POSTGRADUATE PROGRAMMES IN THE SCHOOL OF SPORT, EXERCISE AND REHABILITATION SCIENCES
Welcome to the School of Sport, Exercise and Rehabilitation Sciences

We are one of the leading sports science departments in the UK for scientific research into sport, exercise, health and rehabilitation. We are ranked fifth in the world for sports-related subjects (QS World University Rankings 2017).

With a range of outstanding collaborators, we are ideally placed to tackle some of the most challenging contemporary physical activity questions. We are interested in finding new ways to support the physical activity and sport needs of all individuals and communities ranging from athletes to young children, elderly exercisers, inactive groups and those recovering from illness or injury.

AREAS OF STUDY AND RESEARCH

We offer programmes across a wide range of areas including exercise science, physical education and pedagogy, physiotherapy, manipulative/musculoskeletal physiotherapy, sports medicine and sport coaching. All of our programmes enable our students to develop and apply knowledge in the sciences of sport, exercise, health and rehabilitation.

We engage in world-leading research and teaching focused on three interdisciplinary themes that address major societal challenges:
- Sport Participation to Performance
- Exercise and Health
- Rehabilitation and Motor Control

CAREER OUTCOMES

Our multidisciplinary environment provides valuable academic and employability skills leading to a wide range of careers. Our rehabilitation programmes will prepare you for life as a qualified physiotherapist or advanced practice roles in a range of settings. For coaching graduates, there are many opportunities in elite sport, public health, education, the fitness and leisure industry, governing bodies and sport promotion. Clubs in a variety of sports employ our graduates as performance analysts, biomechanists, and doctors.

We also work closely with professional sports and practitioner bodies, and have developed unique educational partnerships with, among others, The Professional Golfers’ Association, The Football Association and the English Institute of Sport.

FACILITIES AND LINKS

Thanks to £16.4 million investment, we boast one of the largest custom built sport, exercise and rehabilitation sciences facilities in the UK. This includes teaching and research laboratories for physiology, biochemistry, psychophysiology, biomechanics, sport psychology, motor skills, physiotherapy and immunology. Our new £55 million sports centre offers some of the UK’s best sports facilities, including Birmingham’s first 50m swimming pool.

We have well-established links with the College of Medical and Dental Sciences, University Hospitals Birmingham and the Schools of Biosciences and Psychology for health-related aspects; the School of Education for teaching and coaching; and University of Birmingham Sport for sports participation and performance.
ACADEMIC SUPPORT

We understand the pressures of juggling work and home life. Therefore, some of our programmes are offered on a flexible basis; including full- or part-time programmes, as PGCert, PGDip or MSc, and through distance learning.

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www.birmingham.ac.uk/pg-sportexr

For more information please visit
Physical Education and Sport Pedagogy
MSc

FACT FILE
Start date: September
Duration: MSc 3 years part-time, MSc 2 years part-time, PGDip 2 years part-time, blended learning
Fees for 2018/19: UK/EU – £9,000 full-time; £4,500 part-time
International – £16,290
Entry requirements: At least a 2:1 or equivalent in a relevant subject.

Course content
This is a nationally and internationally relevant evidence-based programme, which is applicable to primary, secondary and further education. There is Accredited Prior Learning for postgraduate degrees (eg, PGCE).

The course is aimed at practitioners of physical education and school sport and is relevant to practicing teachers (newly qualified, experienced, head of department, or senior leaders), prospective teachers, teaching assistants, and youth sport coaches and leaders. The course draws on the latest evidence in research, policy and practice to ensure practitioners, in whatever stage of their career, can strengthen young people’s learning in physical education and youth sport.

The course structure is flexible and is designed to accommodate those in full-time study and/or full-time employment. Modules can be undertaken via distance learning, meaning that seminars and with academic tutors can take place in study groups via online platforms. While most study will take place online and students will be encouraged to apply their study into their context throughout the course, sessions on campus are also available. Campus-based sessions, primarily at weekends, will involve practical-focused workshops and seminars on the latest practices, innovations and pedagogies. In addition, you will be supported throughout the course by a personal tutor.

