

Future Sports Therapists

Elective



Students will complete a first aid qualification, gain an understanding of sports injuries and their treatment whilst improving their knowledge of anatomy and physiology. They will experience a wide range of traditional and alternative therapies such as sports massage and reflexology. Project work on the effectiveness of kinesiological taping in sport, work experience within the sports therapy industry, lectures and visits to universities will all be part of this elective.

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 a treatment plan 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?

- Edge Hill University Sports Therapy department
- St. George's 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 this 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.