The University is well known for its physiotherapy programme; not only is it one of the most popular courses at Nottingham, but it is also one of the most popular places to study physiotherapy. We believe that this popularity is based on our reputation for providing education within a supportive and nurturing environment, which not only develops the individual, but produces first-class physiotherapists.

Our BSc Sport Rehabilitation and Exercise Science course was launched in September 2014. We aim to develop Graduate Sport Rehabilitators (GSR’s) with excellent knowledge and skills who are ideally suited to develop successful careers in sport, health or leisure industries.

Our reputation in this area is borne out of two philosophies which underpin our courses:
• All students accepted onto a course at Nottingham have the capability to succeed. We believe that our role is central to ensuring that this happens. We facilitate this by promoting open access to staff, ensuring that all students are part of our supportive personal tutoring system, and encouraging peer support and learning.
• We believe in a holistic approach to working with others, whether they are patients, service users or clients, which encompasses the physical, mental and social aspects of healthcare, rehabilitation and wellbeing. You will be introduced to working in practice environments at an early stage of the programme. The academic team work with practice-based educators who will ensure you gain a wide range of experiences.

We are extremely proud of our graduates and believe that they are a major factor in our continuing popularity; they really are a positive advert for what we seek to achieve. Significantly, they tend not to have difficulty obtaining employment, and are much sought after by potential employers.

I hope that you will consider visiting the University and applying to study with us at Nottingham.

Grahame Pope
Head of the Division of Physiotherapy and Rehabilitation Sciences

Welcome to physiotherapy, and sport rehabilitation and exercise science

The Portland Building on University Park Campus is home to cafes, shops, and the Students’ Union.
Degree courses

<table>
<thead>
<tr>
<th>Degree courses</th>
<th>UCAS code</th>
<th>Duration</th>
<th>A levels</th>
<th>IB</th>
<th>Places</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single honours</td>
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</tr>
<tr>
<td>BSc Physiotherapy</td>
<td>B160</td>
<td>3 years</td>
<td>AAB</td>
<td>34</td>
<td>40</td>
</tr>
<tr>
<td>BSc Sport Rehabilitation and Exercise Science</td>
<td>351A</td>
<td>3 years</td>
<td>ABB</td>
<td>32</td>
<td>20</td>
</tr>
</tbody>
</table>

BSc Physiotherapy (B160)

Physiotherapy is one of the healthcare professions. A physiotherapist aims to promote, restore and maintain an individual’s physical, psychological and social wellbeing. The key is patient focus, tailoring treatments to the needs of the individual. Not only do physiotherapists treat physically, they are also involved with health promotion and illness prevention. As a science-based profession, practitioners aim to evaluate their practice continually and add to the current body of knowledge in order to provide the best possible care for patients.

Physiotherapists treat an incredibly diverse range of patients. Within a hospital setting they may work in burns and plastics, healthcare of the elderly, maternity, mental health, neurology, orthopaedics, outpatients, paediatrics, palliative care, primary care or respiratory, to name just the most common areas. Physiotherapists may choose to work in the private sector or in alternative settings such as the armed forces, charities, health education, industry, management or sport. This wide variety makes physiotherapy an exciting profession in which there are always new challenges and possibilities for career development. For information about NHS-funded places for this course please see page 21.

BSc Sport Rehabilitation and Exercise Science (351A)

Sport rehabilitators are practitioners trained in sport and exercise medicine, who work alongside and complement other sport and healthcare professionals. This course aims to educate the future sport rehabilitator and exercise scientist, with the knowledge, skills and flexibility to work independently in a range of sporting, health, rehabilitation and exercise environments.

Graduates will be able to design and implement exercise and rehabilitation programmes to enhance health, wellbeing and performance at recreational, occupational and elite level. You will have the opportunity to undertake an exciting community-based module, that you will develop in an approved area related to sport, exercise, health or wellbeing.

Please note that standard University of Nottingham tuition fees are payable for this course. For more details see www.nottingham.ac.uk/fees

Both courses aim to prepare students in all areas of practice fundamental to the needs of a newly qualified physiotherapist or sport rehabilitator. For this, students must be able to exercise sound judgement in a variety of clinical or sporting situations, and be able to evaluate and adapt their therapeutic skills to meet the needs of the individual patient/client. We pride ourselves on the flexible approach to education that we offer in year three; you choose two optional modules in each semester, enabling you to design a course of study based on your own interests and preferences.

Two themes run throughout both courses; one covers the basic principles of research culminating in a research project, and the other includes aspects relating to personal and professional development such as skills for effective management of learning, communication, models of healthcare or sport, health and wellbeing policy, medical and client records/ethics, personality, behaviour and lifelong learning.

The courses end with an additional three-week placement for which you can apply to work in any speciality anywhere in the world, providing you are supervised by an appropriate practitioner whose qualifications are recognised by the relevant statutory body, or competent authority.
Why study physiotherapy at Nottingham?

• We offer a range of optional modules in the third year, including the opportunity to arrange a three-week placement in an area or country of your choice

• Our course is recognised by the Chartered Society of Physiotherapy (CSP) and is approved by the Health and Care Professions Council (HCPC)

• 100% of our graduates achieved a first or second-class honours degree in the last five years

Student satisfaction
The Division of Physiotherapy and Rehabilitation Sciences at Nottingham is committed to excellence in both teaching and research. We aim to promote an environment where you can flourish personally, academically and professionally, with the ultimate goal of becoming a practising physiotherapist. Our National Student Survey (NSS) scores are some of the highest in the University, confirming our commitment to this.

A strong skill set
Throughout the course, you will work on the development of strong personal and interpersonal skills that are vital to any person seeking to work in a public-facing environment. You will be encouraged, through a variety of supportive learning experiences, to manage your own learning within both academic and clinical fields. You will learn to evaluate current beliefs and practice, and synthesise results in order to formulate and apply evidence-based programmes of physiotherapy management.

Support and encouragement
In order to achieve our aims, we promote a challenging yet supportive and informal atmosphere within the division, where you will be actively encouraged to seek help from each other and the staff. Particular strengths of the course include the breadth of clinical experiences available and the element of choice evident throughout year five of the course. The support and encouragement we are able to offer as a small division have helped 100% of our graduates from the last five years to achieve a first or second-class honours degree.

Quality assurance
Student feedback forms an important part of our quality assurance programme and so we regularly ask students, through a variety of pathways, for their views on all aspects of the course. We evaluate the responses and act on them as appropriate, before closing the loop by feeding back to students.

Professional recognition
The physiotherapy degree at Nottingham is recognised by the Chartered Society of Physiotherapy (CSP). On graduation students are eligible to apply for both full membership of the CSP and registration with the Health and Care Professions Council (HCPC).

Course location
The Division of Physiotherapy and Rehabilitation Sciences is situated in the Clinical Sciences Building (CSB) on the Nottingham City Hospital site. Approximately four miles north east of University Park Campus, it is easily accessed by a regular free bus service from the Queen’s Medical Centre (adjacent to University Park Campus).

Tailored facilities
The CSB was purpose-built and contains a 200-seat lecture theatre, three large lecture rooms, several smaller tutorial rooms and practical rooms. These are stocked with all the equipment necessary for practical skills teaching. A state-of-the-art human performance laboratory is based on site and is used for the analysis of human movement and biomechanics. A smaller laboratory room can be used for nerve conduction studies, imaging ultrasound and upper limb movement analysis. The Clinical Skills Suite is used for interprofessional and skills teaching.

Full library services are available on site. There is free Wi-Fi throughout the CSB and a fully equipped computer suite. These are available for use 24-hours a day, seven days a week. A modern common room with kitchen and laptop points gives students a base on days when teaching is timetabled most or all of the day. The hospital restaurant is next door to the CSB and offers a discount on hot meals to students.

You will gain practical experience from the start of your course.
Students involved in a practical session.

BSc Physiotherapy (B160)

Year one: qualifying year
The marks gained in the qualifying year do not count towards your overall degree classification; the year provides the fundamental basis of the academic concepts and practical skills required for professional practice.

