

## MSc Sport Rehabilitation and Soft Tissue Therapy

### Programme Specification



1. Programme title	MSc Sport Rehabilitation and Soft Tissue Therapy
2. Awarding institution	Middlesex University
3a Teaching institution	Middlesex University
3b Language of study	English
4a Valid intake dates	Sept
4b Mode of study	FT/PT
4c Delivery method	<input checked="" type="checkbox"/> On-campus/Blended <input type="checkbox"/> Distance Education
5. Professional/Statutory/Regulatory body	N/A
6. Apprenticeship Standard	N/A
7. Final qualification(s) available	PG Cert Sport Rehabilitation and Soft Tissue Therapy PG Dip Sport Rehabilitation and Soft Tissue Therapy MSc Sport Rehabilitation and Soft Tissue Therapy
8. Academic year effective from	2023/24

<p><b>9. Criteria for admission to the programme</b></p> <p>Students will require an under graduate degree or UK equivalent in a sport, exercise science or therapy related field Lower Second Class or above. Students with undergraduate degrees in non-related areas may be considered subject to relevant industry experience, professional qualifications and interview and Upper Second-Class degree classification.</p> <p><b>Recognition of prior learning:</b> Applicants who do not meet this criterion may be eligible to enter the course on the basis of prior learning and experience in the area. Students applying on the basis of prior learning, must provide evidence of their knowledge, skill and ability to</p>
---

pursue this programme of study. This should be in the form of a career portfolio outlining and demonstrating your career path relevant to this course (including transcripts of any relevant results, statements of prior learning based on systematic reflection) and must be submitted with your application. See link: <https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning>

Entry is by application form and submission of relevant certificates/transcripts and personal statement.

Each application will be considered on an individual basis at the discretion of the Programme Team, whose decision is final.

Students will be required to complete UK recognised 1<sup>st</sup> Aid course by the end of the 1<sup>st</sup> Semester if accepted on the programme.

**International students:** All candidates are required to satisfy the English language requirement. Candidates whose first language is not English and who are presenting qualifications other than the Leaving Certificate may satisfy the requirement through the completion of the IELTS (International English Language Testing System) on the basis that they obtain a minimum band score 6.5 with average of 6.5 in each section at postgraduate level or an equivalent score of TOEFL (Test of English as a Foreign Language) or Cambridge, which denotes a very good skill level of English. It should be noted that these are the minimum requirements in English and Middlesex University may set higher requirements in each case.

## 10. Aims of the programme

The programme aims to:

1. Develop the fundamental and advanced skill sets necessary for the safe and effective assessment and treatment of musculoskeletal injuries using a variety of applied modalities and exercise techniques.
2. Equip students with advanced knowledge of anatomical and pathophysiological concepts, enabling them to effectively assess and treat injuries in the sport/exercise rehabilitation field.
3. Foster critical thinking skills in students, empowering them to analyse, interpret and apply current and alternative approaches in sports medicine to develop evidence-based treatment and rehabilitation programmes.
4. Provide students with opportunities to develop teamwork and communication skills, enabling them to work effectively as part of a multidisciplinary sports medicine team and independently.
5. Enable students to effectively interpret and critically analyse data from multiple disciplines, facilitating unbiased and informed decision-making in the field of sports medicine.
6. Develop students' ability to search for, evaluate, and apply relevant literature to inform best practice in injury rehabilitation and human performance.

<b>11. Programme outcomes*</b>	
<p><b>A. Knowledge and understanding</b></p> <p>On completion of this programme the successful student will demonstrate knowledge and understanding of:</p> <ol style="list-style-type: none"> <li>1. The anatomical and pathophysiological concepts involved in the assessment and treatment of injuries.</li> <li>2. The evidence-based application of soft tissue techniques and modalities for the treatment of injuries.</li> <li>3. The critical components involved in constructing and justifying rehabilitation programmes.</li> <li>4. The key components required to be effective as part of a multidisciplinary team.</li> <li>5. How to autonomously critically analyse research and practice within the field of rehabilitation.</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students gain knowledge and understanding through attending lectures, seminars, practical sessions, supervised clinical placement work and voluntary work.</p> <p>Online lectures, debates and presentation form an integral part of the learning process.</p> <p><b>Assessment methods</b></p> <p>Students' knowledge and understanding is assessed by a wide range of methods such as practical examinations, viva voce, presentations, clinical placement logbooks and coursework assignments.</p>
<p><b>B. Skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Objectively assess a client for injury and construct validated treatment planning.</li> <li>2. Conduct independent critical reviews of research and practice and apply them in the field of injury rehabilitation.</li> <li>3. Review client's needs, construct and deliver evidence-based rehabilitation programmes.</li> <li>4. Apply clinically reasoned soft tissue therapies and modalities in the treatment of injury.</li> <li>5. Communicate at an advanced level and expand upon complex or</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn skills through lectures, seminars, reflective practice, clinical placement work, practical sessions, peer review assessment, PDP work and independent study</p> <p><b>Assessment methods</b></p> <p>Students' skills are assessed by wide range of methods such and practical examinations, viva voce, presentations, clinical placement logbooks and coursework assignments</p>

