

Sport Rehabilitation BSc (Hons)

UCAS Code: C602 | Duration: 3 years | Full-time | Hope Park | 2026/2027

Accredited | Work placement opportunities



Course Overview

Our Sport Rehabilitation degree gives you the needed knowledge and skills to work as a Sport Rehabilitation professional. You'll learn how to improve health and function for people with injuries, illnesses, and diseases. This includes everyone, from beginners to top athletes. This degree also aims to improve public health.

You will be taught by skilled and registered Graduate Sport Rehabilitators, Sports Physiotherapists, and active researchers in Sport Rehabilitation and Sport and Exercise Science. The course focuses on practical skills. You will work in small groups in our specialised clinical rooms, strength and conditioning suite, biomechanics facility, and exercise physiology lab. You'll also get to apply your knowledge in real-life settings through placements.

Studying Sport Rehabilitation at Liverpool Hope University will deepen your understanding of theories and principles related to 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

To earn BASRaT accreditation, you will study the physiology, psychology, and biomechanics of sport and exercise. You'll also learn research skills and data analysis.

Entry Requirements

The standard offer level is 120 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 2026/2027 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/

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.



**LIVERPOOL
HOPE
UNIVERSITY**

1844



CONTACT

T: +44 (0)151 291 3000

E: enquiry@hope.ac.uk

www.hope.ac.uk

Sports Rehabilitation

BSc (Hons) Curriculum

Year One

Clinical Skills in Sport Rehabilitation

This module provides the foundations for understanding the assessment and management of musculoskeletal conditions. You will develop knowledge of the structure and function of the musculoskeletal system, including its anatomy, assessment, diagnosis, and treatment of common pathological conditions.

Core Studies in Sport and Exercise

This module builds a strong foundation in research skills and sport psychology, which are essential in the context of a sport rehabilitation degree. You will learn the basic methods of designing studies, collecting and analysing data, and presenting findings.

Fundamentals in Sport and Exercise Anatomy and Physiology

This module introduces the fundamentals of anatomy, physiology, and movement science. Adopting a systems approach, you will study areas such as the lungs and gas exchange, the heart and cardiac function, and muscle physiology.

Fundamentals in Movement, Health and Performance

In this module, you will study the relationship between human movement, sports performance, and rehabilitation. You will explore motor control, investigating how skilled movement is produced, learned, and developed.

Year Two

Injury Diagnosis

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

Musculoskeletal Interventions

Building upon clinical interventions such as massage, 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

Considering common injuries, students will develop skills in early, mid and late stage exercise prescription in rehabilitation.

Sport Psychology

You will study applied aspects of sports psychology such as aggression, attribution and coach-athlete relationships.

Physiology of exercise training

With a focus on the physiology of cardiac function and aerobic function, you will

understand adaptations to exercise training and the measurement of key parameters such as cardiac output, lactate threshold and maximal oxygen uptake.

Training programme design

You will learn about the fundamental principles of strength, speed and agility training and how to programme them within an overall training or rehabilitation programme.

Sport Biomechanics

Through practical sessions in the purpose-built laboratory and a lecture series, you will develop your skills and knowledge in kinematic analysis, with an emphasis on gait analysis and measurement of muscle.

Physical Activity, Health and Health Promotion

You will develop your understanding of the relationship between physical activity and health to examine the effectiveness of different health promotion campaigns to promote physical activity across a range of different communities and environments, such as disability, minority groups and the workplace.

Study skills and research methods

In your second year you will start to plan for your final year research project. From developing a research proposal to evaluating your data through statistical analysis you will be supported to produce the best possible dissertation.

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

Students will complete this advanced 'first aid' course which is endorsed by the Royal College of Surgeons Edinburgh – this standalone qualification is essential to anyone wanting to work in professional sport and is a pre-requisite for gaining registration with BASRaT.

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.

Advanced Clinical Interventions

Students will further develop their understanding and practical clinical intervention skills to an advanced level to enable them to create effective injury management plans.

Physical Activity, Exercise and Health

You will study best practice in prescribing exercise for the promotion of health in a range of different diseased and healthy populations, such as diabetes, osteoporosis, pregnancy and children.

Science of Sport Coaching

A scientific view of structuring and programming training, considering issues such as screening, age, sex, recovery, sleep and concurrent training.

Paediatric Exercise Science

Understanding growth, development, physical literacy, issues of maturation and the physiology of training and overtraining in children and adolescents.

Applied Sport Biomechanics

Based predominantly in the human movement laboratory, you will utilise motion capture and force-plate analysis to learn how to produce a 3-D analysis of sports performance and technique analysis.

Research Dissertation

An independent research project with the purpose of discovering new findings in the field of Sport Rehabilitation.

COURSE STRUCTURE

Teaching on the Sport Rehabilitation degree is delivered through a combination of lectures, where students are taught in larger groups, alongside seminars and practical sessions in smaller groups of around 15–20 students. You will also gain hands-on experience through vocational and clinical placements, as well as practical sessions at Plas Caerdeon, the University's Field Centre in Snowdonia National Park, Wales.

In your first year, you will typically have around 12 teaching hours each week, which reduces to approximately 10 hours in your second and third years. Alongside structured teaching, you are expected to dedicate additional time to independent study and to completing your clinical placements.

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.