

# MSC SPORT AND EXERCISE REHABILITATION

## Institute of Health

|                             |   |   |     |
|-----------------------------|---|---|-----|
| <b>Academic Level:</b>      | 7   | <b>Credits:</b>                         | 180 |
| <b>UCAS Code:</b>           | Not applicable  |   |     |
| <b>Awarding Body:</b>       | University of Cumbria   |   |     |
| <b>Delivery Site:</b>       | Lancaster   |   |     |
| <b>Programme Length:</b>    | Standard registration period (full time) - 1 year<br>Maximum registration period - 4 years  |   |     |
| <b>Mode of Delivery:</b>    | Face to Face  |   |     |
| <b>Pattern of Delivery:</b> | Full time   |   |     |
|                             | Total weeks of study:   | 42 weeks                                |     |
|                             | Delivery pattern:   | Weeks: 5-16, 23-29, 33-47               |     |
|                             | Standard semester dates:  | Yes                                     |     |
| <b>Placement:</b>           | 100 hours   |   |     |
| <b>PSRB:</b>                | Not applicable  |   |     |
|                             | Date of accreditation:<br>Not applicable  | Accreditation period:<br>Not applicable |     |
| <b>Programme Webpage:</b>   | <a href="https://www.cumbria.ac.uk/study/courses/postgraduate/msc-sport-and-exercise-rehabilitation/">https://www.cumbria.ac.uk/study/courses/postgraduate/msc-sport-and-exercise-rehabilitation/</a> |   |     |

### Entry Criteria

The University's standard criteria for admissions apply. Please refer to the [Applicant Information](#) pages of the University website for more information. For [APL](#), please refer to the University website. Detailed criteria for admission to this programme can be found on the programme webpage.

## PROGRAMME AIMS AND OUTCOMES

### Programme Aims

By the end of this programme you will be able to:

1. Demonstrate and apply an in-depth knowledge and understanding of relevant multidisciplinary issues and debates at the forefront of sport and exercise rehabilitation and professional development beyond undergraduate level
2. Show a critical understanding of the application of technical equipment in the diagnosis and treatment of complex and specialist musculoskeletal injury and client/patient needs
3. Display advanced clinical reasoning of knowledge and the application of skills in conducting manual therapeutic techniques and exercise prescription to treat and prevent injuries in different sport and exercise environments innovatively
4. Critically apply scientific knowledge to practice and analyse best practice in real-world environments and demonstrate an appreciation of professional practice and personal development within the workplace
5. Critically analyse, synthesise and interpret research evidence in the completion of an extensive piece of independent applied research that informs practice and communicate findings to a professional sport and exercise audience

### Programme Outcomes – Knowledge and Understanding

The programme provides opportunities for you to develop and demonstrate the following:

**After 60 credits of study (PGCert) you will be able to:**

**K1.** Demonstrate comprehensive knowledge and practical skills of the current theories and contemporary techniques applied to sport and exercise rehabilitation

**K2.** Display advanced knowledge of the role, requirements and limits in undertaking applied sport and exercise rehabilitation work.

**After 120 credits of study (PGDip) you will be able to:**

**K3.** Critically appraise the efficacy and limitations of contemporary, interdisciplinary and multidisciplinary, applied methodologies and techniques used to assess and evaluate sport and exercise rehabilitation

**K4.** Critically appraise quantitative and qualitative methods of data collection appropriate to scientific study and vocational practice in sport and exercise rehabilitation and apply, analyse and interpret data accurately.

