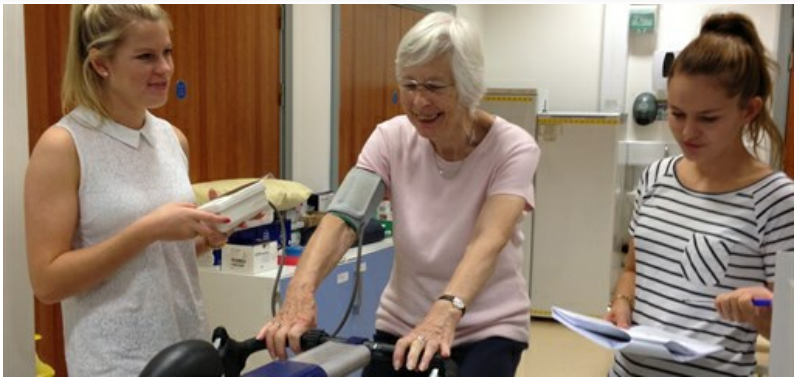
University of Birmingham

Musculoskeletal Ageing and Health MSc/PGDip



Course overview

With rapidly changing demographics, falling birth rate and increasing life expectancy, we are an ageing population. However, healthy lifespan is not keeping pace with increased longevity and people are living longer but not necessarily in good health.

A significant contributor to ill health in old age is physical frailty and poor musculoskeletal function and health. Osteoarthritis alone affects 6 million people in the UK and the health consequences of low physical activity, in terms of years of life lost, are more significant than those of smoking.

This course explores the biological basis of age-related musculoskeletal decline and associated pathologies, including factors influencing the decline and interventions to maintain good musculoskeletal health as we age.

Course fact file

Type of Course: Continuing professional development, taught

Study Options: Full time, part time

Duration: 1 year full-time, 2 years part-time

Start date: October 2015. Application deadline is 1st August 2015 (though later applications will be considered if places are still available)

Related courses

Exercise and Sports Medicine (Football) MSc/Postgraduate Diploma (/postgraduate/courses/taught/sport-exercise/exercise-sports-medicine-football.aspx)

Contact

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School of Immunity and Infection (/schools/immunity-infection/index.aspx)

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Details

The course is aimed at life science graduates interested in gaining an in depth understanding of the ageing process and how it specifically affects musculoskeletal function and health. It is suitable for those considering a research career as this Masters programme has a significant research component and the course is taught exclusively by active researchers in a national centre of excellence.

Designed also to appeal to allied health professionals, such as physiotherapists, dieticians and those working with the elderly in a clinical context, the part-time study and mentored practice options are specifically in place to support such students.

Supplying students with an in depth understanding of musculoskeletal ageing, equipping them with practical skills to assess and research the topic and learning practical approaches to minimise the impact of ageing on this major body system are the aims of this course.

Why study this course

The only Masters in the UK to focus on the impact of ageing on the musculoskeletal system this course is taught in a National Centre of Excellence - the MRC-ARUK Centre for Musculoskeletal Ageing Research.

Healthy ageing research is a major topic and research strength at the University of Birmingham. In 2013 the University was awarded the MRC-ARUK Centre of excellence in Musculoskeletal Ageing Research (CMAR), ensuring this course is delivered by world leading researchers and practitioners.

The teaching and research is truly multidisciplinary, as CMAR combines the skills of researchers in the college of Medical and Dental Sciences with exercise scientists and physiotherapists in the School of Sport, Exercise and Rehabilitation sciences.

Finally the course is unique as students will have the opportunity to carry out research in projects delivered jointly by Birmingham and the University of Nottingham, who are partners in CMAR.