Modules
The course includes four modules followed by a dissertation. Modules include:
- Research Methodology in Sport, Exercise and Rehabilitation
- Professional Learning in Sport
- Advanced Pedagogies in Physical Education
- Professional Case Study

You can also view the Physical Education and Sport Pedagogy group’s website to gain a taster of course content: opencpd.net
www.birmingham.ac.uk/hydro-mods

Assessment
A range of assessment strategies will be employed to assess the different modules, including written assignments/essays, web-based assessment, and learning portfolios.

Graduates will be in an ideal position to inform the future direction of the teaching profession and education more broadly, by taking leadership positions and challenging current practices.

LEARN MORE
School of Sport, Exercise and Rehabilitation Sciences
Tel: +44 (0)121 415 8246
Email: pgt-ses@contacts.bham.ac.uk
www.birmingham.ac.uk/msc-pesp
Course content
This part-time programme is a unique development in the field of sport coaching in how it seeks to develop high-quality coaches in a research active environment. By studying on this programme you will develop the skills to critically evaluate new developments/theory and integrate this knowledge, where appropriate, into your own personal coaching practice.

Throughout the programme you will be encouraged to develop yourself as a lifelong learner, understanding the importance of learning and the theory behind coaching practice in the development of performance and expertise.

Modules
The MSc and the PGDip both consist of four taught modules that are taken part-time over two years. If you decide to take the two-year route to an MSc you will take also complete a dissertation in your second year.

Modules include:
- Research Methodology in Sport, Exercise and Rehabilitation
- Professional Learning in Sport and Exercise
- Player and Participant Development
- Applied Professional Practice
- Dissertation (after successful transfer to MSc)

Assessment and attendance
On this programme, you will learn through an innovative mix of high-quality online resources and face-to-face discussion time with academics and leaders in the programme fields. You will be encouraged to develop your use of theory in practice, and reflect upon your own personal coaching philosophy and development in light of new knowledge.

Students will be required to attend three to four compulsory short blocks per academic year. Dates for the upcoming academic year can be found on our website:

www.birmingham.ac.uk/msc-sc

FACT FILE
Start date: September
Duration: MSc 2–3 years part-time blended learning, PGDip 2 years part-time blended learning
Fees for 2018/19:
MSc 3 years – £3,000 part-time
MSc 2 years – £4,500 part-time
PGDip 2 years – £3,000 part-time
Entry requirements:
Applicants will normally require a 2:1 Honours degree in a relevant subject or relevant professional experience.

Coaching
Each student will be required to be a qualified coach with an award recognised by their national governing body, normally at Level 2 of the UKCC or its equivalent. Students will also be expected to regularly coach a minimum of three hours per week whilst on the programme.

Academic
We encourage applications from coaches who do not have prior experience of higher education as well as those with first degrees.

The distinctiveness and knowledge that you will gain from this programme will place you in an ideal position to inform the future direction of sport at all levels and to impact upon participation and performance by challenging current practices. In short, it will help provide you with the foundations to become a leader in coaching in your field.
Exercise and Sport Sciences
MRes

FACT FILE
Start date: September
Duration: 1 year full-time
Fees for 2018/19:
UK/EU – £4,270 full-time; £2,135 part-time
International – £20,280
Entry requirements: At least a 2:1 or equivalent in a relevant science subject (e.g., Sport and Exercise Sciences, BMedSci, Biochemistry, Health Sciences, Natural Sciences, Biology, Biological Sciences).

Course content
Whilst elite athletes seek an edge in sporting competition, physical inactivity and its associated risks is one of the biggest challenges that we face today. Our Exercise and Sport Sciences masters programme provides you with the chance to examine both these and other perspectives, equipping you with the scientific understanding and practical skills to address current societal issues in sport, exercise and rehabilitation.

Modules
The course has a taught component, and an extended period of research to produce a thesis. A compulsory Research Methods module will allow you to experience a number of important elements which are key to a researcher, for example: critiquing study design, gaining experience in different analytical techniques, and being able to interrogate data.

Optional modules will enable you to shape your degree to suit your own interests. You will undertake an extended research project to gain specific experience in your chosen area of interest. Optional taught modules offered include:
- Neuromuscular Adaptation to Training
- Cardiovascular and Respiratory Physiology
- Nutrition and Metabolism
- Psychology of Physical Activity Promotion
- Integrated Body Systems
- Continuing Professional Development and Mentored Practice

www.birmingham.ac.uk/ess-mods

Assessment
A variety of assessments will be used throughout the course, including presentation, problem-based assessments, portfolio and extended writing.