Year two
You will be introduced to a variety of pathological conditions and their management, via academic study and four blocks of supervised clinical experience, which are four-weeks long.

Year three
We pride ourselves on the flexible approach to education which we are able to offer in year three. In addition to the compulsory year-long modules, you will be able to choose two optional modules in each semester (for information on optional modules, see the table on page 10).

The choice available extends into one of the clinical placements where you can choose from a variety of special interests including adult learning disabilities, burns and plastics, mental health, oncology, paediatrics, rheumatology and women’s health.

This will enable you to design a course of study based on your own interests and preferences. Please note that these modules may change slightly from year to year as new options are added. As with year two, your time will be divided between academic study and clinical practice.

“Training to be a physiotherapist has been the most challenging and rewarding thing I have ever done! At every stage there has been a team of lecturers who will do everything in their power to help you achieve your goals.”

Lisa Johnstone
BSc Physiotherapy (second-year student)
## Typical modules

<table>
<thead>
<tr>
<th>Year one</th>
<th>Year two</th>
<th>Year three</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developing Evidence-Based Practice (research)</td>
<td>Management of Neurological Conditions (year-long)</td>
<td>Management of Neurological Conditions (year-long)</td>
</tr>
<tr>
<td>Reviews basic research methods and considers the importance of evidence to inform the practice of physiotherapy.</td>
<td>Introduces the pathology, progression and effects of neurological diseases on patients and carers and discusses rehabilitation strategies, based on research evidence. The effects of the natural ageing process on the physical and psychosocial wellbeing of patients, is also considered.</td>
<td>Introduces the treatment and management of patients and carers with more complex conditions and problems.</td>
</tr>
<tr>
<td>Musculoskeletal Disorders, Disease and Injuries</td>
<td>Management of Long Term and Complex Conditions (year-long)</td>
<td>Personal and Professional Development 1</td>
</tr>
<tr>
<td>Introduces commonly encountered conditions affecting the musculoskeletal system and their therapeutic management. Includes soft tissue injuries, fractures and the arthritides.</td>
<td>Introduces the treatment and management of patients and carers with more complex conditions and problems.</td>
<td>Introduces a three-year theme focusing on the development of core clinical placements.</td>
</tr>
<tr>
<td>Neuromusculoskeletal Studies</td>
<td>Personal and Professional Development 2</td>
<td>Personal and Professional Development 3</td>
</tr>
<tr>
<td>Studies the anatomical structure of the body and its role in the production and control of normal movement. Also introduces the basic manual therapy skills and the tools to measure normal movement.</td>
<td>Discusses issues around team leadership and management skills. Stress-management and counselling are introduced.</td>
<td>In order to prepare you for your first post as a qualified physiotherapist, this module focuses on the development of transferable skills for the modern healthcare service and discusses current developments within the field of health and social care. It also looks in detail at the construction of your CV, personal statements, application forms and interview skills, and considers different working patterns and goal planning for a career in physiotherapy.</td>
</tr>
<tr>
<td>Pathophysiology</td>
<td>Research Methods and Planning</td>
<td>Optional modules</td>
</tr>
<tr>
<td>Considers normal physiology and how this may be affected by pathological processes.</td>
<td>Introduces statistics and signals and the start of your own project with the submission of a research proposal.</td>
<td>• Analysis of Human Movement</td>
</tr>
<tr>
<td>Personal and Professional Development 1</td>
<td>Management of Cardiorespiratory Conditions (semester three only)</td>
<td>• Burns and Plastic Surgery</td>
</tr>
<tr>
<td>Introduces a three-year theme that develops personal study and communication skills. Discusses the effects of disease on the individual and their carers, and starts to develop a familiarity with the concept of health and social care. Introduces reflective writing skills and the development of a personal portfolio.</td>
<td>Involves a mixture of theoretical and practical sessions which will enable you to identify patient problems and select appropriate management strategies for people with cardiorespiratory disease.</td>
<td>• Cardiorespiratory Rehabilitation</td>
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<tr>
<td></td>
<td>Management of Musculoskeletal Conditions (semester three only)</td>
<td>• Exercise Science and Therapy</td>
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<tr>
<td></td>
<td>Continues the development of manual therapeutic skills and introduces the study of both electrophysiological modalities and hydrotherapy.</td>
<td>• Management of Pain</td>
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<td></td>
<td>• Neuro-rehabilitation</td>
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<td></td>
<td>• Paediatric Care</td>
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<td></td>
<td></td>
<td>• Physical Activity and Health</td>
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<tr>
<td></td>
<td></td>
<td>• Physiotherapy in Mental Health</td>
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<tr>
<td></td>
<td></td>
<td>• Rheumatology</td>
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<tr>
<td></td>
<td></td>
<td>• Spinal Rehabilitation</td>
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<td></td>
<td></td>
<td>• Sports Medicine and Injuries</td>
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<td></td>
<td></td>
<td>• Women’s Health</td>
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</tbody>
</table>

### Optional modules

- Analysis of Human Movement
- Burns and Plastic Surgery
- Cardiorespiratory Rehabilitation
- Exercise Science and Therapy
- Management of Pain
- Neuro-rehabilitation
- Paediatric Care
- Physical Activity and Health
- Physiotherapy in Mental Health
- Rheumatology
- Spinal Rehabilitation
- Sports Medicine and Injuries
- Women’s Health

### Personal and Professional Development 3

In order to prepare you for your first position as a qualified physiotherapist, this module focuses on the development of transferable skills for the modern healthcare service and discusses current developments within the field of health and social care. It also looks in detail at the construction of your CV, personal statements, application forms and interview skills, and considers different working patterns and goal planning for a career in physiotherapy.

### Dissertation project

Every student undertakes a project in their third year. This can be a laboratory-based investigation, a survey, a clinical investigation, an educational development or a literature review. You will have a choice of topics and will be allocated a staff supervisor to guide you through the process. The project will allow you to demonstrate your ability to conduct a substantial piece of work and to manage and organise your time appropriately.

We encourage students to publish their work or present at conferences.

### The Clinical Programme

In order to comply with the Health and Care Professions Council (HCPC), each student must undertake a minimum of 1,000 hours of supervised clinical experience. At Nottingham, this is divided into eight four-week placements plus a three-week elective placement at the very end of the course. Each week comprises 36 hours, and while there are no weekend or night shifts, the times for each placement may vary slightly. All core clinical placements are arranged for students by our team of Clinical Link Tutors and take place in Derbyshire, Leicestershire, Lincolnshire and Nottinghamshire.

As placements are split over four counties, we do our best to arrange them so that no individual does more than their fair share of travelling or living out.

“The education and support I have experienced since coming here has been phenomenal and fun!”

Bethany Carey

BSc Physiotherapy (second-year student)
The Division of Physiotherapy and Rehabilitation Sciences is committed to student support. This not only includes pastoral care through the tutor group system, but extends to our philosophy of teaching and learning, where we believe in using a wide variety of teaching methods to deliver the subject in the most appropriate way.

Teaching and learning methods

Years one and two of the course are taught in a similar fashion. Each week, new topics are introduced using a variety of methods including lectures, tutorials and practicals, supported by online resources.

Lectures

A lecture lasts about 50 minutes, depending on the module and, where appropriate, makes use of audio-visual material, key texts, web-based resources and guest speakers.

Practical and small-group teaching sessions

These study sessions are used to reinforce what has already been introduced earlier in that week. Here you will look at the material in greater depth, explore related issues, enhance understanding and apply practice to the theory.

Tutorials and support

With a small student intake we can foster an informal, friendly and open environment that is beneficial to students. On arrival, you will be allocated a personal tutor who will work with you for the whole of your degree programme. They will arrange regular meetings where you will have the opportunity to discuss your academic progress, including assessment feedback, or seek confidential support and advice on any other matters of concern.

Where appropriate, your tutor will also be able to help you find support from outside agencies. In addition to your personal tutor, you will be encouraged to seek tutorial help from lecturers as and when the need arises.

The teaching year

Although the teaching year is divided into two semesters for organisational purposes, this is fitted into the traditional pattern of three terms: one before Christmas, one between Christmas and Easter, and one after Easter.

