the psychological effects of a rehabilitation programme on university level students. Only three other students presented their studies, so Dan should be proud that he was in such esteemed company.

Also presenting on the day was Prof Karim Khan who is a world renowned researcher and presenter. He is also the co-author of the key text on the sports therapy course "Clinical Sports Medicine".

Dan has now graduated from the Sports Therapy course and plans to spend this coming winter honing his skills in the Three Valleys ski resort of Courcheval. He has secured a position working as a sports therapist and massage therapist in the prestigious French Alps resort whilst also improving his snow boarding and French!

Dan is seen here with Prof Graham Smith, the Chairman of The Society of Sports Therapist. "I was astounded by the quality of all the student presenters. It's wonderful to see the standard of presentation skills and the ideas these young people have for their research."

The conference dinner was held at the Emirates Stadium, home of Arsenal Football Club, where Prof Greg Whyte spoke about his support in a number of celebrity challenges, including Christine Bleakley's cross Channel water skiing, David Walliams' swim across the Channel and most recently Eddie Izzard's amazing marathon feat.

The photo shows UW Sports Therapy staff Sally Smith (Course Leader) and Hollie Taylor (Lecturer) overlooking the Arsenal pitch.

What Dan said about the whole experience:

"I was ecstatic when I heard that I had been selected to present my independent study at the SST Student Conference 2010. I felt proud to be given the opportunity to publicly demonstrate the findings of my study to other recently graduated sports therapists and to the previous respected, well known speakers at the conference including Karim Khan and Jo Gibson. I really felt that the efforts of my third year had paid off!

"Initially I was sceptical about applying to present at the conference; I had doubts about my ability to present in front of a large amount of people and also the amount of time I had free to develop my potential presentation, especially when taking into account the amount of work I had to complete to finish my degree! I decided however to go ahead with the application as I recognised it was a very special opportunity.



"When I arrived at London Metropolitan University in June to present, I must admit the nerves kicked in immediately. However, after I had mounted the somewhat large presentation platform and shook Graham Smith's hand as he was introducing both myself and the title of my work, I settled in and thoroughly enjoyed presenting my study.

"After I had finished my presentation to a round of applause I realised that the extra added effort during my final year of university was fully worthwhile, and I would recommend it to any student thinking about applying to present in the future!"

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