Physiotherapy
Sport Rehabilitation

Assess it

Treat it

nottingham.ac.uk/healthsciences
Undergraduate guide 2020
I love how practical the course is and all the hands-on opportunities we have with real and acting patients.

Miriam Tyler, BSc Physiotherapy

Join a global community of over 45,500 students, from more than 150 countries

Our physiotherapy degree is recognised by the Chartered Society of Physiotherapy (CSP)

Develop your interprofessional skills through working closely with other healthcare students

The sport rehabilitation course is accredited by the British Association of Sport Rehabilitators and Trainers (BASRaT)

Have the opportunity to work internationally on a three week elective placement

A member of the prestigious Russell Group and founding member of the global Universitas 21 network

We are ranked 5th in the UK for physiotherapy*

Our courses

<table>
<thead>
<tr>
<th>Degree title</th>
<th>UCAS code</th>
<th>Duration</th>
<th>A levels</th>
<th>IB</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single honours</td>
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<tr>
<td>BSc Physiotherapy</td>
<td>B160</td>
<td>3 years</td>
<td>AAB</td>
<td>34</td>
</tr>
<tr>
<td>BSc Sport Rehabilitation</td>
<td>C630</td>
<td>3 years</td>
<td>ABB</td>
<td>32</td>
</tr>
</tbody>
</table>

Disclosure and Barring
The University uses 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 we undertake not to discriminate unfairly against any subject of a disclosure on the basis of information revealed. Find out more at nottingham.ac.uk/healthsciences/dbs

English language requirements
IELTS 7.5 (no less than 7.0 in any element). For details of other English language tests and qualifications we accept, please see nottingham.ac.uk/go/alternativerequirements

Academic English preparation
If you require additional support to take your language skills to the required level, you may be able to attend a presessional course at the Centre for English Language Education, which is accredited by the British Council for the teaching of English in the UK.

Students who successfully complete the presessional course to the required level can progress onto their chosen degree course without retaking IELTS or equivalent. Find out more at nottingham.ac.uk/cele

Our courses

Welcome to the Division of Physiotherapy and Rehabilitation Sciences

The University is well known for its physiotherapy programme; not only is it one of the most popular courses at Nottingham, it is also one of the most popular places to study physiotherapy in the UK. Our sport rehabilitation course, launched in 2014, is increasingly popular among applicants.

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 and sport rehabilitators.

Our aim is to develop graduate physiotherapists and sport rehabilitators with excellent knowledge and skills that are ideally suited to develop successful careers in healthcare, sport or leisure industries.

We are extremely proud of our graduates and they are much sought after by potential employers. Our graduates are a major factor in our continuing popularity, acting as testament to what we set out to achieve.

I look forward to welcoming you in September.

Grahame Pope
Head of the Division of Physiotherapy and Rehabilitation Sciences

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Foundation courses
Applicants who are not eligible for direct entry to undergraduate study may be able to apply for a foundation course. Find out more at nottingham.ac.uk/foundationcourses

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“We feel very proud to study sport rehabilitation as the course is interesting and challenging. The accreditation with BASRaT ensures you are already part of a governing body when you graduate so you can progress into your clinical career.

Lucy Thompson, BSc Sport Rehabilitation

nottingham.ac.uk/go/physioandsportrehab
### BSc Physiotherapy

Our physiotherapy course aims to prepare students in the areas of practice needed to work as a newly qualified physiotherapist. Students will be expected to exercise sound judgement in a variety of clinical situations using a patient-centred approach.

#### Year one
This year provides the fundamental basis of the academic concepts and practical skills required for professional practice. This includes anatomy, physiology, common musculoskeletal conditions, basic research skills and an introduction to professional development and are taught alongside the sport rehabilitation students.

There are no placements in year one, as the course focuses on skills training to equip you with the expertise necessary to undertake your first placement in year two.

#### Year two
The second year is about building on the basic knowledge and practical skills acquired in year one. 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. The first placement takes place in the November of year two.

#### Year three
The flexible approach that we offer in year three enables you to select a course of study based on your interests.