The career opportunities available to sport and exercise scientists are expanding all the time. The 2012 London Olympics and increased National Lottery funding for sport have increased the number of jobs in elite level sport and public health.

Many hospitals are starting to appoint specialists with exercise backgrounds to work in areas such as cardiac rehabilitation and health promotion. Clubs of many varieties employ sports scientists as performance analysts, biomechanists and coaches.

Other career routes include roles in the fitness and leisure industry, governing bodies, teaching, exercise prescription and testing, and sport promotion. You will also have the support of a dedicated careers and employability team, to offer individual advice and guidance services and deliver an employability programme tailored to your needs.

CAREERS
LEARN MORE
Student Recruitment Team
Tel: +44 (0)121 414 8327
Email: sportexpgtadmissions@lists.bham.ac.uk
www.birmingham.ac.uk/mres-ess
Physiotherapy (Pre-registration)
MSc

FACT FILE
Start date: September
Duration: 2 years full-time
Fees for 2018/19:
UK/EU – £13,900
International – £20,200
Entry requirements: Prospective candidates should have evidence of health-related study and will normally be expected to possess an honours degree in a relevant discipline (eg, Physiology, Psychology) at 1st or 2:1 classification. An important part of our admission process is that candidates will also need to provide evidence of physiotherapy work experience (at least in the form of visits and observation), and can demonstrate the NHS Constitution values. All shortlisted applicants are invited for interview.

Course content
Choose physiotherapy at Birmingham and take the opportunity to develop into a qualified competent practitioner of physiotherapy which will not only give you the ability to play a significant part in most healthcare teams but also be involved in the maintenance and/or restoration of movement and function in a range of client groups.

The MSc in Physiotherapy (pre-registration) is a qualifying programme for graduates with a suitable and relevant first degree. The aim of the programme is to develop students with the knowledge, attitudes and skills required to design, specify and implement wide-ranging, evidence-based physiotherapy programmes for a variety of patient groups.

You will be able to evaluate progress, respond flexibly and promptly to advances in practice and implement research and audit programmes.

Successful completion of this programme awards you with a Masters degree and gives you eligibility to apply for registration with both the Chartered Society of Physiotherapy and the Health and Care Professions Council.

Modules
The programme is modular and equally divided between university and clinical settings.

Year 1
Students explore what it means to be a registered health professional, including discussion about the importance of healthcare professionals demonstrating the NHS Constitution values. Supported independent and peer-led activities help them develop knowledge in the basic sciences such as anatomy, physiology and psychology in preparation for clinical practice modules.

Students learn how to assess and manage people presenting with problems within the core areas of practice: neurological, cardiorespiratory, and musculoskeletal, through critical examination of the theoretical base and development of practical skills. A research methods module and two clinical placements complete Year 1.

Year 2
Developing clinical competency is a key focus of Year 2, with four further clinical placements. The Advancing Physiotherapy Practice module allows critical evaluation of the more complex and broader aspects of practice, drawing on clinical experience and wider professional issues.

Students complete a research dissertation allowing them to undertake a research project offered by academic staff within the School.

Clinical education
Each student will gain experience of physiotherapy within various clinical settings. A total of 1,087 hours are spent in the clinical environment. With the support of clinical educators, students will treat patients, observe experienced clinicians and participate in all aspects of care including case conferences, ward rounds and home visits.

Physiotherapy graduates have entered careers both in the NHS and private sector. They work in hospitals, in the community as well as sports clubs and the military. An increasing number of Physiotherapy graduates are working on a freelance basis alongside their work in the NHS. Some choose to pursue further studies in education, research or undertake further training.

LEARN MORE
PG Admissions Team
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Email: pgt-physio@contacts.bham.ac.uk
www.birmingham.ac.uk/mscphysiotherapy
Exercise and Sports Medicine (Football)
MSc/PGDip

The programme will facilitate the evaluation of existing evidence through the exploration of the assessment and management of athletes. It will provide students with the opportunity to tailor their learning experience to meet their personal and professional needs, developing their capacity for leadership within a multidisciplinary team providing clinical management in football.