contentious issues to a wider audience in sport rehabilitation.

6. Act independently in designing a research project that will further support evidence-based practice.

## 12. Programme structure (levels, modules, credits, and progression requirements)

### 12.1 Structure of the programme

MSc Sport Rehabilitation and Soft Tissue Therapy – Full Time						
SES4047	SES4048	SES4049	SES4062	SES4030	SES4013	SES4096
Client Assessment and Anatomy	Soft Tissue Therapy & Pathology	Therapeutic Skills	Rehabilitation and Programming	Research Methods	Placement	Dissertation (Research)
15 Credits	15 Credits	15 Credits	15 Credits	30 Credits	30 Credits	60 Credits
Term I (Oct-Dec)	Term I (Oct-Dec)	Term II (Jan-April)	Term II (Jan-April)	Term I & II (Oct – April)	Term II & III (Jan-Sept)	Term II & III (Jan-Sept)
Core	Core	Core	Core	Core	Core	Core

MSc Sport Rehabilitation and Soft Tissue Therapy – Part Time						
Year I				Year II		
SES4047	SES4048	SES4049	SES4062	SES4030	SES4013	SES4096
Client Assessment and Anatomy	Soft Tissue Therapy & Pathology	Therapeutic Skills	Rehabilitation and Programming	Research Methods	Placement	Dissertation (Research)
15 Credits	15 Credits	15 Credits	15 Credits	30 Credits	30 Credits	60 Credits
Term I (Oct-Dec)	Term I (Oct-Dec)	Term II (Jan-April)	Term II (Jan-April)	Term I & II (Oct – April)	Term I, II & III (Oct to Sept)	Term I, II & III (Oct - Sept)
Core	Core	Core	Core	Core	Core	Core

Post Graduate Diploma in Sport Rehabilitation and Soft Tissue Therapy					
SES4047	SES4048	SES4049	SES4062	SES4030	SES4013
Client Assessment and Anatomy	Soft Tissue Therapy & Pathology	Therapeutic Skills	Rehabilitation and Programming	Research Methods	Placement
15 Credits	15 Credits	15 Credits	15 Credits	30 Credits	30 Credits
Term I (Oct-Dec)	Term I (Oct-Dec)	Term II (Jan-April)	Term II (Jan-April)	Term I & II (Oct – April)	Term II & III (Jan-Sept)
Core	Core	Core	Core	Core	Core

Post Graduate Certificate in Sport Rehabilitation and Soft Tissue Therapy			
SES4047	SES4048	SES4049	SES4062
Client Assessment and Anatomy	Soft Tissue Therapy & Pathology	Therapeutic Skills	Rehabilitation and Programming
15 Credits	15 Credits	15 Credits	15 Credits
Term I (Oct-Dec)	Term I (Oct-Dec)	Term II (Jan-April)	Term II (Jan-April)
Core	Core	Core	Core

<b>12.2 Levels and modules</b>		
Level 7		
<b>Compulsory</b>	<b>Optional</b>	<b>Progression requirements</b>
Students must take all the following: <ol style="list-style-type: none"> <li>1. Client Assessment and Anatomy</li> <li>2. Soft Tissue Therapy &amp; Pathology</li> <li>3. Therapeutic Skills</li> <li>4. Rehabilitation and Programming</li> <li>5. Placement</li> <li>6. Research Methods</li> <li>7. Dissertation (Research)</li> </ol>		Students must complete Research Methods before progressing onto Dissertation (Research)

<b>12.3 Non compensatable modules</b>	
<b>Module level</b>	<b>Module code</b>
No module may be compensated.	