**After 180 credits of study (MSc) you will be able to:**

**K5.** Independently synthesise scientific information and apply advanced theoretical concepts, principles and practical applications to an original scientific research project in a relevant sport and exercise rehabilitation field

### **Programme Outcomes – Skills and other Attributes**

The programme provides opportunities for you to develop and demonstrate the following:

**After 60 credits of study (PGCert) you will be able to:**

**S1.** Demonstrate effective design, communication and implementation of interventions underpinned by scientific theory and clinical reasoning in a practical setting

**S2.** Have a sound understanding of risk assessments, and health and safety issues associated with the conducting of rehabilitation techniques and exercise prescription for athletes

**S3.** Work autonomously to apply a range of laboratory and/or field techniques and/or practical assessment skills that relate to applied sport and exercise rehabilitation

**After 120 credits of study (PGDip) you will be able to:**

**S4.** Evaluate and reflect upon individual practice in order to plan effectively for continuing professional development

**S5.** Demonstrate advanced skills in constructing, delivering and evaluating exercise rehabilitation programmes that effectively and efficiently meet the performance needs of a range of athletes

**S6.** Competently plan and design programmes for the assessment of sporting movement related to injury risk using specialist equipment, clinical skills and industry standard performance techniques software

**After 180 credits of study (MSc) you will be able to:**

**S7.** Display advanced skills of research design, implementing interventions and interpreting data in an applied sport and exercise rehabilitation context, and clearly communicate it to specialist and/or non-specialist audiences

**S8.** Demonstrate key transferable and professional skills appropriate for employment in the sport, exercise, education and health sectors, and wider employment market

## PROGRAMME FEATURES

### Programme Overview

#### Introduction

This programme is ideal for anyone who wishes to study Sport and Exercise Rehabilitation at a postgraduate level and who also seeks to develop the skills required to work in the sport and exercise sector. This innovative one-year programme has been designed to develop the academic and professional knowledge and skills needed by physiotherapy professionals, or allied health professionals, to practice in the sport and exercise environment. For those of you who are currently working in practice that wish to specialise working in a sport and exercise environment a part-time pathway of study may be negotiated with the academic team. You will have the opportunity to specialise in musculoskeletal injuries and exercise rehabilitation, enabling you to work within high performance sport, as well as the NHS and clinical practice. The programme includes discipline-related and research-related modules delivered in traditional University environments and a substantial independent applied practitioner research project involving a discipline and placement opportunity of your choice. Therefore, a key component of the programme involves exposure to real-world settings. Importantly, this allows the application of theory into practice and will provide you with the opportunity to develop your theoretical knowledge and practical skillset. You will then have the ability to apply this into practice, as well as to develop your communication and interpersonal skills required to work with others and enhance your employability. Professional mentors and supervisors who are experienced at working in applied settings will help support you to gain experience in your chosen discipline.

#### What will be studied

The underpinning disciplines of Therapeutic Techniques, Exercise Rehabilitation and Conditioning, and Injury Screening and Prehabilitation are applied to the subjective and objective evaluation and analysis of athletes to aid recovery and prevention against injury. This will be carried out through undertaking clinical and physical tests and assessments and interpreting data and information gathered in order to enhance athlete rehabilitation and performance. This will be learnt and developed through modules that cover an array of applied manual therapeutic techniques, including soft tissue skills, as well as functional rehabilitation and pathophysiology of treatment techniques, and multidisciplinary support for sport and exercise in Semester 1. In Semester 2, spinal and pitch-side trauma management techniques will be complimented with the study of athletic strength and conditioning, as well as screening and injury prevention. Finally, you will conduct an applied practitioner project throughout your programme of study.

#### Key features of the programme

The MSc Sport and Exercise Rehabilitation is an exciting opportunity for graduates with a relevant Physiotherapy or similar based BSc (Hons) degree to develop your knowledge of sports science and injuries, as well as critical thinking skills, in order to further your career within your specialist profession.

As part of the programme, you will have the opportunity to take part in additional courses and qualifications to enhance your CV, including Rocktape FM1 and the Pre-Hospital Immediate Care in Sport (PHICIS) Level 2 Course. These are industry leading qualifications for professional working in elite sport and are integrated into your programme at no additional cost.