Typical timetable

In year one you will be expected to attend approximately 24 hours of lectures and practical sessions per week. In years two and three this will be less, but you will be encouraged to undertake more self-directed study. Placements will be full-time (36 hours per week).

Library and computing services

At Nottingham, you will benefit from access to an extensive collection of printed and online resources. In addition, you will have both on and off-campus access to a wide range of databases, ejournals and ebooks, relevant both to your subject and any subsidiary modules in the subjects. Specialist physiotherapy and related texts are available both in the Greenfield Medical Library at the Medical School, and the City Hospital Library close to the Clinical Sciences Building.

Key Information Sets

Key Information Sets (KIS) are comparable sets of information about full or part-time undergraduate courses and are designed to meet the information needs of prospective students. All KIS data is published on the Unistats website: www.unistats.com

For Nottingham’s KIS data, please see individual course entries at: www.nottingham.ac.uk/ugstudy

How will I study?

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Where appropriate, your tutor will also be able to help you find support from outside agencies. In addition to your personal tutor, you will be encouraged to seek tutorial help from lecturers as and when the need arises.
How will I be assessed?

All undergraduate degree programmes at the University are modular, which means you undertake modules of study with assessment at the end of each semester.

Assessment of the degree
Each module within the course is assessed and must be passed in order to progress to the next year, or graduate. Our philosophy recognises that students benefit from a wide range of different methods of assessment. As a result, we consider each module separately in order to select the most fair and appropriate method of evaluation for the material. Assessments are therefore varied to include:

- anatomy pro-section assessments
- assessment of practical skills
- coursework
- essays
- viva voce (spoken) examinations
- laboratory reports
- verbal and poster presentations
- multiple-choice questions

Placements
For the duration of each placement, students are allocated to a senior physiotherapist who will guide and support them, aiming to provide the best learning environment possible. The assessment process is continual and is undertaken by the supervising clinician in conjunction with an academic tutor, who visits each student during the four weeks.

Your final degree classification
Your first year is a qualifying year, so while the grade doesn’t count towards your final degree result, you must pass this year in order to progress to the second year. Both your second and third-year results combined count for 100% of your final, overall grade.

“Studying physiotherapy at Nottingham has been great so far. The lecturers have so much time for you, and smaller teaching groups for practical sessions mean everyone has a chance to ask questions and learn at their own pace. The clinical skills sessions have been fantastic, getting the opportunity to practice on actors in a hospital setting means you are really prepared for placement!”

Fran Fulthorpe
BSc Physiotherapy (second-year student)
Career and employment prospects

The University of Nottingham is consistently named as one of the most targeted universities by Britain’s leading graduate employers*, and at the 2015 Whatuni Student Choice Awards, The University of Nottingham was ranked the number one university for job prospects.

Graduate career destinations
Most physiotherapists in the UK work within the wide range of specialities offered by the NHS. There are physiotherapists in many different areas, including burns and plastics, healthcare of the elderly, maternity, mental health, neurology, orthopaedics, outpatients, paediatrics, respiratory and women’s health.

However, there are many other settings in which our graduates work including academia or research, charitable organisations, industry, social services, special schools, sports centres, the armed forces and veterinary practice.

Average starting salary
A newly qualified physiotherapist working in the NHS can expect to be employed at Band 5 with a minimum salary of £21,692.**

Recent graduates
Emma Bewick – St Bartholomew’s London; Matthew Deakin – Nottingham University Hospitals Trust; Rose McGillion – Queen Elizabeth Hospital Trust, Birmingham.

The University’s Careers and Employability Service
Our Careers and Employability Service, which is based on University Park Campus, offers an extensive range of careers-oriented services, including CV-writing sessions, interview advice, presentations by major employers and general career advice. As a University of Nottingham graduate, you will receive lifelong support from the service. This means that you can ask a careers adviser to look over your job application in person, by email or Skype, and you can also access a database of graduate vacancies. For more information see www.nottingham.ac.uk/careers

The Nottingham Advantage Award
The University’s Advantage Award is a programme of activities developed to recognise and reward extracurricular responsibilities. It allows you to gain recognition for participating in a wide range of activities accredited by the University and delivered by top graduate employers, professional services and members of staff of the University. It also shows employers that you have gone above and beyond your degree and gained valuable transferable skills. For further information, please visit www.nottingham.ac.uk/careers/advantage

Postgraduate study
The division runs a programme of MSc degrees in specialist areas of physiotherapy and students often return to complete these. For more information, please visit www.nottingham.ac.uk/pgstudy

Physiotherapy and Rehabilitation Sciences
www.nottingham.ac.uk/healthsciences

* The Graduate Market in 2013, 2014 and 2015, High Fliers Research.
** Salary information taken from the NHS website at www.nhscareers.nhs.uk.

As a Nottingham graduate you will have lifelong access to our Careers and Employability Service.
“I have absolutely loved my first year as a sport rehabilitation student at Nottingham. It’s great working alongside the physiotherapy students and the amount of practical classes we have on the course is so beneficial for our placements.”

Jasmin Southam
BSc Sport Rehabilitation and Exercise Science (second-year student)

“I am so proud to be studying physiotherapy at The University of Nottingham. The course is well structured and the content really gives you confidence to excel in your career. The lecturers are fantastic and have an open door policy which makes you feel really welcome. The small intake of students gives you the opportunity to meet every student and make a close group of friends.”

James Thwaites
BSc Physiotherapy (second-year student)
Course fees – NHS-commissioned places
NHS-commissioned places are currently NHS-funded – home and EU students can apply for these places and would not be asked to apply for tuition fees. To determine your eligibility, please see www.nhsbsa.nhs.uk/students

NHS bursaries for NHS-commissioned places
Students may be entitled to a bursary (this being defined as an award to cover your day-to-day living costs while you are studying).

For further information please visit the NHS student bursaries website at www.nhsbsa.nhs.uk/students

In addition to the standard bursary, extra allowances are available for other situations, involving such variables as dependants, single parents and disabled students.

Students who are entitled to a bursary will be able to claim back some or all of their accommodation costs while on clinical placement (depending on the amount of the award) so that they do not incur double rent.

Course fees – international places
Please contact the undergraduate admissions administrator in the Division of Physiotherapy and Rehabilitation Sciences or the International Office for further information, using the details on page 50.

Other sources of financial support
For the latest information about other sources of financial support, please see www.nottingham.ac.uk/financialsupport and www.direct.gov.uk/studentfinance

Course costs
Candidates should be aware that certain items or requirements of the course will lead to additional costs. The following are examples of these items:

- Uniform: clinical uniforms are required for both clinical exams and placements. These will be provided by the University. Practical classes require you to be dressed appropriately. We have a supplier who provides a range of clothing for these purposes which can be ordered prior to starting the course. These should arrive during Week One (Welcome).
- Skeleton: we loan a half skeleton to each first-year student for a non-refundable hire fee of £30.
- Books: purchase of books is not compulsory, but all core texts can be found in both the City Hospital and University libraries.
- Photocopying/inter-library loans/printing: during the course, you will incur some costs associated with these items. The division aims to keep these to a minimum.
Why study sport rehabilitation and exercise science at Nottingham?

- We offer a choice of optional modules in year three, including the opportunity to arrange a three-week placement in an area or country of your choice.
- You will have the opportunity to work closely with other healthcare students in the division and develop your skills interprofessionally.
- With only a small cohort each year, you will work closely with teaching staff in our supportive and nurturing environment.

Support and encouragement
In order to achieve our aims, we promote a challenging yet supportive and informal atmosphere within the division, where you will be actively encouraged to seek help from each other, peer mentors and staff.

We believe a particular strength of the course is the ability to follow your interests and aspirations with a choice of modules in year three. Also, a community-based module will allow you to develop a sport or health-related project within the community. This could be in a charity, school, occupational health or other community setting.