The programme will promote enquiry-based learning through a range of strategies including case analysis and problem-based learning. Unique features of the programme include the delivery of two specialist modules at The Football Association’s National Football Centre, St George’s Park at Burton on Trent, anatomy development within the prosectorium at the University, and practice mentorship within a football/sports medicine environment.

The programme is written in line with the international competencies and standards established by the International Federation of Sports Physiotherapists and the Specialty Training Curriculum for Sports and Exercise Medicine from the Joint Royal Colleges of Physicians Training Board, and in collaboration with The Football Association and physiotherapists and doctors working within football and other sporting contexts.

Course content
This innovative programme has been developed through a collaboration between The Football Association and the University of Birmingham. The programme is aimed at physiotherapists and doctors either working within football medicine or interested in moving into football medicine.

The overall aim of the programme is to enable exploration of the theoretical basis of exercise and sports medicine in general and football in particular, and its application to the development of a physiotherapist’s and doctor’s clinical reasoning. Using the process of clinical reasoning as its framework, the programme will integrate the key issues central to practice in this specialist area, including: clinical assessment, communication skills, accurate diagnosis, differential diagnosis, diagnostics and prognostics, treatment interventions, management approaches, best evidence, evaluation of outcome, strategies to reduce injury time etc.

Up to 65% of the programme can be studied through distance learning. The programme can be completed on a full-time basis within 13 months or on a part-time basis within a maximum period of six years. If you are unable to commit to the full Master of Science (180 Masters level credits), you can also choose to take the shorter qualification of Postgraduate Diploma (120 credits). Individual modules are also available and credits gained from individual assessed modules can then be used towards a full qualification at a later stage.

Further, we will consider accreditation of previous formal certified and experiential learning for modules within the programme via the AP(E)L route.

Successful completion of the programme enables you to demonstrate advanced practice in football medicine through a portfolio of evidence of achievement towards:

1. The international competencies and standards established by the International Federation of Sports Physiotherapists (www.sportsphysiotherapyforall.org).

2. The requirements of the Association of Chartered Physiotherapists in Sports and Exercise Medicine’s accredited member level 3/Gold CPD level and standards.


LEARN MORE
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www.birmingham.ac.uk/esm
Advanced Manipulative Physiotherapy
MSc/PGDip

Course content
This programme enables exploration of the theoretical basis of manipulative/musculoskeletal physiotherapy and its application to the development of your clinical reasoning.

Using the process of clinical reasoning as its framework, this programme integrates the many approaches to practice in this specialist area. It facilitates an evaluation of existing evidence through the exploration of the assessment and management of musculoskeletal dysfunction.

The programme is written to meet internationally set standards of education in manipulative physiotherapy established by the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT).

Successful completion of the programme at PGDip qualifies you for membership of the Musculoskeletal Association of Chartered Physiotherapists (MACP) and the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT).

We understand the pressures of juggling your work and home life and therefore this programme is offered on a flexible basis. The programme can be completed on a full-time basis within 13 months or on a part-time basis within a maximum period of six years. If you are unable to commit to the full MSc, you can also choose to take the shorter qualification of Postgraduate Diploma. Individual modules are also available and credits gained from individual assessed modules can then be used towards a full qualification at a later stage.

Modules
The Postgraduate Diploma (PGDip) in Advanced Manipulative Physiotherapy is awarded with successful completion of six 20 credit masters-level modules.

- Research Methods
- Innovation in Professional Development
- Advanced Musculoskeletal Physiotherapy 1: Lower Quadrant
- Advanced Musculoskeletal Physiotherapy 2: Upper Quadrant
- Continuing Professional Development and Mentored Practice

In addition one option module needs to be successfully completed from the range of modules on offer (subject to availability and viability). For a full list of optional modules please go to our website. The award of Master of Science (MSc) in Advanced Manipulative Physiotherapy will be awarded following successful completion of the Research Dissertation (60 credits) module to provide a cumulative total of 180 masters-level credits.

The generic term AP(E)L is used to encompass both Accredited Prior Learning and Accredited Prior Experiential Learning. The AP(E)L scheme means that we can consider accreditation of previous formal certified and experiential learning for modules within the programme.