Furthermore, you will have the opportunity to apply new knowledge and skills learnt into action by undertaking an extended applied practitioner project in a discipline of your choice. You will be able to take advantage of our key partnerships, including with professional and academy level clubs from sports such as Football, Rugby, Athletics, Hockey, Cycling, Golf, Dance and Outdoor sports, to provide research underpinned intervention strategies to enhance athletes, whether directed to aid injury rehabilitation, prevention or performance.

This intensive programme of study will enable you to reach your career goal within one calendar year rather than the more typical two years offered in relatable MSc programmes. The programme is designed to ensure that you graduate with an advanced knowledge and skills to work in the highest sectors of the sports industry, whilst also developing a critical approach to clinical practice and a wide range of transferrable interpersonal skills, all of which are in high demand from employers. The aim of the MSc Sport and Exercise Rehabilitation programme is to produce graduates who will be at the forefront of sports injury management, leading the way for the establishment of new and exciting innovations in sector.

### **Specialist equipment available to students**

Your teaching will take place in our specially designed sport and exercise rehabilitation facilities. This includes the Sports Injury Clinic, Functional Rehabilitation and Strength and Conditioning Suite, as well as human performance laboratories. The Institute also benefits from a range of cutting-edge equipment such as focused shockwave for injury treatment, as well as various biomechanical based techniques used to analyse human movement which you will be able to use to screen for and prevent against injury.

### **Work placements**

As part of your applied practitioner project you will undertake 100-hour vocational placement. This will provide you with the opportunity to apply the theory and practitioner skills developed on your programme into practice in a real work environment and in line with your career aspirations. Placements will be negotiated between you and the programme placement lead, as well as the module leader, to help ensure that you gain the experience and opportunities you need to meet your

aims and objectives for the module as well as links to your own personal career aspirations. You will receive support and guidance throughout by the module leader, as well as having additional discipline-specific expertise from your placement supervisor. You will be encouraged to source your own placements. If needed, placements will be available through partner providers though there may be less flexibility in when and where these are undertaken. Where possible, placements are sourced in local settings and within commute using public transport. Although this may not always be possible, opportunities may arise further away and could incur travel and accommodation costs.

Previous placements have taken place in a diverse range of organisations which have included:

- Professional sports clubs
- Sports Injury & Rehabilitation Clinics
- Multidisciplinary Clinics
- Gyms and leisure centers

### **An Applied Learning Experience**

Your employability and vocational skills will be developed throughout your degree through a blend of education, research-based learning and applied experience in a sport and exercise rehabilitation context. Modules will deliver high quality profession-specific training which will develop your knowledge and understanding of contextual awareness of complex and dynamic situations. The emphasis on experiential learning through its applied and vocational nature, particularly in your applied practitioner project, will enable you to develop advanced professional skills relevant for working in the sport sector. Overall, your employability skills are developed throughout the course with individual and group-based exercises that require design, planning, analysis and evaluation within a theoretical and practical context.

Programme delivery utilises a range of applied learning strategies with a strong emphasis on the skills and practices involved in sport and exercise rehabilitation, alongside an understanding of vocational practice in a sporting context. As most of the work is practitioner based, the majority of learning will be on a face-to-face basis, however, this will be supported by online material made extensively available through a virtual learning environment (Blackboard) throughout the programme. You will be assessed through a variety of practical and oral assessments, as well as written assignments and competency skills assessments. This will enable you to demonstrate your practical skillset as well as theoretical underpinning and critical analytical skills in applying and evaluating techniques in a variety of a situations linked to a sporting context. The applied practitioner project is a culmination of the development of all these skills, conducted in a self-selected, vocational placement environment.