The choice available in the academic modules also extends into one of the four clinical placements, where you can choose from a variety of special interests, including:

- adult learning disabilities
- burns and plastics
- mental health
- oncology
- paediatrics
- rheumatology
- women’s health

As with year two, your time will be divided between academic study and clinical practice.

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

### Typical modules

<table>
<thead>
<tr>
<th>Year one</th>
<th>Year two</th>
<th>Year three</th>
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<tbody>
<tr>
<td>Core</td>
<td>Core</td>
<td>Core</td>
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<td></td>
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<tr>
<td>- Developing Evidence-Based Practice (Research)</td>
<td>- Management of Cardiorespiratory Conditions</td>
<td>- Dissertation Project</td>
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<tr>
<td>- Musculoskeletal Disorders and Disease</td>
<td>- Management of Long Term and Complex Conditions</td>
<td>- Management of Pain</td>
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<tr>
<td>- Neuromusculoskeletal Studies 1 and 2</td>
<td>- Management of Musculoskeletal Conditions</td>
<td>- Personal and Professional Development 3</td>
</tr>
<tr>
<td>- Pathophysiology 1 and 2</td>
<td>- Management of Neurological Conditions</td>
<td>- Personal and Professional Development 2</td>
</tr>
<tr>
<td>- Personal and Professional Development 1</td>
<td>- Research Methods and Planning</td>
<td>- Research Methods and Planning</td>
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<tr>
<td>Optional</td>
<td>Optional</td>
<td>Optional</td>
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<td></td>
<td></td>
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<tr>
<td>- Analysis of Human Movement</td>
<td>- Management of Pain</td>
<td>- Analysis of Human Movement</td>
</tr>
<tr>
<td>- Burns and Plastic Surgery</td>
<td>- Management of Long Term and Complex Conditions</td>
<td>- Burns and Plastic Surgery</td>
</tr>
<tr>
<td>- Cardio-Respiratory Exercise Science and Therapy</td>
<td>- Management of Musculoskeletal Conditions</td>
<td>- Cardio-Respiratory Exercise Science and Therapy</td>
</tr>
<tr>
<td>- Exercise Science and Therapy</td>
<td>- Management of Neurological Conditions</td>
<td>- Exercise Science and Therapy</td>
</tr>
<tr>
<td>- Introduction to Strength and Conditioning</td>
<td>- Personal and Professional Development 1</td>
<td>- Introduction to Strength and Conditioning</td>
</tr>
<tr>
<td>- Management of Pain</td>
<td>- Personal and Professional Development 2</td>
<td>- Management of Pain</td>
</tr>
<tr>
<td>- Mental Health</td>
<td>- Personal and Professional Development 3</td>
<td>- Mental Health</td>
</tr>
<tr>
<td>- Neurorehabilitation</td>
<td>- Management of Pain</td>
<td>- Neurorehabilitation</td>
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<tr>
<td>- Paediatrics</td>
<td>- Management of Pain</td>
<td>- Paediatrics</td>
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<tr>
<td>- Physical Activity for Health</td>
<td>- Management of Pain</td>
<td>- Physical Activity for Health</td>
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<tr>
<td>- Rehabilitation of Spinal Disorders</td>
<td>- Management of Pain</td>
<td>- Rehabilitation of Spinal Disorders</td>
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<tr>
<td>- Rheumatology</td>
<td>- Management of Pain</td>
<td>- Rheumatology</td>
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<tr>
<td>- Women’s Health</td>
<td>- Management of Pain</td>
<td>- Women’s Health</td>
</tr>
</tbody>
</table>

Some optional modules may also be chosen from those listed in the BSc Sport Rehabilitation programme. Modules may change, for example due to curriculum developments. The above list is a sample of typical modules that we offer, not a definitive list. The most up-to-date information can be found on our website at [nottingham.ac.uk/ugstudy/physio](http://nottingham.ac.uk/ugstudy/physio).
BSc Sport Rehabilitation

This course aims to equip graduates with the knowledge, skills and flexibility to work independently in a range of sporting, health, rehabilitation and exercise environments.

