



## Programme Specification (PG)

Awarding body / institution:	Queen Mary University of London
Teaching institution:	Queen Mary University of London
Name of final award and programme title:	PGDip Sports and Exercise Medicine (Physiotherapy) MACP Accredited MSc Sports and Exercise Medicine (Physiotherapy) MACP Accredited
Name of interim award(s):	PgC Sports and Exercise Medicine (Physio) and PgD in Sports and Exercise Medicine (Physiotherapy) MACP Accredited/non accredited
Duration of study / period of registration:	PSSPA - 1 year full time, 2 years part time
Queen Mary programme code(s):	PGD FT A1B3 / PGD PT A3BF / MSC FT A3BG / MSc PT A3BH
QAA Benchmark Group:	
FHEQ Level of Award:	Level 7
Programme accredited by:	Queen Mary University London
Date Programme Specification approved:	
Responsible School / Institute:	William Harvey Research Institute

Schools / Institutes which will also be involved in teaching part of the programme:

William Harvey Research Institute

Collaborative institution(s) / organisation(s) involved in delivering the programme:

N/A

### Programme outline

The programme, for physiotherapists only, is based on the philosophy of total care for the athlete and the promotion of physical activity in the general population. Working in sport is a largely practical discipline and the programme's emphasis lies firmly on regular clinical experience. Students will benefit from regular contact with members of the Centre for Sports and Exercise Medicine as well as visiting clinicians and lecturers who are experienced sport medicine specialists. This course is designed to offer mastery of foundation concepts and skills in Sports and Exercise Medicine. The programme will offer a flexible modular MSc structure with an innovative practical component involving 150 hours of clinical placement and mentoring. Students will be exposed to unique clinical learning opportunities, such as our monthly inter-disciplinary combined clinic, that will challenge and sharpen diagnostic skills. An interactive and supportive clinician-student relationship will be a feature of clinics on the postgraduate programme. Lectures will be delivered by national experts; from cutting edge basic scientists to physiotherapists, doctors and other health professionals working with world-class athletes. Core clinician-scientists on staff consult to elite athletes, and together with our support scientists, have an international research profile in Sports and Exercise Medicine. Our staff will work closely with students to nurture research interests and to develop clinical ability in Sports and Exercise Medicine.

## Aims of the programme

The overarching aims of the programme are:

- To provide a sound clinical base in Sports and Exercise Medicine on which to build future clinical practice.
- To facilitate a comprehensive understanding of the scientific basis which underlies the clinical practice of sport and exercise medicine
- To equip students with the key skills required in order for them to be able to conduct high quality research.

## What will you be expected to achieve?

When completing the MSc / PGDip in Sports and Exercise Medicine (Physiotherapy) MACP Accredited, students will be expected to achieve the following learning outcomes:

### Academic Content:

A 1	Have developed a systematic understanding and a critical awareness of current problems and new insights in the field of Sport and Exercise Medicine
A 2	Be able to adopt a sound clinical approach to the assessment and management of injuries and medical problems in sport
A 3	Have learned to adopt a scholarly and critical approach to the interpretation of relevant academic literature
A 4	Be able to formulate a research question, conceptualise an appropriate study, form a project plan and conduct an appropriate research project, subsequently analysing data and presenting results, and discussing relevant conclusions
A 5	Have learned to adopt an autonomous, independent approach to learning

### Disciplinary Skills - able to:

B 1	Display the exercise of initiative and personal responsibility
B 2	Show decision making in complex and unpredictable situations
B 3	Possess the independent learning ability required for continuing professional development

### Attributes:

C1	Can act autonomously in planning and implementing tasks at a professional or equivalent level
C2	Demonstrate appropriate and comprehensive practical and theoretical skills as well as advanced communication expertise allowing decision making in complex and unpredictable situations
C3	Demonstrate autonomy in self-directed learning and realise their scope of practice

## How will you learn?

One of the major strengths in the course lies in the fact that lectures are delivered by national experts; from cutting edge basic scientists to physiotherapists, doctors and other health professionals working with world-class athletes. Core clinician-scientists on staff consult to elite athletes, and together with our support scientists, we have an international research profile in Sports and Exercise Medicine.

Teaching methods employed during the MSc / PGDip consists of lectures from the core staff in Sports and Exercise Medicine and outside experts, using well-established classic teaching methods in order to create a stimulating and effective learning environment.

The typical module structure will be one quarter of the content being delivered online prior to an intensive single week of content consisting of 15 face to face contact hours, either remotely or in the dedicated teaching facility. The remaining 7.5 hours, and support for the associated self-directed learning, will take place within the subsequent 5 weeks through a mixture of personal and group supervision, either synchronously (real-time) or asynchronously.