The programme includes a strong focus on employability and personal enhancement during which you will develop core skills required for working within a sport and exercise rehabilitation context which includes:

- The development of more advanced problem solving, critical thinking, analytical and evaluative skills, emotional intelligence, leadership, confidence, inter-professional working, ability to build relationships, and lifelong learning will feature strongly throughout many of the modules at each level of the programme
- Highly developed communication skills to provide feedback and work with members of a multidisciplinary sports team, providing carefully disseminated and clearly presented data and information
- Sporting clinical and technical expertise
- Sport and exercise rehabilitation manual therapeutic techniques, functional sports rehabilitation exercise prescription and strength and conditioning, and injury screening and prevention techniques, supported by data and information collection, analysis interventions
- Competent use of therapeutic equipment and technology for the conducting of injury screening, rehabilitation and performance

You will make links with the careers team to discuss your skill development and to help you reflect on how these link to your employability and graduate skills. This will provide you with the opportunity to identify, reflect on, and improve personal and professional strengths related to career development in sport and exercise rehabilitation. This employability focus will allow you to develop and demonstrate practical competencies, communication and interpersonal skills, professionalism, organisation, time management, and presentation skills.

Successful completion of the programme will prepare you for a wide range of careers. The focus of the programme is particularly relevant for careers involving the application of sport and exercise rehabilitation when working directly within a sporting environment. For instance, you may wish to pursue a career as a sports Physiotherapist working with professional athletes or sports teams. Another possibility may be a career relating to exercise and health; individuals may wish to work to promote healthy lifestyles and recovery from injury in the wider society.

**It is important to note that completion of this course does not make the graduate eligible to register as a Sport Rehabilitator with the British Association of Sport Rehabilitators and Trainers (BASRaT).**

## Learning and Teaching

The University of Cumbria Learning Teaching and Assessment strategy has been used in the development of this programme.

As a student at the University of Cumbria, you are part of an inclusive learning community that recognises diversity. You will have opportunities to learn by interacting with others in a collegiate, facilitative and dynamic learning environment. Teaching, assessment and student support will allow equal and equitable opportunities for you to optimise your potential and develop autonomy.

We seek to create a stimulating and innovative community of learning, whether encountered on campus or at a distance, on placement or in the workplace. Facilitated by our expert practitioner staff, you will experience a learning environment that is well equipped, flexible, and stimulating.

Key knowledge, understanding, and subject specific skills will be practised and developed through a wide range of teaching and learning methods including lectures, practical sessions, seminars, laboratory-based practical work, case studies, discussion, debates, small group work, seminar presentations, reflection, problem-based learning, vocational placement, independent study and research projects. The proportion of the methods used varies with the focus of each module.

Modules within the programme will also facilitate the further development of literacy, numeracy and IT skills, as well as the development of other key lifelong learning skills. Together with your tutor you will monitor and evaluate this development via personal academic tutor meetings and the use of formative assessment methods.

Most of the theoretical work will be linked to practice, thus giving you the chance to apply this theory during practical sessions in the Sports Injury and Rehabilitation Clinic as well as in the Functional Rehabilitation and Strength and Conditioning Suite. Practical and analytical skills will be developed which can be used to apply as part of your applied practitioner project. Technology-enhanced learning will further support the practical learning with a range of software systems and online resources.

A variety of teaching and learning methods will be used throughout the programme. These are designed to match the learning outcomes and to provide you with some experience of methods best suited to your own learning style, supporting the move to an independent and mature learner. All these features are key in reducing attrition and increasing student satisfaction.

Learning and teaching methods are designed to:

- be student-centred, flexible and modern whilst being challenging and stimulating
- support different learners' needs at different stages of development
- be fully supported by, and integrated with, technological approaches such as the Blackboard virtual learning environment (VLE)
- actively ensure the linkage of theory with practice

- to be fair, objective and impart academic rigour to the teaching and learning processes
- develop you as independent and self-directed
- develop your ability to learn effectively and progress academically
- achieve the programme aims and outcomes through a variety of assessments that are relevant to real world practice.

Modules will be delivered with a mixture of formal contact time, directed and blended learning and independent learning.

