

Sports Therapy

BSc (Hons)

STUDY MODE

Full time / Part time

LOCATION

Moulton

LEVEL

Level 6

START DATE

Sept 2025

DURATION

3 years / 5 years

AWARDING BODY

University of
Northampton



Our BSc (Hons) Sports Therapy degree is the ideal route for students who are interested with working with sports athletes and amateurs alike to achieve their potential.

At Moulton, sports therapy is not restricted to just injury diagnosis, treatment, rehabilitation and 'prehabilitation'. Our course offers you the opportunity to learn more about sports therapy interventions, and evaluate their impacts on athletes.

Under the guidance of expert lecturers you'll learn how to assess injuries, deliver pitch-side injury management and design injury prevention and rehabilitation programmes.

Making use of our clinical teaching rooms, rehabilitation room, and strength and conditioning facilities, this is an applied programme that is aligned to vocational skills, knowledge and abilities that are mapped to the industry standards of proficiency, opening opportunities throughout the health and fitness sector, with Sports Therapists working for teams, individuals and in health clubs in the United Kingdom and abroad.

This course is accredited by the Society of Sports Therapists (SST). This means our students, on graduation, will be eligible to apply for membership to the society and professional liability insurance.

What will I learn on the course?

This course provides a mixture of theory and practice and includes the following modules:

Year 1

- Functional Anatomy and Kinesiology
- Sports Injuries
- Principles and Practices of Sports Massage
- Introduction to Exercise Physiology
- Professional Practice for Sport Therapists
- Fundamentals of Physiological Testing
- Study Skills for HE Science

Year 2

- Advanced Assessment of Sports Injuries
- Sports Trauma Management
- Functional Sports Rehabilitation
- Peripheral Mobilisations
- Sport Research Methods
- Coach – Athlete Relationship (Optional)
- Mental Health and Wellbeing Through Sport and Exercise (Optional)

Year 3

- Research Project in Sport
- Spinal Mobilisations
- Strength and Conditioning
- Management of Injury for Special Populations
- Clinical Placement for Sports Therapy

Students will also have the opportunity to complete additional awards which may include, LUBAS, L3 VTCT Sports Injuries, L4 VTCT Sports Massage.

What will this course cost me?

For information about course fees please refer to our [Fees and Financial Support](#) pages.

What does a typical week look like?

You will be in lectures, seminars and workshops for 12 hours per week, covering three modules in each semester. 121 tutorials will be available with your tutors for support and guidance with your assessments and development of study skills. These 12 hours are usually spread across three days of the week.

How will I be assessed?

Assessments for our sports studies courses vary depending on your level of study.

Expect everything from written work and practical tests, to presentations and work-based learning assessments. Your course could also include end-of-year exams, research projects and laboratory reports.

Where can it lead to?

This course will give you the opportunity to work as a practitioner within sports teams, clinics, clubs or self-employment as a Sports Therapist.

What are the entry requirements for this course?

A typical offer for this course is 96 UCAS points or equivalent and should include Grade 4 or above GCSE Maths and English.

BTEC: DMM, DDM from an extended diploma in a relevant subject

A-Level: Typically BBC or equivalent. This should include at least one A level in a biological science, sports studies or PE subject at grade D or above.

Access: 30 credits achieved at merit with 15 credits completed in a Biology subject.

International Students

If you are an international student looking to study this course please contact our [Student Services team](#) to check the entry requirements for details on country specific entry requirements.

Good to know

As part of your course you will be able to attain other qualifications such as Emergency First Aid, Defibrillation Training, Level 4 massage, Fitness Instructing and Personal Training. There will be an addition charge for these qualifications however this will be at a discounted rate.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pbht/sports-therapy-bsc-hons-level-6>

For further information please contact the college: <https://www.moulton.ac.uk/contact>