Assessment
A range of assessment strategies will be employed to assess the different modules, including written assignments/essays, web-based assessment, and learning portfolios.

FACT FILE
Start date: September
Duration: MSc: 13 months to 3 years full-time, up to 6 years part-time
Fees for 2018/19: Exact fee depends on modules taken. Contact School for details.
Entry requirements:
- Current registration with the Health and Care Professions Council
- Evidence of professional indemnity insurance, eg, Chartered Society of Physiotherapy membership
- A BSc/BA Honours degree or equivalent
- Documented evidence of a minimum of 1500 hours experience post qualification of using manipulative physiotherapy within a neuromusculoskeletal context
- Supporting evidence of appropriate Continuing Professional Development during this experience will also be required

Please visit our website for full entry requirements.

Graduates will be in an ideal position to inform the future direction of musculoskeletal physiotherapy by taking on leadership positions including advanced clinical practice and consultant roles.

LEARN MORE
PG Admissions Team
Tel: +44 (0)121 414 8327
Email: pgt-physio@contacts.bham.ac.uk
www.birmingham.ac.uk/advancedmanips
Spinal Pain
MRes

FACT FILE
Start date: September or January
Duration: 1 year full-time, 2 years part-time
Fees for 2018/19:
UK/EU – £4,270 full-time,
International – £17,520 full-time
Entry requirements: At least a 2:1 or equivalent in a relevant subject (eg, biomedical engineering, sports science, physiotherapy).

Course content
This combined research and taught masters programme provides students with a research orientated training in the practical, theoretical and applied elements of spinal pain and rehabilitation.

Optional modules make up the taught component of the course, and offer teaching, learning and experience in core disciplines of spinal pain and rehabilitation, including exercise and health. Research experience is offered in academic or practice settings within the University of Birmingham’s Centre of Precision Rehabilitation for Spinal Pain (CPR Spine).

This programme is offered by the School of Sport, Exercise and Rehabilitation Sciences, in collaboration with the School of Clinical and Experimental Medicine in the University of Birmingham Medical School.

The purpose of the MRes Spinal Pain is to provide a strong foundation for research in spinal pain and rehabilitation.

Modules
The taught elements of the course will be delivered in the form of one core module and two optional modules in core disciplines within exercise and rehabilitation sciences, allowing students to shape the course to their particular interest.

Mandatory module:
- Research Methodology in Sport, Exercise and Rehabilitation module

Optional taught modules offered include:
- Neuromuscular Adaptation to Training
- Advanced Musculoskeletal Physiotherapy 1: Lower Quadrant
- Advanced Musculoskeletal Physiotherapy 2: Upper Quadrant
- Sports Medicine Football 2
- The Musculoskeletal System in health and disease
- Psychology of physical activity promotion
- Maintaining mobility, fitness and function in health and disease
- Musculoskeletal Trauma and Rehabilitation

Extended research experience is offered in the shape of a six-month research project in the students’ chosen discipline.

www.birmingham.ac.uk/sp-mods

Assessment
Each module has its own assessment which supports development with students then undertaking an extended period of research to produce a thesis.

The career opportunities available are expanding all the time. As well as developing knowledge and skills in research and research management, this MRes supports development in preparation for doctoral studies. Many clinical settings are now appointing individuals with a strong research profile to strengthen research in clinical practice and rehabilitation. Other career routes include roles in the fitness and leisure industry, governing bodies, teaching, exercise prescription and testing.

CAREERS
Student Recruitment Team
Tel: +44 (0)121 414 8327
Email: sportexpgtadmissions@lists.bham.ac.uk
www.birmingham.ac.uk/s-pain

LEARN MORE
'The University has an excellent reputation, particularly for my course. My course was delivered by very experienced leading academics and external lecturers, all of whom are experts in their fields – they are passionate about sharing their knowledge and expertise. The course challenged me in a supportive and friendly environment, and helped me to develop into a more critical-thinking practitioner.'

MADELEINE NAZARETH, Advanced Manipulative Physiotherapy MSc alumna
This leaflet was written several months in advance of the start of the academic year. It is intended to provide prospective students with a general picture of the programmes and courses offered by the School. Please note that not all programmes or all courses are offered every year. Also, because our research is constantly exploring new areas and directions of study some courses may be discontinued and new ones offered in their place.