Year one
This year provides the underpinning academic concepts and practical skills required for professional practice. These include anatomy, physiology and human movement and are taught alongside physiotherapy students. Marks gained in the qualifying year do not count towards your overall degree classification.

There are no placements in year one, as this year focuses on skills training to equip you with the expertise necessary to undertake your first placement in year two.

Year two
This year is divided between academic study and a clinical placement in a sport rehabilitation or exercise-related setting. You will further develop your knowledge and skills in the management of sports injuries plus key concepts in injury prevention, nutrition and exercise physiology for performance enhancement. You will also contribute to the running of the Massage Clinic at the David Ross Sports Village Clinic, and on successful completion of the Soft Tissue Therapy module, you may purchase insurance via BASRaT to work as a Sports Masseur whilst undertaking the course.

Year three
In addition to six weeks of clinical placement and compulsory year-long modules, which includes a research project, we offer a choice of two optional modules per semester. You will also undertake an exciting community-based module that you can develop in an approved area related to sport, exercise, health or wellbeing. This may be within a charity, school, occupational setting or other area within the University or wider community.

Dissertation project
Every student will undertake a project in year three. This may be a laboratory-based investigation, a survey, an educational development or a literature review of your choice. Topics will also be suggested by staff and a supervisor will be allocated to you to guide you through the process. Students who submit work of a sufficient quality will be encouraged to present it at a conference or have it published post-graduation.

You will also undertake a recognised Emergency Sports First Aid qualification during the course, to enable you to undertake pitchside cover.

Sport and Exercise Science
At Nottingham we also offer a BSc Sport and Exercise Science course. For further information, visit nottingham.ac.uk/ugstudy/sportsci

Some optional modules may also be chosen from those listed in the BSc Physiotherapy programme. Modules may change, for example due to curriculum developments. The above list is a sample of typical modules that we offer, not a definitive list. The most up-to-date information can be found on our website at nottingham.ac.uk/ugstudy/sportrehab

nottingham.ac.uk/ugstudy/sportrehab
Engaging study, incredible results

Teaching and learning methods
For both courses, the first two years are taught in a similar way. Each week, new topics will be introduced using a variety of methods including lectures, tutorials and practicals, supported by online resources.

In year three, students on both courses undertake optional modules which are usually delivered via a variety of methods for six full days over a semester. By the time you reach year three, you are expected to be a more independent learner with more time to manage and complete your research project.

Within our courses, each module 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, therefore we choose the most appropriate method of evaluation based on the module.

Tutorials and support
With a small student intake, we can foster an informal, friendly and open environment that is beneficial to students. A low student to teacher ratio is something we feel is particularly important when learning practical skills, which are a large part of our courses.

On arrival at University, you will be allocated a personal tutor who will work with you throughout the whole of your degree programme. Through regular meetings 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.

Placements
For the duration of each placement, you are allocated an experienced physiotherapist or sport rehabilitator/exercise professional who will supervise, guide and support you, 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 placement period.

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

Below is an example first-year timetable for physiotherapy and sport rehabilitation students to give you an idea of how your time may be spent

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>9-10am</td>
<td>Lecture</td>
<td>Lecture</td>
<td>Practical and seminar sessions</td>
<td>Lecture</td>
<td>Practical session</td>
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<tr>
<td>10-11am</td>
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<td></td>
<td>No teaching – sport/leisure time</td>
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<tr>
<td>11am-12pm</td>
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<td></td>
<td>Practical and seminar sessions</td>
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<tr>
<td>12-1pm</td>
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<td>1-2pm</td>
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<td>2-3pm</td>
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<td>3-4pm</td>
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<td>4-5pm</td>
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</tbody>
</table>

Library and computing services
At Nottingham, you will benefit from access to an extensive collection of printed and online library resources. In addition, you will have on and off campus access to a very wide range of databases, ejournals and ebooks.

You will have access to specialist physiotherapy, rehabilitation and sports medicine texts at the Greenfield Medical Library, the Medical School, and the City Hospital Library on-site close to the Clinical Sciences Building (CSB).

