

FUTURE SPORTS THERAPISTS



The Future Sports Therapist programme is aimed at students who are considering a career in the sports therapy/physiotherapy industry.

Many students will embark on this programme of study because of their initial interest in sports therapy and the programme will help them gain a deeper knowledge of the industry and give them a valuable insight into what it would be like to work within this sector.

Who should follow the Future Sports Therapists programme?

To access this elective, you will need to be studying any BTEC Sport qualification and/or A level Biology.

What activities can you expect to experience?

- Introduction to common sports injuries
- First aid and the treatment of common sports injuries
- Basic introduction to sports massage
- Produce treatment plans for injured athletes
- Produce a mini project on a sports injury topic of choice
- Present your project to a university specialising in sports therapy
- Specialist guidance and support in preparing for university and employment
- Visits to universities offering a sports therapy pathway.
- Guest speakers covering a variety of sports therapy disciplines
- Exploration into alternative therapy treatments, such as reflexology

You will develop the following employability skills:

- Communication
- Perseverance
- Team work
- Report writing
- First aid
- Independent working
- Invention and creativity

What about Trips and Visits

Scheduled trips for 2016-17:

Edge Hill University Sports Therapy department
St. Georges Park to visit the England FC injury and rehabilitation suite

Visits to Wigan Athletic FC and Bolton Wanderers FC physiotherapy departments

What will this elective lead to after SJR?

All of the skills and knowledge gained from the programme will support students in their application to study Sports Therapy/Physiotherapy degree courses at university. The Sport department has an excellent record of student progression to Higher Education, including scholarships to prestigious overseas universities.





St John Rigby College

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