A sporting city
Nottingham is a vibrant city and home to an impressive number of top class sports clubs, events and facilities. Whether you play or watch, your passion for sport will thrive at Nottingham. On our doorstep are the National Watersports Centre, two professional football teams, Rugby Union and League, county and Test cricket at Trent Bridge, the National Ice Centre (home to the GB Speed Skating team and Nottingham Panthers Ice Hockey team), Nottingham Tennis Centre, National League Hockey at Beeston, two indoor climbing facilities, and the largest rowing and athletics clubs in the East Midlands. A truly sporting city!

Student satisfaction
The Division of Physiotherapy and Rehabilitation Sciences is committed to excellence both in teaching and research. We aim to provide a nurturing and supportive environment where you can flourish academically, professionally and personally. Our National Student Survey (NSS) scores are among the highest in the University, confirming our commitment to this.

World-class reputation
The University of Nottingham has an international reputation for the excellence of its research and teaching in metabolic (exercise) physiology, and nutrition. Members of these research groups will be contributing to the course, alongside the experienced physiotherapy and sport rehabilitation staff who have experience working in sport at national and international level.

A strong skill set
Throughout the course there will be a continued emphasis on developing strong interpersonal communication skills and appropriate professional behaviour required by anyone wishing to work closely with clients of all ages and abilities. You will be encouraged to manage your own learning and continually evaluate and challenge how you practise by synthesising and applying best research evidence. These skills will be developed over the course.

As this is a new course we do not have statistics demonstrating our success. However, the support and encouragement we offer in the division has helped 100% of our graduates from the BSc Physiotherapy in the last five years achieve a first or second-class honours degree. A number of these have secured employment in professional sport immediately on graduating.

Quality assurance
Student feedback forms an important part of our quality assurance programme and so we regularly ask students, through a variety of pathways, for their views on all aspects of the course. We evaluate the responses and act on them as appropriate, before closing the loop by feeding back to students.

Professional recognition
The course is accredited by the British Association of Sport Rehabilitators and Trainers (BASRaT). BASRaT is the UK voluntary regulator for sport rehabilitation graduates. The BASRaT register has been approved as an Accredited Register by the Professional Standards Authority for Health and Social Care. Students registered on the course, and graduates, are eligible to apply for membership of BASRaT.

Course location
Physiotherapy and Rehabilitation Sciences
www.nottingham.ac.uk/healthsciences

www.nottingham.ac.uk/sport
BSc Sport Rehabilitation and Exercise Science (351A)

Year one: qualifying year
The year provides the underpinning academic concepts and practical skills required for professional practice. Marks gained in the qualifying year do not count towards your overall degree classification.

Year two
This year is divided between academic study and clinical placements. You will develop your knowledge and skills in:
- exercise physiology
- nutrition in sport
- performance enhancement
- prehabilitation
- pre-participation screening
- research methods
- treatment and rehabilitation of injury

You will also undertake an Emergency Sports First Aid qualification. Two, four-week supervised clinical placements in a sport rehabilitation or exercise related setting will also be completed.

Year three
This year reflects our belief that your education should be flexible to match your interests and aspirations. In addition to two clinical placements and compulsory year-long modules, which include a research project, we offer a choice of two optional modules per semester. Please note that these modules may change slightly from year to year. You will also undertake an exciting and innovative community-based module in an approved area related to sport, exercise, health and wellbeing. This may be within a charity, school, occupational health setting or other community project.

“The sports medicine teaching in year three was invaluable for me in securing my first job in professional football.”

Simon Murphy
Physiotherapist at Leicester City FC
### Typical modules

<table>
<thead>
<tr>
<th>Year one</th>
<th>Year two</th>
<th>Year three</th>
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<tr>
<td><strong>Developing Evidence-Based Practice (research)</strong> Considers research methods and the importance of using evidence to inform practice of sport rehabilitation.</td>
<td><strong>Emergency Sports First Aid</strong> Covers management of the individual in an emergency situation and care of the injured athlete. Completion leads to a recognised sports first aid qualification.</td>
<td><strong>Optional modules</strong> • Advanced Soft Tissue Techniques • Business Management Reflective Practice (research) • Exercise and Sport in Special Populations (two tied modules) • Health and Wellbeing • Psychology in Sport</td>
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<tr>
<td><strong>Musculoskeletal Disorders, Diseases and Injuries</strong> Covers commonly encountered conditions affecting the musculoskeletal system, such as soft tissue injuries and fractures, and introduces sports injuries and their therapeutic management.</td>
<td><strong>Injury Management and Rehabilitation</strong> Continues the development of manual skills, massage, exercise prescription, and strength and conditioning in the management and rehabilitation of the individual.</td>
<td><strong>Community Module</strong> A year-long project promoting sport, exercise and health in a community setting. This may be a charity, school or other community project. Application and development of a broad range of skills will be encouraged which may include information technology, communication, and coaching to encourage a healthier lifestyle or improved sport performance in individuals.</td>
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<tr>
<td><strong>Neuromusculoskeletal Studies</strong> Studies the anatomical structure of the human body and its role in normal human movement, introducing basic manual therapy skills, massage, measurement of movement, biomechanics and exercise prescription.</td>
<td><strong>Nutrition and Exercise Physiology</strong> Includes energy systems for exercise and the enhancement of health and performance through manipulation of dietary intake. Methods for measuring body composition, and performance markers, will also be introduced.</td>
<td><strong>Personal and Professional Development 3</strong> This module focuses on preparing you for your first job. Development of transferable skills for the sport, leisure and health environments are included. How to construct a CV, personal statement and application form will be covered in detail. You'll also develop your interview skills and cover goal planning for a career in sport and exercise.</td>
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<tr>
<td><strong>Pathophysiology</strong> Studies normal human physiology and how pathological processes then affect this. Introduces energy systems for exercise.</td>
<td><strong>Personal and Professional Development 2</strong> Covers management skills, teamwork, leadership, stress management and counselling.</td>
<td><strong>Dissertation project</strong> Every student will undertake a project in year three. This may be a laboratory-based investigation, an educational development or a literature review. A choice of topics will be available and a staff supervisor will be allocated to you to guide you through the process. The project allows you to demonstrate your ability to undertake and complete a substantial piece of work. This requires good time management and organisational skills to be used. Students who submit work of a sufficient quality will be encouraged post-graduation to present it at a conference or to have it published.</td>
</tr>
<tr>
<td><strong>Personal and Professional Development 1</strong> Introduces the three-year theme that will develop personal study and communication skills, including motivation of the exercising individual. Covers the effects of disease, illness and injury on an individual and their performance and how these link to exercise avoidance. Reflective writing and the development of a personal portfolio are incorporated and code of conduct and professional behaviour for sport rehabilitators is discussed.</td>
<td><strong>Prehabilitation and Screening</strong> Includes assessment of injury risk and pre-participation screening for sport, including biomechanical analysis of human movement. Application of strategies to reduce risk of injury (prehabilitation) are introduced.</td>
<td><strong>The Clinical Programme</strong> In order to comply with the requirements of the British Association of Sport Rehabilitators and Trainers (BASRaT), students are required to complete a minimum of 400 hours supervised clinical placement. At Nottingham you will undertake a total of 20 weeks of placement, 36 hours per week, totalling approximately 700 hours. Placements will be in environments where a sport rehabilitator would be expected to find employment, for example private clinics and sports clubs.</td>
</tr>
<tr>
<td><strong>Sports Injuries and Pathological Processes</strong> Introduces the three-year theme that will develop personal study and communication skills, including motivation of the exercising individual. Covers the effects of disease, illness and injury on an individual and their performance and how these link to exercise avoidance. Reflective writing and the development of a personal portfolio are incorporated and code of conduct and professional behaviour for sport rehabilitators is discussed.</td>
<td><strong>Research Methods and Planning</strong> Introduces statistics and signals the start of your own project with the submission of a research proposal.</td>
<td>You will be continually assessed and the mark counts towards your final degree classification. Please note, you may be required to work unsociable hours including some weekends and evenings depending upon the placement. Placements will be arranged for you and will be based predominantly in the East Midlands. It may be necessary to live out or travel daily, however we do our best to arrange them so that no student does more than their fair share of travelling or living out. Some placements may be further afield as we have contacts with a number of professional sports clubs in other regions. You will be required to fund any accommodation expenses. A three-week elective placement provides an additional opportunity to work in an area of interest anywhere in the world (as long as it is supervised appropriately), and increase the number of pre-graduation clinical hours undertaken.</td>
</tr>
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How will I study?