Modules

The modules available are all 20 credits (with the exception of the research project which is 60 credits):

Compulsory modules:

- **Research methods (distance learning) (/postgraduate/courses/taught/med/pg-modules/research-methods-(distance-learning).aspx)**
- **The musculoskeletal system in health and disease (/postgraduate/courses/taught/med/pg-modules/musculoskeletal-system-in-health-and-disease.aspx)**
- **Maintaining mobility, fitness and function in health and disease (/postgraduate/courses/taught/med/pg-modules/maintaining-mobility,-fitness-and-function-in-health-and-disease.aspx)**
- **Research project (/postgraduate/courses/taught/med/pg-modules/research-project-musculoskeletal-ageing-and-health.aspx)**

Optional modules:

- **Integrated body systems (/postgraduate/courses/taught/med/pg-modules/integrated-body-systems.aspx)**
- **Biology of ageing (/postgraduate/courses/taught/med/pg-modules/biology-of-ageing.aspx)**
- **Psychology of physical activity promotion (/postgraduate/courses/taught/med/pg-modules/psychology-of-physical-activity-promotion.aspx)**
- Nutrition and metabolism
- **CPD and mentored practice (/postgraduate/courses/taught/sport-exercise/pg-modules/continuing-professional-development-mentored-practice.aspx)**
- **Advanced musculoskeletal physiotherapy 1 (/postgraduate/courses/taught/sport-exercise/pg-modules/advanced-manipulative-physiotherapy-1-lowerquadrant.aspx)**
- **Advanced musculoskeletal physiotherapy 2 (/postgraduate/courses/taught/sport-exercise/pg-modules/advanced-manipulative-physiotherapy-2-upper-quadrant.aspx)**
- **Musculoskeletal anatomy and analytical methods (/postgraduate/courses/taught/med/pg-modules/musculoskeletal-anatomy-and-analytical-methods.aspx)**

Students have to gain 120 credits for the PGDip using the 20 credit modules only.

MSc students have to gain 180 credits which must include a research project.

Please note: programmes evolve continually to keep them up to date so please check the website regularly for any changes

Fees and funding

2015/16 course fees

UK/EU students
MSc £6840/PGDip £4560

Non UK/EU students
Full-Time - £15,550

Self funding students can choose to pay in instalments by **direct debit (http://www.birmingham.ac.uk/students/fees/postgraduate/index.aspx)** .

Learn more about **fees and funding (/postgraduate/pgt-fees/fees.aspx)** .

Scholarships

International students can often gain funding through overseas research scholarships, Commonwealth scholarships or their home government. Visit our website for information about **scholarships for international students (/International/students/finance/scholarships/index.aspx)** .

For information about all Home/EU and International funding opportunities please visit the **Postgraduate Funding Database (/postgraduate/funding/FundingFilter.aspx)** .

For other funding queries contact the School directly or get in touch with the Student Funding Office via the **online enquiries system (https://universityofbirmingham.service-now.com/ASStudent/)** .

Entry requirements

For all applicants: BSc/BA honours degree normally classified at 2(i) or above or equivalent in a life science or physiotherapy.

For applicants undertaking clinical practice in the UK as part of the Continuing Professional Development and Mentored Practice module:

- Current registration with the Health and Care Professions Council and the Chartered Society of Physiotherapy for physiotherapists (includes professional indemnity).
- Satisfactory current Disclosure and Barring Service (previously Criminal Record Bureau) check.
- Satisfactory health declaration and immunisation record.

For applicants undertaking observation and supervised practice (where legal and professional responsibility rests with the mentor) within the UK, as part of the Continuing Professional Development and Mentored Practice module:

- Satisfactory current Disclosure and Barring Service check.
- Satisfactory health declaration and immunisation record.

International students:

Academic requirements

We accept a range of qualifications, our **country pages (http://www.birmingham.ac.uk/international/students/country/index.aspx)** show you what qualifications we accept from your country.

English language requirements

You can satisfy our English language requirements in two ways:

- by holding an **English language qualification to the right level (http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/index.aspx)**
- by taking and successfully completing one of our **English courses for international students (http://www.birmingham.ac.uk/students/requirements/requirements-pg/international/english-courses.aspx)**

English to IELTS 7.0 (with a minimum of 6.5 in each component).