The taught course will be supported using the e-learning platform, QMplus and other online learning support and meeting packages as indicated:

- Overall course information, including student handbook and timetables, will be distributed through the learning platform and as well as course notifications.

Each module will be presented in the on-line handbook as:

- Summary of the module
- Aims and objectives
- Plan for assessment

Library facilities

All students registered on the course will have access to the college library facilities which give access to a large number of relevant journals.

The materials / lecture notes for each session of the module will be released together with a list of key papers. The topics will be delivered using a variety of methods to include:

- 1) Lectures - These lectures will be delivered by members of Sports and Exercise Medicine and external experts in their field.
- 2) Lecture notes and document reading material (word documents and PDF). Topics will also be covered in the form of guided reading - with a reading list or short series of scientific papers.
- 3) Practical seminars / tutorials and lab-based practical sessions - practical small group sessions of 'hands-on' teaching

## How will you be assessed?

Formative Assessment

Formative assessment will be given in the form of feedback from coursework and in some modules in the form of short quizzes, both within and between inter-active sessions. There will be promotion of a learning community to support your studies and facilitation of inter-student peer review.

Summative Assessment

The course employs a variety of assessment methods to support student learning and achieve learning outcomes. There will be an end-of-module summative assessment after completion of the taught content and self-directed learning period:

- Case histories
- Essays
- Exams

- Short-answer questions, often in the form of open book exams
- Extended matching questions
- Open Book Exams
- OSCEs – remote or in attendance
- Vivas

#### MSc

For the MSc, the dissertation comprises an independent research project write-up, presentation at Sports and Exercise Medicine's annual scientific conference, and viva examination.

### How is the programme structured?

Please specify the structure of the programme diets for all variants of the programme (e.g. full-time, part-time - if applicable). The description should be sufficiently detailed to fully define the structure of the diet.

#### Flexibility

The programme aims to meet a wide range of learning needs whilst maintaining flexibility of content and duration. This programme provides adaptable opportunities to study to different levels in the major areas within Sports and Exercise Medicine. It is available through a blended learning approach.

#### Modular Structure

Each taught module is worth 15 Master's level credits (equal to 150 notional study hours), with 120 credits required to achieve the PgDip and 180 credits required to achieve the MSc.

#### Mode

Two different modes of completing your chosen award are offered within Sports and Exercise Medicine. Students can study Full-Time over one year or Part-Time over 2 years.

#### Route

This programme mirrors the existing Physio route but requires students to complete and pass a clinical placement to achieve MACP accreditation.

#### Programme Award

##### Diploma Option (PgDip)

Students must complete 9 taught modules within the duration of their programme. For part-time students, 4 modules are completed in the first year of study and the remaining 4 modules in the second year. The 1 additional, clinical placement module is completed in either the first or second year of study.

##### Masters Option (MSc)

In addition to the requirements of the Diploma, the MSc requires the completion of an additional taught module (for part-time students the additional module will be completed in the first year of study) and submission of a research project. Work involved in the research project is the equivalent of an ADDITIONAL 3 modules. The research project can be worked on throughout the duration of study, but is submitted in the final year of study.

#### Compulsory modules:

##### PGDip

Sports Injury Assessment

Research Methods

Literature Review

Applied Exercise Physiology

Advanced Clinical Practice

Advanced Sports Injury Assessment

Exercise Medicine and Physical Activity Promotion

Applied Sports Injury Management

Clinical Placement

MSc  
 Sports Injury Assessment  
 Research Methods  
 Literature Review  
 Applied Exercise Physiology  
 Advanced Clinical Practice  
 Advanced Sports Injury Assessment  
 Exercise Medicine and Physical Activity Promotion  
 Applied Sports Injury Management  
 Clinical Placement  
 Research Project  
 + 1 elective

Elective modules  
 Sports Injury and Podiatric Assessment  
 Principles of Sports Injury Management  
 Biomechanics

Awards  
 Students must take and pass the Clinical placement to achieve accreditation. Students who fail this module may be eligible for the non accredited MSc/PgD Sports and Exercise Medicine (Physio).