The Division of Physiotherapy and Rehabilitation Sciences is committed to student support. This not only includes pastoral care through the tutor group system, but extends to our philosophy of teaching and learning, where we believe in using a wide variety of teaching methods to deliver the subject in the most appropriate way.

Teaching and learning methods

Year one will be taught in conjunction with the BSc Physiotherapy students. Year two focuses on core sport related modules. Both years have a similar structure in that new topics are introduced using a variety of methods including lectures, tutorials and practicals, supported by online resources. As this is a sport and exercise related course there will be a large practical content, where you will put theory into practice.

Lectures

A lecture lasts about 50 minutes, depending on the module and makes use of audio-visual material, key texts, and web-based resources. Guest speakers are also invited to present on a number of the modules.

Practical and small-group teaching sessions

These study sessions are used to reinforce what has already been introduced earlier in that week. Here you will look at the material in greater depth, explore related issues, enhance understanding and apply practice to the theory. Specialist equipment is used in practical sessions.

Tutorials and support

With a small student intake, you will benefit from learning in an informal, friendly and open environment with a low student to teacher ratio. We feel this is particularly important when learning practical skills, which are a large part of the course.

You will be allocated a personal tutor on your arrival at university and they will work with you throughout the three-year programme. You will have regular meetings to discuss your progress on the course including exam performance, and any other issues that might arise. They are also a good source of information on where to go for support and advice in relation to other matters of concern, for example, health, accommodation and finances. Tutorials are also available with other lecturers as and when required.

The teaching year

Although the teaching year is divided into two semesters for organisational purposes, this is fitted into the traditional pattern of three terms: one before Christmas, one between Christmas and Easter, and one after Easter.

Typical timetable

In year one you will be expected to attend approximately 24 hours of lectures and practicals per week. In years two and three this will be less but you will be encouraged to undertake more self-directed study. Placements will be full-time (36 hours).

Library and computing services

At Nottingham, you will benefit from access to an extensive collection of printed and online resources. In addition, you will have both on and off-campus access to a very wide range of databases, ejournals and ebooks, relevant both to your subject and any subsidiary modules in other subjects. There is an extensive selection of physiotherapy, sports medicine and rehabilitation, exercise physiology and medical text books in the City Hospital Library near to the Clinical Sciences Building. Other relevant texts and computing facilities can be found at the University’s other libraries.

Key Information Sets

Key Information Sets (KIS) are comparable sets of information about full or part-time undergraduate courses and are designed to meet the information needs of prospective students. All KIS data is published on the Unistats website: www.unistats.com
How will I be assessed?

All undergraduate degree programmes at the University are modular, which means you undertake modules of study with assessment at the end of each semester.

Assessment of the degree

Each module within the course is assessed and must be passed in order to progress to the next year, or graduate. We recognise that students benefit from being assessed using a variety of different and innovative methods, and that traditional written exams may not be the most effective way to assess the wide range of modules.

Each module is therefore carefully considered and the most fair and appropriate method of evaluation of the module content is selected. These include:

- anatomy pro-section assessments
- assessment of practical skills
- coursework
- essays
- verbal and poster presentations
- viva voce (spoken) examinations
- laboratory reports
- multiple-choice questions

Placements

For the duration of each placement, students are allocated to a qualified sport or exercise professional who will guide and support them, providing the best learning environment possible.

The assessment process is continual and is undertaken by the supervising practitioner in conjunction with an academic tutor, who visits each student during the four or six weeks.

Your final degree classification

Your first year is a qualifying year, so while the grade doesn’t count towards your final degree result, you must pass this year in order to progress to the second year. Both your second and third-year results combined count for 100% of your final, overall grade.
Career and employment prospects

The University of Nottingham is consistently named as one of the most targeted universities by Britain's leading graduate employers*, and at the 2015 Whatuni Student Choice Awards, The University of Nottingham was ranked the number one university for job prospects.

Graduate career destinations
Sport rehabilitators are practitioners trained in sport and exercise medicine who work alongside and complement other sports and healthcare professionals. Most sport rehabilitators work in private clinics or sports clubs, but many also work in Ministry of Defence rehabilitation centres with injured servicemen and women including amputees. Some return to academia to undertake research and teach.

Average starting salary
New graduates can expect to earn in the region of £20,000 and upwards depending on the role. Many are employed on NHS grades commencing at Band 5 with a minimum salary of £21,692.**

The University’s Careers and Employability Service
Our Careers and Employability Service, which is based on University Park Campus, offers an extensive range of careers-oriented services, including CV-writing sessions, interview advice, presentations by major employers and general career advice. As a University of Nottingham graduate, you will receive lifelong support from the service. This means that you can ask a careers adviser to look over your job application by email or Skype, or in person, and you can also access a database of graduate vacancies. For more information see www.nottingham.ac.uk/careers

The Nottingham Advantage Award
The University’s Advantage Award is a programme of activities developed to recognise and reward extracurricular responsibilities. It allows you to gain recognition for participating in a wide range of activities accredited by the University and delivered by top graduate employers, professional services and members of staff of the University. It also shows employers that you have gone above and beyond your degree and gained valuable transferable skills. For further information, please visit www.nottingham.ac.uk/careers/advantage

Postgraduate study
Graduates may undertake further study by completing a MSc or doctorate programme in sports medicine or sport/exercise related discipline. The University offers a selection of these within the Faculty of Medicine and Health Sciences.

* The Graduate Market in 2013, 2014 and 2015, High Fliers Research.
** Salary information taken from the NHS website at www.nhscareers.nhs.uk
Fees and finance – BSc Sport Rehabilitation and Exercise Science

Course fees
The standard university course fees are payable for this course. For further information on course fees, for home, EU and international students, please see www.nottingham.ac.uk/fees

Bursaries and scholarships
The University also offers a range of bursaries and scholarships, to assist in financing your course. For more details of these see www.nottingham.ac.uk/financialsupport and www.direct.gov.uk/studentfinance

Sports bursaries
As well as a reputation for academic excellence, we have a history of sporting success and are passionate about supporting promising athletes during their time at Nottingham.

If you are a talented athlete, you might be eligible for a sports scholarship which provides financial and specialist support to help you maximise your sporting potential.

To find out more, please see ‘Sports scholarships’ under the ‘Performance sport’ section at www.nottingham.ac.uk/sport/getinvolved

Course fees – international places
Please contact the undergraduate admissions administrator in the Division of Physiotherapy and Rehabilitation Sciences or the International Office for further information, using the details on page 50.

Other sources of financial support
For the latest information about other sources of financial support, please see www.nottingham.ac.uk/financialsupport and www.direct.gov.uk/studentfinance

Course costs
Candidates should be aware that certain items or requirements of the course will lead to additional expense/costs. The following are examples of these additional costs.

• Uniform: official practical kit is required for both practical exams and placements. In addition, you are required to dress appropriately for all practical classes. We have a supplier who provides a range of clothing for these purposes which can be ordered prior to starting the course, and which will arrive during Week One (Welcome). Other specialist equipment may be required including studded footwear for pitch-side work.

• Skeleton: we loan a half skeleton to each first-year student for a non-refundable hire fee of £30.

• Books: purchase of books is not compulsory, but all core texts can be found in both the City Hospital and University libraries.

• Photocopying/inter-library loans/printing: during the course, you will incur some costs associated with these items. The division aims to keep these to a minimum.
You've read lots about the degree programme you're interested in, now it's time to explore life outside the lecture theatre. There's so much for you to get involved in and explore at the University and around the city. We are proud to be one of the leading universities for student experience in the UK*, which will ensure that you have a university experience you'll never forget.