At Level 7, per standard 20 credit module studied within a semester, you will typically have:

- 12 hours of lectures
- 24 hours of practical activities
- 164 hours of guided independent study

It should be noted that there are fewer contact hours scheduled for the Applied Practitioner Project module, but that this will include 100 hours negotiated vocational placement.

### **Independent Learning**

When not attending scheduled learning activities you will be expected to continue learning independently through self-study. This will include pre-reading and preparation for sessions and extended reading to build on the content covered in lectures utilising reference and directed reading provided by tutors. This time will also be spent in the preparation of formative and summative assessments. You will be encouraged to block out independent study time throughout the week in addition to the timetabled classes.

### **Teaching Staff**

All staff engaged in the development and delivery of this programme are active in continuing professional development. A significant amount of practical experience is aligned to a professional requirement to maintain a current level of knowledge. All staff hold, subject-specific qualifications at a higher level and conduct research pertinent to their subject expertise and professional practice. Staff have experience working within the sports industry, bringing professional real-world experience of working with sport performers and teams, coaches, backroom staff and sport governing bodies and organisations.

## **Assessment**

Modules use formative and summative assessment so that you can progress through a module in a structured and constructive way and build knowledge for practice in a coherent and logical way.

## **Formative Assessment**

Formative tasks and assessments will feature in all modules and provide you with further learning opportunities, alongside skill development, designed so that feedback on your performance can be provided prior to the submission of the final, summative assessment – though this does not contribute to the final module mark, or the credit awarded.

For example, non-graded presentation skills, delivery and reflection. draft essay plans, practice for practical skills assessments. The formative tasks and assessments will enable you to:

- a) Develop preparatory knowledge to support the production of summative assessment
- b) Produce and refine work leading into the summative assessment
- c) Utilise reflection and feedback for areas of weakness in preparation for summative assessment
- d) Measure, develop and practice skills in relation to employability skills and subject specific concepts

## **Summative Assessment**

A varied diet of assessment methods will be utilised to prepare you for further academic study and professional practice, reflecting the multi-disciplinary nature of this programme and the increasing demand for employment ready graduates. Assessment methods are specified in each module guide and will include written assessments such as practical skills assessments, practical skills competencies, written reports, and projects, oral presentations, and research project\*

\*Research project may be comprised of an independent piece of work which is undertaken in a chosen discipline of study and environment. This will involve extending theoretical and conceptual subject-specific knowledge and understanding through the application and analysis of theory into practice. This will also include a practitioner placement of your choice.

## **Feedback**

Throughout your modules you will be provided with ongoing feedback, this may be on work undertaken in class, formative tasks and summative assessments and takes the form of feedforward and feedback. The purpose of these is to inform you as to your progress, what you are doing well and how you may improve moving forwards should you encounter that again. Feedback is provided in the form of verbal face to face feedback, audio recorded and written feedback. Following submission of summative assessments you will receive your feedback and provisional marks within 20 working days.

## Graduate Prospects

By studying the MSc Sport and Exercise Rehabilitation programme you will not only be gaining extensive theoretical knowledge and practical skill competence of your chosen topic of study, but also developing a range of relevant transferrable skills that you can use to gain work during and after your study. The knowledge, skills and behaviours you will develop during your MSc will provide the ideal foundation on which to build your career in sport and exercise rehabilitation.

Graduate opportunities exist working in elite sport with sports performers or teams, or within private practice as a sport physiotherapy (please note that this is subject to being registered with the CSP/HPC). Alumni have sourced careers working in various elite sports environments, e.g., Liverpool FC, Crystal Palace FC, Blackburn Rovers FC, Morecambe FC, Carlisle United FC).

Other opportunities for further development exist within the University CPD advanced practitioner framework of single, specialist modules.