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: unistats.co.uk

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

nottingham.ac.uk/healthsciences/teaching
Learning environments

The majority of teaching takes place in the Clinical Sciences Building at Nottingham City Hospital.

The Clinical Sciences Building is purpose-built and contains a 200-seat lecture theatre, a number of large lecture rooms, several smaller tutorial rooms and a clinical skills suite with four practical rooms. These are stocked with all the equipment necessary for practical skills teaching, including:

- movement analysis equipment (e.g., Cybex machine, force plates)
- electrotherapy (diagnostic and therapeutic ultrasound and shortwave therapy)
- exercise based equipment including gym balls, weights and balance equipment
- manikins equipped for respiratory teaching (e.g., auscultation dolls, suction practice and CPR)
- A human performance laboratory is also 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.

City Hospital campus

The City Hospital campus has a wide range of regional and national centres, which contribute to both the academic and clinical teaching. These include:

- a burns and plastics unit
- a specialist renal unit
- cardiac/thoracic centre

Other campuses

Students also spend a portion of their time at the Medical School based at Queen's Medical Centre, Nottingham, where facilities include:

- exercise physiology laboratories
- laboratories and dissection rooms
- clinical skills suite

Both the City Hospital and the Queen's Medical Centre make up the Nottingham University Hospitals (NUH) NHS trust.

The functional training room at Jubilee Sports Centre and David Ross Sports Village and clinic are also used for teaching more advanced sport-specific exercise and rehabilitation programmes.

Sport at Nottingham

We have one of the biggest portfolios of sports facilities in the country, including the £40m David Ross Sports Village. The facility features seminar rooms, a sports injury and rehabilitation clinic and a hydrotherapy pool to provide additional teaching and practical experience for students.

The clinical programme

Physiotherapy

In order to comply with the Chartered Society of Physiotherapy (CSP), 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.

Your final clinical placement is elective, which you will organise. This can take place anywhere in the world, providing you find a supervisor who is eligible for registration with the Health and Care Professions Council and that the country is safe to travel to.

Sport rehabilitation

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 of supervised clinical placement during the course.

At Nottingham, you will undertake a minimum of 460 hours of clinical placement. Participation in the massage clinic also adds to these hours. Placements will be in environments where a sport rehabilitator would be expected to find employment, for example in private clinics and sports clubs. You will be continually assessed and the marks count 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 and/or equipment 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.

nottingham.ac.uk/healthsciences/teaching

nottingham.ac.uk/healthsciences/clinical
Fees and finance

The University of Nottingham offers a wide range of bursaries and scholarships. These funds can provide you with an additional source of non-repayable financial help.

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 visit nottingham.ac.uk/sport/scholarships

Course costs
Students 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 (physiotherapy), or University branded sportswear (sport rehabilitation), are required for both clinical exams and placements. Practical classes require you to be dressed appropriately.
  We have a supplier who provides a range of clothing which can be ordered prior to starting the course. These should arrive during Welcome Week (week one).

- **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, and 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, although students receive a set amount of free printing credit each academic year.

- **Footwear (sport rehabilitation)**: trainers are appropriate for most practical and exercise classes however you may need to purchase additional footwear, eg football boots for working pitchside on placement.

For up to date information regarding tuition fees, visit nottingham.ac.uk/fees
Outstanding careers support

We have a reputation for producing well qualified, highly skilled and competent therapists at Nottingham. Our graduates find employment in many areas of healthcare and sport.

Physiotherapists
Most physiotherapists in the UK work within the wide range of specialities offered by the NHS, including:
- burns and plastics surgery
- healthcare of the elderly
- maternity
- mental health
- neurology
- orthopaedics
- out-patients
- paediatrics
- respiratory
- 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 practices.

A newly qualified physiotherapist working in the NHS can expect to be employed at Band 5 with a minimum salary of £24,212.**

Sport rehabilitators
Graduate sport rehabilitators have a sound knowledge of the fundamentals of sport rehabilitation, experience of relating theory to practice and utilising skills in a practical setting on placements.

Graduates 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.

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 £24,212.**

Amplify your potential
Whether you already have a plan or need some inspiration, your Careers and Employability Service is here to help.