<b>13. Information about assessment regulations</b>
<p><i>This programme will run in line with general University Regulations:</i></p> <ul style="list-style-type: none"> <li>• Middlesex University Regulations 2022/23</li> </ul>

<b>14. Placement opportunities, requirements and support (if applicable)</b>
<p>Students are expected to cover 150hrs of placement under the supervision of a suitably qualified Industry professional. The University will support students in the application to potential placements through feedforward and feedback sessions. Placement opportunity in a teaching and learning clinic, through events and industry links maybe provided by the Institute. It is typical that interviews will be required for popular placements; therefore, the University offers no guarantee of provision.</p>

<b>15. Future careers / progression</b>
<p>Fulltime and part-time career opportunities exist within professional and semi- professional sports organisations across the UK and worldwide. Most sport teams nowadays require a specialist with knowledge of the rehabilitation on either a part-time or full-time basis dependent on their level of competition.</p>

Opportunities also exist in the field of exercise rehabilitation with, national sports organisations, private clinics and health and fitness. Graduates will also be capable of progressing on to additional study/research including MPhil/PhD. Students will learn skill sets which they legally may not be able to practice dependent on primary degree, licensing, and insurances.

#### **16. Particular support for learning**

The majority of course content can be accessed off site via the University MyUniHub platform, where lecture notes, reading material and journals are available.

The University provides library facilities and Academic Writing and statistical support which can be accessed via MyUniHub.

Students away from campus will be able to access campus restricted software remotely using remote client software and virtualisation software.

The Disability and Dyslexia team are available to assist students who may have a condition that effects their study. For our international students, English Support is available for those with English as a second language.

The University has a range of support services designed to aid all students on their academic journey.

#### **17. HECos code(s)**

**100475**

#### **18. Relevant QAA subject benchmark(s)**

Hospitality, Leisure, Sport and Tourism (2019)

#### **19. Reference points**

Internal Documentation:

- MU Learning and Quality Enhancement Handbook 2022/23
- Middlesex University Regulations 2022/23

External Documentation:

- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA
- QAA Characteristics Statement for Master's degrees

#### **20. Other information**

All students will require access to a computer and the internet to access course content. Furthermore, it is suggested that all students have access to a webcam with good quality sound to ensure they receive the best learning experience.

Students will be required to attain 1<sup>st</sup> Aid certified before the end of the 1<sup>st</sup> semester of the programme.

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 s/he takes 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.

## 21. Curriculum map for MSc Sport Rehabilitation and Soft Tissue Therapy

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

### Programme learning outcomes

Knowledge and understanding	
A1	The anatomical and pathophysiological concepts involved in the assessment and treatment of injuries.
A2	The evidence-based application of soft tissue techniques and modalities for the treatment of injuries.
A3	The critical components involved in constructing and justifying rehabilitation programmes.
A4	The key components required to be effective as part of a multidisciplinary team.
A5	How to autonomously critically analyse research and practice within the field of rehabilitation
Skills	
B1	Objectively assess a client for injury and construct validated treatment planning.
B2	Conduct independent critical reviews of research and practice and apply them in the field of injury rehabilitation.
B3	Review client's needs, construct and deliver evidence-based rehabilitation programmes.
B4	Apply clinically reasoned soft tissue therapies and modalities in the treatment of injury.
B5	Communicate at an advanced level and expand upon complex or contentious issues to a wider audience in sport rehabilitation.
B6	Act independently in designing a research project that will further support evidence-based practice

Programme outcomes												
A1	A2	A3	A4	A5		B1	B2	B3	B4	B5	B6	
Highest level achieved by all graduates												
7	7	7	7	7		7	7	7	7	7	7	



Module Title	Module Code All Level 7	A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6
		Client Assessment and Anatomy	SES4047	X		X	X		X		X	
Soft Tissue Therapy & Pathology	SES4048	X	X				X			X	X	
Therapeutic Skills	SES4049		X		X		X			X	X	
Rehabilitation and Programming	SES4062	X		X			X	X	X		X	
Placement	SES4013	X	X	X	X		X	X	X	X	X	
Research Methods	SES4030					X		X			X	X
Dissertation (Research)	SES4096					X					X	X