Your University of Nottingham – at home and around the world
We are proud of our stunning campuses and are continually investing in our grounds, buildings and amenities to ensure that you only have the best surroundings in which to live and study. Our main UK campuses have a mix of state-of-the-art facilities, including sports centres, places to eat and excellent learning facilities on every campus. We've made getting from campus to campus as easy as possible and students can benefit from our free inter-campus Hopper Bus, so you're never far away from the striking architecture and innovative technology of Jubilee Campus, the rolling parkland and period buildings at University Park, or the cutting-edge features of Sutton Bonington.

The University of Nottingham is Britain’s global university with campuses in the UK, China and Malaysia. We also have links with more than 300 universities in over 40 countries, adding a truly global flavour to your degree and giving you the chance to explore the world. Find out more: www.nottingham.ac.uk/about/campuses

Your new home from home
At Nottingham we offer a range of different accommodation options, rooms are available as single or shared, en suite or shared bathroom, all the way through to studio flats, and vary from self-catered to fully catered (19 meals per week). We also offer a guarantee of University accommodation for one year to all new full-time undergraduate students, subject to the following conditions: you firmly accept your course place at Nottingham, accept your offer of accommodation by the deadline given in your offer letter, and have an unconditional status no later than 31 August in the year you intend to begin your studies. If you are a new, full-time undergraduate student who is classified as international for fee purposes, this guarantee applies for three years**. For more information, including a breakdown of pricing, see www.nottingham.ac.uk/accommodation

Your support network
Throughout your university journey there will be numerous people on hand to support you, including tutors and dedicated staff who will be able to advise you on various aspects of life as a student. We have Student Services Centres on all three of our UK campuses, which provide a range of support, information and specialist services to enhance your student experience. This support includes:

•  Academic Support – can provide practical advice on areas of academic study; the service also provides specialist academic support for students with dyslexia, dyspraxia and other specific learning difficulties
•  Disability Support – coordinates support and access arrangements for students with a disability or long-term medical condition
•  Financial Support – provides information on the sources of finance available from government agencies and the University itself, and gives advice about financial matters
•  Student Services – also advise on issues ranging from childcare, counselling and health to international student support, chaplaincy and faith support, as well as offering advice on paying your tuition and accommodation fees

Whatever you may need support with, they will either be able to help or point you in the direction of someone who can. Find out more: www.nottingham.ac.uk/studentservices

Your opportunity to study abroad
As a University of Nottingham student, you will be able to apply for a variety of study abroad options. Whether studying at a partner institution or undertaking a work experience placement, spending time abroad is a fantastic opportunity to broaden your horizons, experience different cultures, meet new people and develop skills that will prove invaluable in the future and look good on your CV.

If you do decide to apply to study abroad, the University will offer support from the application stage right through to your return to the UK, with advice on everything from immigration to possible sources of financial support. Find out more: www.nottingham.ac.uk/studyabroad

Your student experience
Our halls of residence are great places to catch up with friends.

Take a look at our accommodation video for a taster of what to expect at Nottingham: www.nottingham.ac.uk/go/yourhome

Visit our website to find out more: www.nottingham.ac.uk/healthsciences

** Providing you submit your returners’ application in line with the requirements of the accommodation providers.
Getting involved in your Students’ Union

As soon as you start at The University of Nottingham, you are automatically enrolled as a member of our Students’ Union, which is considered to be one of the best in the country. There are hundreds of activities that you could be part of, providing you with the perfect opportunity to take up a new hobby or pursue existing interests. Choose from over 200 student-run societies, covering all interests and abilities, as well as local and national volunteering projects, to which you can commit as much or as little time as you wish.

Our Students’ Union is home to a number of award-winning student-run media groups, which give you the chance to gain practical work experience both behind the scenes or centre stage as a presenter, actor or journalist. The Nottingham New Theatre, Impact magazine, Nottingham Student Television (NSTV) and University Radio Nottingham (URN) have all been recognised as the best in their field, winning a clutch of awards for outstanding achievements.

However you decide to become involved in the Union, you can be sure you will make new friends and learn new skills, all while having a lot of fun! Find out more: www.su.nottingham.ac.uk

Sports

We offer sport at all levels and an excellent all-inclusive student membership offer, so whether you enjoy sport as a hobby or are an elite athlete we will have just what you need. We have over 70 sports clubs, which means we have the 2nd highest number of sports clubs of any UK university. If you’re not interested in joining a team but want to stay fit, we have sports centres on all of our main UK campuses. Find out more: www.nottingham.ac.uk/sport

Exploring your new city

With Nottingham city centre just a 10-minute bus ride away from University Park Campus, our students are always close to the action. Buses run through campus regularly and many run late-night services too, which is handy if you’re a night owl.

For music lovers, you can take your pick from the world-famous Rock City, Capital FM Arena or one of the smaller gig venues for a more intimate live show. Nottingham is rich in performance venues, with comedy clubs and theatres catering for lovers of drama, music, ballet and panto. We are very proud of our sporting heritage, and with football clubs Nottingham Forest and Notts County in the city, as well as Trent Bridge cricket ground and the National Ice Centre on your doorstep, you might just become a sports fan if you’re not one already.

History and culture can be found in all corners of the city, with Nottingham Castle, Nottingham Contemporary arts centre, the Galleries of Justice Museum, Nottingham Lakeside Arts – the University’s pubic arts centre located on our University Park Campus, arthouse cinemas and three of the world’s oldest pubs all providing points of interest. If you enjoy shopping, Nottingham is perfect for you; independent boutiques and vintage shops in the bohemian area of Hockley mix with high street names in our large shopping centres to make Nottingham a veritable shopping haven.

Find out more: www.nottingham.ac.uk/nottinghamlife

Download our city guide: www.nottingham.ac.uk/go/cityguide
Applying for a place

We are looking for students who have the ability and motivation to benefit from our courses, and who will make a valued contribution to the division and the University. Candidates for full-time admission are considered on the basis of their Universities and Colleges Admissions Service (UCAS) form. For more information on how to make your application stand out, have a look at our online prospectus: www.nottingham.ac.uk/ugstudy/applying

It is important to find out as much as possible about the course, the division and the University before applying. Our website provides further details, but if you have any other queries, please contact the division, using the details on page 50.

Application process
All applications for an undergraduate place to study at The University of Nottingham (including applications by overseas students) must be made through UCAS. Applications should be made online at www.ucas.com. Candidates will be notified of decisions through UCAS Track at track.ucas.com

It is the stated policy of UCAS that late applications (received after the mid-January deadline) are considered at the discretion of the individual institutions. Due to the popularity of the courses at Nottingham, we do not normally consider late applications.

Applying with achieved A level grades
If you apply to us having already completed your A levels, your application will be considered in exactly the same way as those from candidates with predicted grades. Please tell us something about your gap-year activities in your UCAS personal statement.

Academic requirements
While the majority of applicants to Nottingham offer traditional qualifications we are also happy to consider non-traditional qualifications on an individual basis. These must, however, be taken in relevant subjects and passed at an equivalent standard. For individual advice, please contact undergraduate admissions using the details on page 50.

The minimum academic requirements for each of the most common applicant profiles are listed over the next few pages. For the purposes of admission to our courses, a school-leaver is defined as a student who will be under 21 years of age on the date of commencement of the course. If you will be 21 or older on that date, you will be classed as a mature applicant. Please see page 42 for details.

Qualifications
GCSEs
Minimum of six subjects at A or B grades to include maths, English language and either biology or integrated/combined sciences

English language requirements
IELTS 7.5 (no less than 7.0 in any element)

A level grades
Physiotherapy: AAB
Sport Rehabilitation and Exercise Science: ABB

To include biology, human biology or physical education

BTEC National Diploma
Extended Diploma (18 units): Sport and Exercise Science pathway only
Distinction profile (DDD)
Diploma (12 Units): Other BTEC diplomas are accepted
Distinction profile (DD) if accompanied by A level biology or physical education at grade B

International Baccalaureate
Minimum of three subjects at Higher Level, including biology

Irish Leaving Certificate
Five papers at Higher Level, taken at one sitting
Minimum AAABB to include biology, English and maths

Scottish Advanced Highers
AA including biology/physical education plus five Highers

For tips and advice at every step of your application journey, visit our undergraduate applicants’ area: www.nottingham.ac.uk/ugapplicants
Mature applicants
Mature applicants are welcomed and form approximately 20% of each cohort.