Academic Year of Study FT - Year 1

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Research Methods	WHR7026	15	7	Compulsory	1	Semester 1
Sports Injury Assessment	WHR7055	15	7	Compulsory	1	Semester 1
Advanced Sports Injury Assessment	WHR7040	15	7	Compulsory	1	Semester 2
Applied Exercise Physiology	WHR7038	15	7	Compulsory	1	Semester 1
Advanced Clinical Practice	WHR7039	15	7	Compulsory	1	Semester 2
Principles of Sports Injury Management	WHR7053	15	7	Elective	1	Semester 2
Exercise Medicine and Physical Activity Promotion	WHR7035	15	7	Compulsory	1	Semester 2
Applied Sports Injury Management	WHR7054	15	7	Compulsory	1	Semester 2

Programme Title: MSc / PGDip Sports & Exercise Medicine (Physiotherapy) MACP Accredited

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Literature Review	WHR7058	15	7	Compulsory	1	Semesters 1 & 2
Sports Injury and Podiatric Assessment	WHR7056	15	7	Elective	1	Semester 1
Dissertation	WHR7059	45	7	Core	1	Semesters 1-3
Biomechanics	WHR7060	15	7	Elective	1	Semester 2
Clinical Placement	WHR7057	0	7	Core	1	Semesters 1-3

Academic Year of Study PT - Year 2

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Applied Exercise Physiology	WHR7038	15	7	Compulsory	2	Semester 1
Advanced Clinical Practice	WHR7039	15	7	Compulsory	2	Semester 2
Exercise Medicine and Physical Activity Promotion	WHR7035	15	7	Compulsory	2	Semester 2
Applied Sports Injury Management	WHR7054	15	7	Compulsory	2	Semester 2
Clinical Placement (if not taken in yr 1)	WHR7057	0	7	Core	2	Semesters 1-3
Dissertation	WHR7059	45	7	Core	2	Semesters 1-3

Academic Year of Study PT - Year 1

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Research Methods	WHR7026	15	7	Compulsory	1	Semester 1

Module Title	Module Code	Credits	Level	Module Selection Status	Academic Year of Study	Semester
Sports Injury Assessment	WHR7055	15	7	Compulsory	1	Semester 1
Literature Review	WHR7058	15	7	Compulsory	1	Semesters 1 & 2
Advanced Sports Injury Assessment	WHR7040	15	7	Compulsory	1	Semester 2
Sports Injury and Podiatric Assessment	WHR7056	15	7	Elective	1	Semester 1
Biomechanics	WHR7060	15	7	Elective	1	Semester 2
Clinical Placement (if not taken in yr 2)	WHR7057	15	7	Core	1	Semesters 1-3
Principles of Sports Injury Management	WHR7053	15	7	Elective	1	Semester 2

### What are the entry requirements?

Qualification requirements for the programme are;

- BSc (Hons) Physiotherapy undergraduate (or equivalent) qualification at grade 2:1 or above (lower grades will be considered with appropriate postgraduate sport medicine experience)
- Full HCPC registration
- At least 1 year post qualification relevant clinical experience with at least 1500hrs of experience managing a range of musculoskeletal presentations
- 2 references – one professional & one academic (if >5years out of academia, two professional is sufficient)

Physiotherapists with qualifications gained from outside the UK who wish to register for the MSc Sports and Exercise Medicine must satisfy the following criteria.

1. You must have an equivalent qualification to a UK BSc (Hons) degree. Further information can be found on <http://www.naric.org.uk>. You will need to provide confirmation from NARIC.
2. You must provide evidence of registration with a recognised professional body in your home country.
3. You must be eligible for and attain State registration (HCPC) in the UK prior to starting the course. Further details can be obtained from <http://www.hpc-uk.org/registration/getting-on-the-register/>
4. If English is not your first language, the School of Medicine and Dentistry require a minimum score of 6.5 IELTS.
5. At least 1 year post qualification relevant clinical experience with at least 1500hrs of experience managing a range of musculoskeletal presentations

### How will the quality of the programme be managed and enhanced? How do we listen to and act on your feedback?

SEM staff facilitate the election and support of at least one student representative per route through the MSc programme who attend one SEM board meeting per month and are supported in a two-way dialogue between students and staff.

The Staff-Student Liaison Committee provides a formal means of communication and discussion between schools and students. The committee consists of student representatives from each year in the school / institute together with appropriate representation from staff within the school / institute. It is designed to respond to the needs of students, as well as act as a forum for discussing programme and module developments. The student course representative is also invited once a month to the staff meeting to air informally student feedback and issues addressed.

The School operates a Learning and Teaching Committee to advise Institute Directors of Education on all matters relating to the delivery of taught programmes. This including monitoring the application of relevant QM policies and reviewing all academic development submission to Taught Programmes Board. Student views are incorporated in this process in a number of ways, such as through student membership, or consideration of student surveys.

The Institute reviews provision on an annual basis, this review reflects upon feedback from students and external examiners as well as analysing responses of both PTES and individual student module evaluations.

### What academic support is available?

#### Induction:

- At the beginning of the course all students will receive a 'Cheat Sheet' PDF explaining how to use QMUL's e-learning platform, QMplus and how to access the course handbook, learning activities, course notes and coursework submission.
- All students will be invited to an induction day at the beginning of the first term to go through programme structure, module outlines, clinic bookings and QMplus. This will also include introductions to the Unit lead, course co-ordinators, module leads, personal tutors, teaching fellows and administrative staff.

