

Sport Rehabilitation BSc (Hons)

UCAS Code: C602 | Duration: 3 years | Full-time | Hope Park | 2024/2025

Placement year opportunities available



Course Overview

Our Sport Rehabilitation course provides you with the theoretical knowledge and a broad range of applied skills required to undertake the role of a sport rehabilitation professional. You will learn to improve health and function in elite athletes and in populations with injury, illness and disease and so positively contribute to improving public health. Throughout the course you will be taught by an interdisciplinary team of research-active academics and practitioners, with teaching and research interests across a broad spectrum of sport and exercise science, sport injuries, and rehabilitation.

Studying Sport Rehabilitation at Liverpool Hope University gives you an in-depth understanding of current theories and principles in sport injuries including: exercise physiology, clinical musculoskeletal anatomy, motor control and sport biomechanics, exercise & sport performance, sport psychology, exercise prescription, and principles of rehabilitation and injury management.

Furthermore, the course will equip you with a comprehensive range of laboratory measurement skills to enhance your learning experience in the practical aspects of sport rehabilitation. The University will assist in organising placements in a variety of settings (e.g. sports injury and physiotherapy clinics, sports clubs, fitness centres, rehabilitation centres, physical activity and health promotion units) to provide you with a better degree by means of experience, skills, industry knowledge and professional network. You are also encouraged to identify and organise some voluntary work placements yourself.

Entry Requirements

The standard offer level is 112 UCAS tariff points. Applicants should be studying towards an A level or equivalent in Sport, P.E. or a Science subject. Offers will be subject to a Health Check Statement and an Enhanced Disclosure from the Disclosure and Barring Service.

BSc (Hons) Sport Rehabilitation is recognised by the British Association of Sport Rehabilitators and Trainers (BASRaT). Upon completion of the degree students will be eligible to apply for full BASRaT membership and bestow the title of Graduate Sport Rehabilitator (GSR) and entering onto the Professional Standards Authority (PSA) in Health and Social Care Accredited Voluntary Register.

Fees and Additional Costs

The tuition fees for 2024/2025 are £9,250 for full-time undergraduate courses.

We advise you to consider the cost of the books that will be suggested as key reading/reference books. We suggest setting aside around £250 for purchases. You are expected to pay for uniforms, which are required throughout the duration of study. In addition, you may incur other expenses in relation to some placements.

You will also need to consider the cost of your accommodation whilst you study at university.

Visit our accommodation webpages for further details about our Halls of Residence: www.hope.ac.uk/halls/

Applicants will need access to a computer if course delivery is switched to online. The University has a laptop lending service if remote study is necessary.



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Sports Rehabilitation BSc (Hons) Curriculum

Year One

Your first year will introduce you to the key disciplines that underpin Sport & Exercise Science including; functional and musculoskeletal anatomy and kinesiology, sport & exercise physiology, sport massage, sport biomechanics, psychological factors for sports performance and rehabilitation, the relationship between physical activity/exercise prescription and health parameters, research methods.

All these fundamental areas of study will be underpinned by gaining a significant amount of “hands-on” experience and applied skills in the first-class Sport & Exercise Science laboratories. You will also be introduced to the essential transferable skills for success in your degree and future careers. At the end, you will have gained essential skills in researching, problem solving, academic writing and referencing, numeracy, and data analysis.

Year Two

In your second year, will you build on your foundational knowledge to further injury assessment skills, intervention techniques, biomechanics of sports

performance and training principles, with a view of understanding the main underlying mechanisms in common sport injuries. You will then gain further understanding of how this multidisciplinary knowledge can be used for designing and developing effective and evidence-based exercise and rehabilitation programmes. In this year, you will advance in gaining clinical skills by means of placements and further understanding of research methods applied to the field of sport science, sport rehabilitation and sport injuries.

Year Three

In your final year, you will be introduced to more advanced clinical skills in musculoskeletal assessment, principles of exercise and sport rehabilitation, and common sport injury treatment modalities. Three other major study elements of this year will include advanced research methods, supervised dissertation research project, and clinical/vocational placements.

In addition, you will undertake the Pre-Hospital Immediate Care in Sport Level 2 course as part of your programme.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where students are taught in larger groups, seminars and practical sessions of groups of around 15-20 students, tutorials of small groups (usually 10 students), and vocational/clinical placements. You will also have practical sessions at Plas Caerdeon, the University's Field Centre in Snowdonia National Park, Wales. You will also have a one-to-one meeting with your tutor each week.

In your first year of study there are approximately 12 teaching hours each week, which reduces to approximately 10 teaching hours in your second and third years.

On top of teaching hours, you are also expected to spend a number of hours studying independently each week, as well as studying in groups to prepare for any group assessments that you may have.

ASSESSMENT AND FEEDBACK

Throughout your three years of study you will have a number of assessments, individual and group presentations, laboratory reports, portfolios, practical tests, case studies, and clinical placement assessment. In your final year you complete a dissertation research project.



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