

# Sport Rehabilitation BSc (Hons)

UCAS Code: C602 | Duration: 3 years | Full-time | Hope Park | 2025/2026

Placement year opportunities available



## Course Overview

Our Sport Rehabilitation degree provides you with the theoretical knowledge and applied skills required for undertaking the role of a Sport Rehabilitation professional. You will learn to improve health and function in people with injury, illness and disease, from amateur to elite, and to positively contribute to improving public health.

Throughout the course you will be taught by experienced and registered Graduate Sport Rehabilitators, Sports Physiotherapists and a wide range of research-active academics in the field of Sport Rehabilitation.

This programme has a particular focus on practical skills, facilitated by teaching in small group practical sessions within our bespoke clinical rooms, strength & conditioning suite, biomechanics facility and exercise physiology laboratory.

Studying Sport Rehabilitation at Liverpool Hope University gives you an in-depth understanding of current theories and principles in sport injuries and rehabilitation including:

- Clinical musculoskeletal anatomy
- Principles of rehabilitation and injury management
- Screening and injury prevention
- Massage, manual therapy, taping and strapping techniques
- Return to sport performance
- Exercise prescription.

## 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 Register.*

## Fees and Additional Costs

The tuition fees for 2025/2026 are £9,535 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/](http://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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## CONTACT

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# Sports Rehabilitation

## BSc (Hons) Curriculum

### Year One

#### Functional anatomy and kinesiology

Providing the foundations of understanding human movement by understanding the muscles, bones, and soft tissues that coordinate movement patterns underpinning sports performance.

#### Clinical Massage

Understanding, demonstrating and practising the clinical skill of sports massage covering all of the various techniques.

#### Musculoskeletal Assessment

Building upon knowledge and understanding of anatomy to be able to clinically reason a variety of clinical tests to identify common injuries and pathologies found in sport and the general population.

Further topics studied include:

- Introduction to sports psychology
- Exercise physiology
- Fundamentals of biomechanics
- Physical activity and health
- Study skills & research methods.

### Year Two

#### Injury Diagnosis

This topic further develops clinical assessment skills to incorporate advanced knowledge and understanding of injuries and how to clinically assess for these.

#### Musculoskeletal Interventions

This area will develop student's intervention skills to include spinal and peripheral joint mobilisations as well as taping and strapping and muscle energy techniques.

#### Principles of Exercise Prescription

Students will use clinical reasoning skills to apply different types and

degrees of exercises to create clinically appropriate progressive exercise rehabilitation strategies to benefit a range of injuries in a variety of patients.

Further topics studied include:

- Sport Psychology
- Physiology of exercise training
- Training programme design
- Sport Biomechanics
- Physical Activity, Health & Health Promotion
- Study skills & research methods.

### Year Three

#### Screening for Injury Prevention

Students will learn evidence-based screening strategies and accompanying exercise strategies to decrease the risk of injury in individuals.

#### Pre-Hospital Immediate Care in Sport

All aspects of immediate pre-hospital care and management are covered including medical emergencies, shock, thoracic injuries, head injuries, cardiac arrest, acute fracture and spinal injury.

#### Advanced Exercise Prescription and Biomechanics

Students develop their knowledge, skills and practise by combining these essential areas to develop return to play strategies from early stage rehab to Return to Play.

Further topics studied include:

- Advanced Clinical Interventions
- Physical Activity, Exercise & Health
- Science of Sport Coaching
- Paediatric Exercise Science
- Applied Sport Biomechanics
- Research Dissertation.

## 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 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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