#### Personal Tutor:

All students will be allocated a personal tutor, with whom they will meet on induction day. The personal tutor will provide academic advice for the student throughout the whole of the course. This will include:

- Advice about study options
- Advice about module selections
- General academic guidance
- Development of key skills within the curriculum
- Advice and guidance about academic progress including discussion of student feedback
- Advice if you are encountering academic difficulties, such as meeting deadlines or concerns over performance
- Advice with regard to interrupting studies
- Advice about extenuating circumstances
- Advice about academic complaints and appeals

#### Feedback

- A student representative will be appointed at the beginning of term to obtain feedback from students throughout the academic year and invited to channel this through a slot once a month in the Unit's staff meeting
- Informal feedback from students will also be sought from students throughout the course
- Formal feedback from students will be obtained at the end of each module in the form of a questionnaire
- Feedback will be sought about a number of areas including:
  - i) individual module content
  - ii) individual module delivery
  - iii) delivery aspects of the module
  - iv) quality aspects of associated materials
- This feedback will be used to make alterations to the forthcoming modules as well as to the overall course for the following year.
- More detailed formal feedback about course structure will be sought at the end of each term and at the end of the year through the SSLC.

Student matters discussed at the WHRI Learning and Teaching committee are incorporated in this Committee's work in a number of ways.

- Programme Review

All activities will be monitored by the Unit and Institute to maintain the quality of the course. In addition to ongoing review, content and delivery will be reviewed formally annually and together with outcomes of student assessment and student feedback and changes made to the programme accordingly.

### Programme-specific rules and facts

Students must pass the WHR7057 Clinical Placement module for accreditation. Those failing this module may be eligible for a non non-accredited exit award.



### How inclusive is the programme for all students, including those with disabilities?

The ILOs for the programme and each modules have been peer reviewed by our EE and are considered to be clear. Core texts for the programme are available within library services, with reading lists having been reviewed during the recent (2020/2021) review of all programmes offered within Sports and Exercise Medicine. Following recent changes to all programme, >90% of all sessions will be video recorded and made available on QM+ to aid in the revision of material at the students convenience.

QM+ will house all audio-visual material for the taught modules.

QM+ content has been checked, and will continue to be reviewed, by the E-learning unit to optimise dissemination.

In addition, Queen Mary has a central Disability and Dyslexia Service (DDS) that offers support for all students with disabilities, specific learning difficulties and mental health issues. The DDS supports all Queen Mary students: full-time, part-time, undergraduate, postgraduate, UK and international at all campuses and all sites.

Students can access advice, guidance and support in the following areas:

- Finding out if you have a specific learning difficulty such as dyslexia
- Applying for funding through the disabled Students' Allowance (DSA)
- Arranging DSA assessments of need- Special arrangements in examinations
- Accessing loaned equipment (e.g. digital recorders)
- Specialist one-to-one 'study skills' tuition
- Ensuring access to course materials in alternative formats (e.g. Braille)
- Providing educational support workers (e.g. note takers, readers, library assistants)
- Mentoring support for students with mental health issues and conditions on the autistic spectrum

### Links with employers, placement opportunities and transferable skills

There are no formal links with employers. However, there are several ways in which such a qualification might inform employers about graduates' qualities and skills:

- Physiotherapists who are successful will be eligible for MACP accreditation
- Physiotherapist who work within sport and have obtained membership of the Association of Chartered Physiotherapists in Sports and Exercise Medicine can apply for Bronze, Silver or Gold awards, required to work within certain sporting environments/ with certain athletic populations. The structured syllabus in Sports and Exercise Medicine programme would help the performance of students in the application for each award.
- Each accredited award in Sports and Exercise Medicine recognise a postgraduate qualification.
- For students who complete the full MSc, the completion of the independent research project may provide an entry point and pathway into higher research training.
- Working in elite sport is highly competitive in all disciplines, and thus by having a postgraduate qualification this would give a competitive-edge for those wishing to work in the area.
- Graduates continue the 'Queen Mary Experience' after they leave by keeping in contact with the course team, colleagues and friends.
- The Unit is part of the Sports and Exercise network with many alumni potentially finding employment through contacts made whilst on the programme

## Programme Specification Approval

Person completing Programme Specification:

Dr Simon Lack

**Person responsible for management of programme:**

Dr Simon Lack

**Date Programme Specification produced / amended by  
School / Institute Learning and Teaching Committee:**

10/01/2025 (for 2025/26)

**Date Programme Specification approved by Taught  
Programmes Board:**