## MODULES

| Code   | Title   | Credits | Status     |
|--|---|---------|------------|
| SPAG7000   | Functional Sports Rehabilitation                | 20      | Compulsory |
| SPAG7001   | Sporting Manual Therapy                         | 20      | Compulsory |
| SPAG7002   | Multidisciplinary Support in Sport and Exercise | 20      | Compulsory |
| <b>Students exiting at this point with 60 credits would receive a PGCert Sport and Exercise Rehabilitation</b> |   |         |            |
| SPAG7003   | Athletic Strength and Conditioning              | 20      | Compulsory |
| SPAG7004   | Pathophysiology and Therapeutic Techniques      | 20      | Compulsory |
| SPAG7005   | Spinal and Pitch-side Trauma Management         | 20      | Compulsory |
| <b>Students exiting at this point with 120 credits would receive a PGDip Sport and Exercise Rehabilitation</b> |   |         |            |
| SPAG7006   | Screening and Injury Prevention                 | 20      | Compulsory |
| SPAG7007   | Applied Practitioner Project                    | 40      | Compulsory |
| <b>Students exiting at this point with 180 credits would receive an MSc Sport and Exercise Rehabilitation</b>  |   |         |            |

### Key to Module Statuses

|                    |  |
|--------------------|--|
| Compulsory modules | Must be taken although it may be possible to compensate as a marginal fail (within the limits set out in the Academic Regulations and provided that all core or pass/fail elements of module assessment have been passed). |
|--------------------|--|

### Timetables

Timetables are normally available prior to the start of the academic year in August. Please note that while we make every effort to ensure timetables are as student-friendly as possible, scheduled learning can take place on any day of the week.

This programme may also be made available on an infill part-time basis at the discretion of the academic programme leader. In such cases, you will study modules alongside the full-time cohort(s) that are running at the time.

## ADDITIONAL INFORMATION

### Student Support

We provide responsive learner support that promotes student success. Our approach to learner support is designed to support achievement and progression, champion inclusivity and accessibility, prepare you for opportunities beyond study, and promote independence and resilience, enabling you to achieve your potential.

As a student of the University of Cumbria, you will be taught by academics and expert practitioners who facilitate learning through structured inquiry. You will be provided with access to high quality academic resources through physical and digital libraries and will be supported to develop skills that enable you to become a critical, reflective, discerning and independent learner and researcher.

#### Induction

As a student at the University of Cumbria, you will have access to a University of Cumbria on-line provision, currently known as 'Head Start for Postgraduate Study'. This feature provides guidance and exercises for you to enable you to prepare for master's level academic study. Furthermore, you will have access to staff details to ask any questions in advance of commencing the programme.

A postgraduate induction is timetabled for the week before the programme delivery starts and will be your first week on the programme. The induction week includes a series of bespoke sessions where you will be familiarised with university facilities and resources. You will meet your programme leader, your module leaders and your personal tutor. You will also have access to Library Support and Student and Staff Services.

#### Personal Tutor

You will also be allocated a Personal Tutor at the start of your programme. Your Personal Tutor will be proactively involved in the delivery of your programme and will have contact with you throughout your time at the University. They will support your learning and development, including through tutorials, progress reviews and other support as outlined in the Personal Tutoring Policy.

You will meet with your Personal Tutor on a minimum of three occasions throughout your programme of study. These meetings are in addition to any discussions you may initiate which are without limit. The scheduled meetings will include the opportunity to examine your marks and feedback across modules to identify practice which can be encouraged across modules and recognising where further support may be beneficial.

#### Personal Development Planning (PDP)



Your personal development is an intrinsic part of this programme and will be supported by the programme clinical skills lead, Personal Tutor and Applied Practitioner Project supervisor through individual tutorials. Their roles are to support you to identify and meet your personal and professional learning and development needs.