Academic requirements are as follows:

- **For candidates who hold a previous degree**
  - 2:1 in a relevant subject within the last three years (if in a non-relevant subject, or outside the three-year limit, contact us for advice)
  - Applicants are encouraged to take a year out between completion of one degree and commencement of another. Some use this to gain further experience of physiotherapy or sport rehabilitation by working as a physiotherapy assistant, or within a sporting environment. This not only confirms their choice, but also strengthens their application by proving that they are familiar with the requirements and demands of the profession. Others choose to seek paid employment elsewhere, or travel for a year. A combination of all three is also possible

- **Other previous academic suitability**
  - Mature students who have not studied for three or more years but who would otherwise have been considered academically suitable must show evidence of recent academic study, usually in the form of one or two A levels. These should be a biological science or physical education, unless previously achieved, in which case we recommend sociology or psychology

- **No previous academic suitability**
  - Applicants who have no relevant academic qualifications, or failed to achieve the required grades are expected to present with a GCSE grade B in maths and English language, plus one of the following:
    - A levels: two academic A levels (to include a biological science or physical education) at B grades
    - BTEC National Diplomas: as for school-leavers (see page 41)
    - Access courses: science- or health-based; with a minimum of 24 credits in biology. Total of 60 credits are required with 45 passed at level 3. A minimum of 30 level 3 credits must be at distinction
    - Open University qualifications are also considered

Deferred applications
We welcome applications from students wishing to take a gap year and encourage them to use the year creatively. Gap-year students form 10-15% of our annual intake.

International applicants
We offer a limited number of international places each year. Please contact us for further information using the details on page 50.

Home/EU applicants for BSc Physiotherapy
The NHS-commissioned places (see page 21) are apportioned to us. We are unable to consider students who would not be eligible for an NHS-funded place. This ruling affects non-EU students. Applicants should confirm their eligibility using the Department of Health website: www.nhsbsa.nhs.uk

Channel Islands and Isle of Man students are eligible to apply and can be offered commissioned places (ie treated as home students) providing that they can supply a copy of their award letter from the Channel Islands or Isle of Man governments.

English language requirements
Physiotherapy and sport rehabilitation students need to be fluent in the English language in order to both understand and complete the course and to communicate effectively with patients/clients. Details of English language requirements can be found on page 41.

If you need further advice on your level of English language, the Centre for English Language Education, which is located on Jubilee Campus, is here to assist. Their contact details are:

Centre for English Language Education
School of Education
YANG Fujia Building
Jubilee Campus
Wollaton Road
Nottingham
NG8 1BB

t: +44 (0)115 961 4405
c: cele-enquiries@nottingham.ac.uk
w: www.nottingham.ac.uk/cele
Work experience – BSc Physiotherapy

The BSc Physiotherapy is a vocational degree. Consequently applicants need to be enthusiastic about the profession and sure in their own minds that they really want to be a physiotherapist, in whatever field.

In order for you to be able to make an informed decision, we recommend that you undertake as much physiotherapy work experience as possible.

Since a student’s clinical education is conducted primarily within the NHS hospital and community setting, it is important that you gain experience in these settings prior to applying. Experience in other areas, such as special schools, private practice, sports clinics and centres for the elderly will all strengthen your application.

Your experience should give you a feel for the breadth, depth and requirements of the profession and for the personal qualities and characteristics that are necessary in a physiotherapist.

At interview, you will be questioned on what you have seen in order for us to evaluate whether or not you are applying with an understanding of, and commitment to, the profession. To be able to discuss this fluently, you will need enough work experience to make you positive that you have made the right career choice.

We understand that it may be difficult to gain work experience since, due to the popularity of the degree, many hospitals are swamped by requests. In recognising this we recommend that you write to a large number of both NHS and private hospitals in your region, considering the smaller general hospitals as well as the large teaching hospitals. We prefer a candidate to spend two or three days in a variety of different areas than to spend a week in the same one.

It is important to note that without work experience it is likely that your application will be rejected automatically at the initial stages.

Work experience – BSc Sport Rehabilitation and Exercise Science

The BSc Sport Rehabilitation and Exercise Science is a vocational degree requiring enthusiasm and dedication to succeed. It is important that you are sure that this is the right career choice for you.

In order for you to be able to make an informed decision we recommend that you undertake work experience with a sport rehabilitator, and as soon as possible. There are many areas in which sport rehabilitators work, so it is important that you gain as much experience as you can in a variety of sport, health and leisure settings.

Whatever work experience you are able to obtain, it should give you a feel for the personal and professional attributes necessary to be a successful sport rehabilitator. It should also highlight the breadth and depth of knowledge and skills required.

At interview we ask for your reflections of your observations during your work experience. We will also be evaluating whether or not you are applying with a clear understanding and commitment to the course and the profession.

We understand it may be difficult to gain work experience, but if you are able to arrange a few days in a variety of settings this would be better than spending a week in one.

Your application is likely to be rejected in the initial stages if you have not undertaken work experience.

If you are unable to obtain work experience but have an appropriate level of experience of coaching within a sports club or team, your application may be considered. In this case, it is recommended that you contact the admissions tutor to discuss.

Criminal offences and other related matters

Owing to the particular nature of our courses, the University uses the services of the Disclosure and Barring Service (DBS) to assess the suitability of applicants to work with a vulnerable population. This is common practice in healthcare professions, and the University undertakes not to discriminate unfairly against any subject of a disclosure on the basis of a criminal conviction or information revealed.

Candidates should be aware that the disclosure will list all convictions and cautions received.

Certain offences may lead to the candidate being refused entry onto the course, or subsequently being asked to withdraw. On completion of the course, physiotherapy graduates are required to provide another DBS check as part of the Health and Care Professions Council registration process.

Graduate Sport Rehabilitators are required to declare any convictions, formal cautions, warnings or reprimands issued by the police before being accepted as a member of BASRaT. Employers will normally require a DBS check prior to employment.

Disclosure information will be handled and disposed of securely in compliance with the DBS Code of Practice, the Data Protection Act and other relevant legislation.

Students with disabilities or health concerns

Disabilities and health concerns do not necessarily form a barrier to entry onto the BSc Physiotherapy or BSc Sport Rehabilitation and Exercise Science. In line with the Special Educational Needs and Disability Act (2001) we treat all students fairly, offering ongoing support and making reasonable adjustments where necessary.

However, we have a responsibility to ensure that all students admitted to our courses will be able to meet the standards of proficiency set out by the governing bodies of the professions.

It is expected that any condition, past or present, will be controlled and stable and, as such, will not impair your ability to complete the course, or care for patients/clients. Any applicant who is offered a place on the course is required to complete a medical questionnaire. This is then forwarded to our Occupational Health Department who may choose to offer you a full medical examination.

It is therefore important to note that all offers of a place on the course are conditional on obtaining a clear bill of health from our Occupational Health Department. In line with UCAS guidelines, disability or health concerns can be disclosed on the UCAS form and/or in a letter addressed directly to the Admissions Tutor. This includes, among others, conditions such as hearing or visual impairments, dyslexia, diabetes, epilepsy, depression or eating disorders. All of the information disclosed is treated as completely confidential.

Accepting someone who is unlikely to fulfil the rigorous demands of professional fitness to practise would not be in the interests of the student and would be contrary to the division’s overriding duty to care to the public. For that reason, students with disabilities should seek advice from the admissions tutor well before the deadline for UCAS submissions so that each case can be given individual consideration.

“Applicants are considered on their own individual merit. Demonstrating high academic performance and an excellent personal statement are paramount when it comes to deciding who will be invited for interview.”

Samantha Crossley
Admissions Tutor in the Division of Physiotherapy and Rehabilitation Sciences
The admissions process

We have a transparent selection process through which we aim to select the highest calibre of applicant in order to make offers. This selection process is free from discrimination of any kind and is outlined below.