Academic excellence and employability go hand in hand at Nottingham. Your course, and the diverse student experiences we offer, will enable you to develop the skills and professional competencies required to thrive in the job market of the future.

We will help you explore your options, so you feel confident making choices about what you want to achieve. Our team will support you as you build your CV, search for jobs, prepare applications, practise your interview technique, and much more.

Get the Advantage
The career-enhancing Nottingham Advantage Award recognises and rewards your extracurricular activities. With a choice of over 200 modules, you can hone the key skills employers are looking for. From developing your leadership skills and learning a language to public speaking and volunteering, you will leave university with demonstrable experience that sets you apart from other graduates. For further information, visit 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.

98.6% of undergraduates from the School of Health Sciences secured work or further study within six months of graduation.*

We have a reputation for producing well qualified, highly skilled and competent therapists at Nottingham. Our graduates find employment in many areas of healthcare and sport.

Career opportunities for physiotherapists are diverse within both the NHS and the private sector. Sport rehabilitators are employed predominantly in sport and exercise environments, with increasing opportunities within private practice, sports teams and military rehabilitation.

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How to apply

All applications for full-time undergraduate study at Nottingham, including applications by international students, must be made through UCAS.

You can apply online at ucas.com and will be notified of decisions through UCAS Track.

Your personal statement
This is the section of your UCAS form that tells us most about you, and you should make the best use of it. Be as specific and detailed as you can – we would like to see that you are a student who can work hard, be self-motivated and make the best possible use of the opportunities that our courses offer you. We would also like to hear about any skills you have gained through extracurricular activities.

Minimum entry requirements
Unless otherwise stated in individual course profiles, all UK applicants should have GCSE English grade 4 (C) as a minimum.

Alternative qualifications
In this brochure you will find our A level and International Baccalaureate entry requirements but we accept a much broader range of qualifications. For more details, visit nottingham.ac.uk/ugstudy/applying

Flexible admissions policy
In recognition of our applicants’ varied experience and educational pathways, we employ a flexible admissions policy. If we judge that your situation has adversely affected your achievement, then we will consider this when assessing your academic potential. Some courses may make a slightly lower offer. For more information about this policy, see nottingham.ac.uk/ugstudy/applying

Mature applicants
We encourage applications from mature students, who are defined as 21 years old and over. You should apply through UCAS. Find out more at nottingham.ac.uk/mature

International applicants
The University provides a range of information and advice for international applicants. If you are unable to attend an open day, we can meet you in your country at one of our overseas events or arrange an individual visit to the University. For further information please visit nottingham.ac.uk/international

Deferred entry
Applicants who wish to defer their entry by a year will not be at a disadvantage. Please tell us something about your plans for your gap year in your UCAS personal statement.

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.

If you wish to declare a disability, please ensure that you have ticked the appropriate box on your UCAS application form. Disclosure of this information will not affect your application.

In 2020/21, the University will provide generous bursaries to support lower-income students. For details, including eligibility, see nottingham.ac.uk/financialsupport

Accommodation
To suit every budget and personal choice
nottingham.ac.uk/accommodation

Around
15 minutes by tram or bus from the city for music, food and shopping
nottingham.ac.uk/nottinghamlife

Join in with the vibrant musical life on campus and in the city
nottingham.ac.uk/music/performance

Choose from 9 modern languages to study alongside your course
nottingham.ac.uk/language-centre

Sports University of the Year 2019*
with over 70 student sports clubs
nottingham.ac.uk/sport

For undergraduate enquiries contact:
Student Recruitment Support Hub

+44 (0)115 951 5559
nottingham.ac.uk/contact
UoNHealthSciences
@UoN_SHS
nottingham.ac.uk/healthsciences

This brochure has been drafted in advance of the academic year to which it applies. Every effort has been made to ensure that the information contained in this brochure is accurate at the time of publishing, but changes (for example to course content) are likely to occur given the interval between publication and commencement of the course. It is therefore very important to check our website for any updates before you apply for the course by following nottingham.ac.uk/ugstudy. Where there is a difference between the contents of this brochure and our website, the contents of the website take precedence.