### **Student Support Services**

The [Student Enquiry Point](#) is a simple way to contact Student Services. Using the Student Enquiry Point tile on the Student Hub you can submit an enquiry to any of the Student Services teams, which includes:

- [Careers and Employability](#)
- [Chaplaincy](#) for faith and spiritual wellbeing
- [Mental Health and Wellbeing](#)
- [Digital Skills](#)
- [Disability and Specific Learning Difficulty \(SpLD\)](#)
- [International Student Support](#)
- [Library](#)
- [Money Matters](#)
- [Safeguarding](#)
- [Skills@Cumbria](#)
- [Sports and Fitness Facilities](#)
- [University Student Accommodation](#)

### **Students' Union**

As a student at the University of Cumbria you automatically become a member of the Students' Union. The Students' Union represents the views and interests of students within the University.

The Students' Union is led by a group of Student Representatives who are elected by students in annual elections. They also support approximately 400 Student Academic Reps within each cohort across the entire University. The Students' Union represent the views of their cohort and work with academic staff to continuously develop and improve the experience for all University of Cumbria students. You can find out more about who represents you at [www.ucsu.me](http://www.ucsu.me).

You can email at any time on [studentvoice@cumbria.ac.uk](mailto:studentvoice@cumbria.ac.uk).

## Course Costs

### Tuition Fees

Course fees can be found <https://www.cumbria.ac.uk/study/courses/postgraduate/msc-sport-and-exercise-rehabilitation/>

The following course-related costs are included in the fees:

- Additional qualification: Pre-Hospital Immediate Care in Sport (PHICIS) (or equivalent)
- Rocktape FM1 course
- Access to facilities, software and equipment, including access to our Sports Massage Clinic

### Additional Costs

There will be some additional costs whilst you are on this programme. For example, you will need to purchase stationery and may wish to purchase some textbooks.

Books are reviewed annually and are therefore subject to change, your course welcome information will provide you with an indicative list for the year. You'll need to spend approximately £100-200 a year on textbooks and scripts although this cost can be reduced considerably by sourcing second-hand copies of books.

You will need to budget for stationery and consumables for your own personal use. This should include notebooks, pens and pencils for taking notes in class and/or in the field. You should also budget for the purchase of USB pen drives, as well as occasional printing and photocopying costs incurred in the preparation or submission of coursework. Whilst you will choose how much you need, expect to pay around £30 - £40 per year for these items.

Extra costs may also be applicable to cover sports club and gym membership fees, although these are optional within the programme.

This programme has its own Sports Kit which is worn for practical activities and when out on community-based activities and placements; this is optional but recommended items equal approx. £120.

Travel costs for placement-based activities will need to be covered; this is likely to cost around £30 - £50, although will be dependent on the placement location. This can be negotiated with the Applied Practitioner Project module leader.

You will also need to undertake a Disclosure and Barring Service (DBS) check as part of your admission to the programme at a personal cost of between £50-£60.

## Exceptions to the Academic Regulations

This programme operates in accordance with the University's Academic Regulations and Academic Procedures and Processes.

## External and Internal Benchmarks

External Reference Points:

- [QAA subject benchmark statement for the Events, Hospitality, Leisure, Sport and Tourism](#) (November 2019)
- [QAA Characteristics Statement: Master's Degree](#) (February 2020)
- [QAA Framework for Higher Education Qualifications in England, Wales and Northern Ireland](#) (October 2014)

Other internal reference points may include:

- [UOC Strategic Plan](#)
- [UoC Learning, Teaching and Assessment Strategy](#)
- [UoC Academic Regulations and Academic Procedures and Processes](#)

## Disclaimer

This programme has been approved (validated) by the University of Cumbria as suitable for a range of delivery modes, delivery patterns, and delivery sites. This level of potential flexibility does not reflect a commitment on behalf of the University to offer the programme by all modes/patterns and at all locations in every academic cycle. The details of the programme offered for a particular intake year will be as detailed on the programme webpage:

<https://www.cumbria.ac.uk/study/courses/postgraduate/msc-sport-and-exercise-rehabilitation/>