

# MSc Sports Medicine, Exercise and Health



## Programme Overview

The MSc in Sports Medicine, Exercise and Health based at the Liverpool Hope University is designed to provide you with a broad understanding of sports and exercise medicine, principles of musculoskeletal injury management and rehabilitation, the vital role of physical activity in promoting health and prevention of musculoskeletal and chronic disease, and fundamental aspects of exercise physiology and sports biomechanics.

This will develop students' future career potential in many areas including elite sports, sports and musculoskeletal clinics, exercise medicine and exercise prescription services, public health, and NHS services. This programme will provide a good scientific foundation for students who are academically motivated to continue with further education towards MPhil and PhD.

## Why choose Liverpool Hope?

Over the past few years, Liverpool Hope University has invested substantially in the facilities to create purpose built environments for delivering high quality programmes in relevant fields including comprehensive sport and exercise laboratories, well-equipped sporting amenities including gym and strength and conditioning suites, on-site clinical facilities, and a broad range of outdoor facilities. These facilities together with existing partnerships with professional clubs, private sport injury clinics, Swim England, British Judo, and English Institute of Sport (EIS) provide a productive, research-informed learning and teaching environment for students.

## Key Information

**Award:** PG Certificate [For students who complete 60 credits].

PG Diploma [For students who complete 120 credits].

MSc [For students who complete 180 credits including research project].

**Study Mode:** Part-Time and Full-Time.

**Duration:** 1 year Full-Time, 2 years Part-Time.

**Intake:** Annually in October

**Entry Criteria:** At least a 2.1 Honours degree or equivalent. An IELTS score of at least 6.5 with a minimum score of 6.0 in each component (or equivalent qualification) is required for students who do not have English as their first language. Successful applicants will also be asked to complete a Disclosure and Barring Service (DBS) check. All suitable applicants will be interviewed.

**Fees and Funding:** For tuition fee information, please go to the Student Finance pages at [www.hope.ac.uk/postgraduate/feesandfunding](http://www.hope.ac.uk/postgraduate/feesandfunding)

**School:** School of Health Sciences.

### Contact Details:

Student Recruitment,  
[enquiry@hope.ac.uk](mailto:enquiry@hope.ac.uk)

[www.hope.ac.uk/postgraduate/postgraduatecourses/sportsmedicineexerciseandhealthmsc/](http://www.hope.ac.uk/postgraduate/postgraduatecourses/sportsmedicineexerciseandhealthmsc/)

*Disclaimer: Information is correct at time of print, however programme details can change.*



**LIVERPOOL  
HOPE  
UNIVERSITY**

## CONTACT

T: +44 (0)151 291 3111

E: [enquiry@hope.ac.uk](mailto:enquiry@hope.ac.uk)

[www.hope.ac.uk](http://www.hope.ac.uk)

## Curriculum

The programme has a balanced content making it a suitable course for students with diverse backgrounds and broad future career prospects. The programme offers a multidisciplinary curriculum including assessment and management of sports injuries, injury prevention, musculoskeletal anatomy, sport biomechanics, exercise physiology and psychology, as well as the fundamentals of exercise and physical activity in maintaining and improving health in special populations and common clinical conditions. Furthermore, students will develop essential practical and research skills through an independent research project.

The programme entails core modules (totaling 120 credits) and a research project (60 credits). Clinical and non-clinical teaching sessions are spread over the year by means of one and half days a week. Upon successful completion of 180 credits, you will be awarded a MSc in Sports Medicine, Exercise and Health. Upon successful completion of 120 credits, you will be awarded a Postgraduate diploma in Sports Medicine, Exercise and Health. A stand-alone Postgraduate Diploma (120 credits, full-time nine months excluding research project) is also offered.

- Functional Sports and Musculoskeletal Anatomy
- Exercise Physiology
- Biomechanical techniques in human health and performance
- Physical Activity and Health
- Sports Injuries (Lower Limb, Upper Limb, Head, Neck and Spine)
- Sports Injury Prevention

- Rehabilitation of Sports Injuries
- Research Methods
- Dissertation/report (all MSc students are required to complete an independent research project, which concludes in a dissertation, an oral examination and a presentation)

Please note this curriculum overview is indicative as the information is published a long time in advance of 2021 enrolment and therefore content is subject to change.

## Teaching and Research

The programme has a balanced content making it a suitable course for students with diverse backgrounds and broad future career prospects. The programme offers a multidisciplinary curriculum including assessment and management of sports injuries, injury prevention, musculoskeletal anatomy, sport biomechanics, exercise physiology and psychology, as well as the fundamentals of exercise and physical activity in maintaining and improving health in special populations and common clinical conditions. Furthermore, students will develop essential practical and research skills through an independent research project.



## Future Career Opportunities

This programme will provide graduates with more profound understanding into the key areas of sports injury prevention and management, health and physical activity and exercise physiology. Graduates will gain a valuable insight for prescribing exercise safely for a range of special populations, injuries, medical conditions, and chronic diseases. This will prepare them for potential work in many areas including elite sports medicine, professional sport clubs, private musculoskeletal clinics, exercise medicine and health promotion services, and the NHS. Students have unrivalled access to guest speakers, all experts in their own field locally, nationally and internationally for career advice and potential opportunities.



**LIVERPOOL  
HOPE  
UNIVERSITY**

## CONTACT

T: +44 (0)151 291 3111  
E: [enquiry@hope.ac.uk](mailto:enquiry@hope.ac.uk)  
[www.hope.ac.uk](http://www.hope.ac.uk)