How to apply

When clicking on the Apply Now button you will be directed to an application specifically designed for the programme you wish to apply for where you will create an account with the University application system and submit your application and supporting documents online. Further information regarding how to apply online can be found on the **How to apply pages (http://www.birmingham.ac.uk/students/courses/postgraduate/apply-pg/index.aspx)**

Apply now (https://pga.bham.ac.uk/lpages/MDS050.htm)

Related links

Musculoskeletal Ageing and Health - MSc/PG Dip brochure (/Documents/college-mds/courses/postgraduate/flyers/MusculoskeletalAgeingandHealth.pdf)

Related news and events

Birmingham excels in world rankings (/news/latest/2014/08/birmingham-excels-in-world-rankings.aspx)

Learning and teaching

As a Birmingham student, you will be joining the academic elite and will have the privilege of learning from world-leading experts, as well as from your peers. From the outset you will be encouraged to become an independent and self-motivated learner. We want you to be challenged and will encourage you to think for yourself.

Learning is a combination of didactic teaching in lectures and seminars, coupled with small group teaching, practical classes and private study. Mentored practice is included as an option for allied health professionals. The anatomy and analytical skills module gives the opportunity to attend a 1 week course in protein turnover in muscle at Nottingham University.

You will also have access to a comprehensive support system that will assist and encourage you, including personal tutors and welfare tutors who can help with both academic and welfare issues.

Our facilities

The College of Medical and Dental Sciences houses state-of-the art facilities to support a range of teaching, learning and research activity.

Our facilities ensure that students receive the best possible learning experience by working in a modern environment. Among our most recent developments include a refurbishment of the Medical School foyer, Barnes library and Wolfson Centre for Medical Education.

Explore our facilities and take a tour by moving around our 360-degree panoramas:

ERROR:

Adobe Flashplayer 10.1 (or higher) or a
HTML5 Browser with CSS 3D Transforms or WebGL support are required!

Assessment methods

A variety of methods are employed including in course assessments (written and practical) and summative unseen written exams.

Related staff

Professor Janet Lord (/staff/profiles/iandi/lord-janet.aspx)

Dr Alison Rushton (/staff/profiles/sportex/rushton-alison.aspx)

Dr Carolyn Greig (/staff/profiles/sportex/greig-carolyn.aspx)

Professor Janice Marshall (/staff/profiles/cem/CVRS/marshall-janice.aspx)

Professor Joan Duda (/staff/profiles/sportex/duda-joan.aspx)

Dr Simon Jones (/staff/profiles/iandi/jones-simon.aspx)

Employability

The course is useful for life scientists wanting to progress to a further higher degree or a career in industry in the health and fitness sector. For AHPs the course will advance their understanding of frailty in old age and contribute new approaches to their practice.

Find out more about where our postgraduate students go (/Documents/college-mds/courses/postgraduate/employability-info/employabilityinfo-ii-jan2014.pdf)

Careers Support for Postgraduates

Careers Network – We can help you get ahead in the job market and develop your career.

We recognise that as a postgraduate student you are likely to have specific requirements when it comes to planning for your next career step. Employers expect postgraduates to have a range of skills that exceed their subject knowledge. Careers Network offers a range of events and support services that are designed for all students, including postgraduates looking to find their niche in the job market.

Here are just a few ways in which we can help postgraduates to get ahead:

- careers networking opportunities
- effective careers strategy toolkit
- year planner for all postgraduate students
- Masters Career Coaching workshops
- one to one careers guidance

The Careers Network also have subject specific careers consultants and advisers for each College so you can be assured the information you receive will be relevant to your subject area. They also have a dedicated careers website for international students where you can find useful resources and information.

For more information visit the **Careers Network (https://intranet.birmingham.ac.uk/as/employability/careers/index.aspx)** website.

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