Selection for interview
We receive in excess of 1,000 applications for the BSc Physiotherapy per year for approximately 40 places. We normally interview around 180 people. The BSc Sport Rehabilitation and Exercise Science course is also very popular, and we interview around 80 people for 20 places. We select for interview using the following procedure:
1. Initial reading of the UCAS forms is against strict selection criteria by the Central Admissions Office.
2. Applicants are rejected in the first instance because they do not fulﬁl our academic requirements or they lack work experience.
3. The remaining applicants are considered to have acceptable forms. These forms are divided into good and excellent and the good ones are then, unfortunately, rejected.
4. Each of the excellent forms are read and re-read by the Admissions Tutor in order to select the applicants who it is felt have the very best overall forms. Inherent time and resource restraints mean that it is impossible for us to interview all applicants and consequently, unfortunate though it is, we reject some exceptional candidates.
5. Due to the extremely high demand for places, we run a system of ‘cancellation interviews’ whereby those candidates with excellent forms who did not receive an interview initially may be offered an interview slot vacated by someone who has withdrawn their application. Cancellation interviews are offered on the understanding that they may be at short notice.

Completing a UCAS form
An excellent UCAS form includes:
• a strong academic proﬁle with either traditional or non-traditional qualiﬁcations on oﬀer
• a highly supportive reference (normally an academic reference)
• a personal statement which tells us all about the applicant

The personal statement is paramount in deciding who will be chosen to go forward for interview. We read the statement to see if the applicant knows what the profession involves, not just in terms of actual work, but also in terms of the traits and characteristics that they believe are necessary in a physiotherapist or sport rehabilitator. We look to see if the applicant demonstrates, through everything they have done, that they have those traits and characteristics, and could go on to complete the course and become a credit to their chosen profession.

Interviews
It is currently our policy to interview for all places. These interviews are relatively informal and they are scheduled to take place in January and February.

Physiotherapy candidates complete two 15-minute interviews with two separate members of staff and a short group task. Candidates for the sport rehabilitation and exercise science programme undertake two 15-minute interviews only. The interview process is designed to assess:
• insight into physiotherapy or sport rehabilitation via work experience, courses and reading
• motivation for the subject
• ability to communicate, to discuss and form opinions
• personal attitudes and attributes
• non-verbal communication skills

Following the interviews, the interviewers meet to discuss each candidate. Their comments are forwarded to the admissions tutor who makes oﬀers to those students who scored highest overall at interview.

Re-applications
If you apply one year and are not invited for interview you can apply again for another year. You will need to submit your application through UCAS in the usual way.

Timescale of the admissions process
UCAS forms arrive at the division continually between September and January. Students who do not meet our academic requirements, who have no work experience, or whose personal statements do not suggest an in-depth knowledge of, and wish to join, the profession are rejected as quickly as possible to enable them to consider other courses.

Forms that we consider to be very good take longer to process since they are continually compared against each other in order to select the best. This means that although you may submit your form in September, you may not hear from us with regard to an interview date until December or January. We accept this delay as inevitable if we are to be fair to all students who have applied within the UCAS deadline, and as a consequence do not ﬁll our ﬁnal interview slots until we have received the last application before the deadline.

If you will be unavailable for interview at any point during January or February, please write or email and let us know since, while we will do our best, it is not always possible to reschedule an interview. Offers of a place are all sent out during the last week in February or the ﬁrst week in March.

Flexible admissions policy
We recognise that some educational and personal circumstances aﬀect achievement. If we judge that you have exceptional circumstances that have adversely aﬀected your achievement, we will consider them when assessing your academic potential.

Mature applicants
We normally invite mature applicants in whom we are interested to come for an interview, where we will look for evidence of your ability to study at a high academic level and of commitment to the subject.

For more information about being a mature student, please see

www.nottingham.ac.uk/mature

Equal opportunities policy
The University aims to create the conditions whereby students and staff are treated solely on the basis of their merits, abilities and potential, regardless of gender, race, colour, nationality, ethnic or national origin, age, socio-economic background, disability, religious or political beliefs, trade union membership, family circumstances, sexual orientation or other irrelevant distinction.

Some courses may vary the oﬀer as a result. For the most up to date information about our offers, please see the course fact ﬁles in our online prospectus and for more information about this policy, please see

www.nottingham.ac.uk/ugstudy/applying

www.nottingham.ac.uk/mature
Frequently asked questions

Where will I be based and where will I live?
Physiotherapy and sport rehabilitation and exercise science students are based at the Clinical Sciences Building, Nottingham City Hospital, four miles from University Park Campus. You will have the option to live in a choice of locations. We guarantee all first-year students a place in University accommodation for their first year.*

* Providing certain terms and conditions are met – for details, see www.nottingham.ac.uk/accommodation

Can I study abroad?
All undergraduate students at The University of Nottingham have the opportunity to apply to study or work abroad during their time here. You will have the chance to organise a three-week placement overseas to be undertaken at the end of your third year, but this must be self-funded and arranged by you. We can offer you advice and contacts from past placements but the emphasis will be on you to organise your trip.

What sports facilities are there?
The University has excellent facilities for badminton, cricket, football, hockey, rugby, snooker, squash, swimming, tennis, volleyball and many other sports. University of Nottingham Sport host over 70 sports clubs, many of which offer the opportunity to represent the University, and student TV station where there are opportunities for writing, presenting and producing.

What other opportunities are there outside of my course?
Our Students’ Union is one of the most active in the UK and hosts over 200 societies, from the Art Society to the Yoga Society. The Students’ Union Physiotherapy and Rehabilitation Association (SUPRA) runs socials, sporting events, organises balls, and provides welfare support for physiotherapy and sport rehabilitation students. The Students’ Union also runs its own magazine, along with an award-winning radio station and student TV station where there are opportunities for writing, presenting and producing.

How much are the fees for BSc Sport Rehabilitation and Exercise Science?
Like many universities in England, Nottingham charges full-time UK and EU students an annual tuition fee of £9,000. However, you will not have to pay your fees while studying – the government will lend eligible students the money, which you will start to pay back once you have left university and are earning at least £21,000. For more information, please see www.nottingham.ac.uk/fees

How much are the fees for Physiotherapy?
NHS-commissioned places are currently NHS-funded – home and EU students can apply for these places and so would not be asked to apply for tuition fees. To determine your eligibility, please see www.nhsbsa.nhs.uk/students

What is the third year like?
During your third year you will have the chance to organise a three-week study or work abroad during your time here. You will have the option to live in a choice of locations. We guarantee all first-year students a place in University accommodation for their first year.*

* Providing certain terms and conditions are met – for details, see www.nottingham.ac.uk/accommodation

What bursaries are available?
Although bursary figures for 2016/17 are yet to be finalised, the University will continue to offer a generous package of bursary support to students from lower income households. These are in addition to any support you may receive from the government. For more information please see www.nottingham.ac.uk/financialsupport or take a look at the funding tab on the relevant course entry in our online prospectus:
www.nottingham.ac.uk/ugstudy

A range of sports scholarships are available which are aimed at supporting the brightest and best talents in the sporting world. For more information see ‘Sports scholarships’ under the ‘Performance sport’ section at www.nottingham.ac.uk/sport/getinvolved

If you are an international applicant (outside of the EU), please see the ‘New international students’ section on www.nottingham.ac.uk/fees

What support is available for students with children?
There is a range of services provided to support students with children, including a University day nursery, a playscheme and playcentre day care. There is also a scheme to help students fund childcare. For more information, see www.nottingham.ac.uk/child-care

Additional financial assistance for parents on NHS-funded courses is available through NHS bursaries:
www.gov.uk/nhs-bursaries/further-information

What support do you offer for students with a disability or dyslexia?
The division, like the University, is committed to promoting access for students who have a disability, dyslexia or a long-term medical condition. Services provided by the University aim to enable students to fulfil the inherent requirements of the course as independently as possible. The University’s Disability Statement, which lists services, facilities and opportunities available throughout the University can be viewed at www.nottingham.ac.uk/disability

Visit our website for more frequently asked questions: www.nottingham.ac.uk/healthsciences
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