

Programme Specification

Programme Title: BSc (Hons) Sport Rehabilitation

Awarding Institution:	University of Bolton		
Teaching Institution:	University of Bolton		
Division and/or Faculty/Institute:	Faculty of Advanced Engineering and Sciences		
Professional accreditation	Professional body	Professional body URL	Status of graduates
	British Association of Sport Rehabilitators and Trainers (BASRaT)	www.basrat.org	Eligible for full membership
Final award(s):	BSc (Hons)		
Interim award(s)	None		
Exit or Fallback award(s)	Certificate of Higher Education in Sport Rehabilitation Diploma of Higher Education in Sport Rehabilitation		
Programme title(s)	Sport Rehabilitation		
UCAS Code	C630		
JACS Code	C630		
University Course Code(s)	Full Time SRB0002 Part Time SRB5002		
QAA Benchmark Statement(s)	Hospitality, Leisure, Sport and Tourism		
Other internal and external reference points	QAA Academic Infrastructure, including the Framework for Higher Education Qualifications and the Code of Practice UK Quality Code for Higher Education External Validation Proposal developed with reference to BASRaT		

	delineations Accredited by BASRaT panel
Language of study	English
Mode of study and normal period of study	Full Time – 3 years Part Time – 4.5 years
Admissions Criteria	
<p>Standard requirements (home students)</p> <p>Refer to website for UCAS Points 2 A Levels GCSE (5 A-C) (Double Science/Maths/ English) Alternative qualifications and grades Foundation degree Kite-marked Access programme Other certified prior learning (APL) Other non certified prior learning/experience (APEL)</p> <p>No direct entry to level HE6 All Applicants dealt with by the admissions tutor on an individual basis. Interview with degree team compulsory</p> <p>Non standard entry</p> <p>All applicants dealt with by the admissions tutor on an individual basis Interview Compulsory</p> <p>Clearing</p> <p>Refer to website for minimum UCAS Points Interview with degree team compulsory</p> <p>International/EU requirements</p> <p>Equivalent to standard requirements for home students IELTS profile with average for each element of 6 points</p> <p>Interview process: structured interview, individual and group</p>	
Additional admissions matters	
Enhanced CRB disclosure	
Fitness to practise declaration	
This programme is subject to the University's fitness to practise procedures	

Aims of the programme

The principal aims of the programme are:

1. To equip you with a base of knowledge relevant to Sport Rehabilitation and the methodology of its application;
2. To equip you with a range of practical competencies relevant to Sport Rehabilitation;
3. To enable you to apply a critical and analytical approach to problem solving and the investigation of Sport Rehabilitation-related issues;
4. To develop competence in the application of a range of qualitative and quantitative methods used in Sport Rehabilitation research and adhere to the University of Bolton ethics procedure.
5. To provide opportunities for you to become practised in the application of Sport Rehabilitation in a vocational setting;
6. To develop your transferable skills;
7. To encourage independent learning and Personal Development Planning (PDP) by:
 - (i) Improving your capacity to understand what, how and when you are learning
 - (ii) Encouraging you to monitor, review, plan and take responsibility for your own learning.
8. To understand your Clinical Scope of Practice and adhere to BASRaT's Code of Conduct.

Distinctive features of the programme

Graduates of the BSc (Hons) Sport Rehabilitation will be eligible to join BASRaT, and subsequently use the title of Graduate Sport Rehabilitator (GSR).

Potential eligibility for you to undertake a post-graduate examination that enables an athletic trainer-equivalent status allowing employment in Ireland, USA and Canada.

You will also be eligible to apply for Exercise and Sports Science Australia (ESSA) registration in Australia.

You will gain a minimum of 400 clinical hours prior to joining BASRaT. Clinical placements are provided by the university, all of a premier quality in terms of clinical practice and mentorship from experienced clinical supervisors.

Academically-credited student exchange and internship in the United States of

America.

Chartered, State Registered and BASRaT-accredited lecturing staff from elite level professional sport, all in clinical practice and involved in current research.

Bolton One specialised facilities include: the practitioner-led Sports and Spinal Injuries Clinic, (SSIC), hydrotherapy and swimming pool, rehabilitation suite, strength and conditioning suite, and Physiology and Biomechanics laboratories.

Guest speakers in current practice in elite level professional sport with expertise in orthopaedic, sports and private practice arenas providing you with an authentic perspective from experienced professionals and further enforcing strong links into industry.

Integrated Trauma management course at level HE6.

Opportunities to attend master classes and external courses to further enhance your learning and employability.

Voluntary events such as sports massage for professional teams which will enhance your experience and facilitate employability.

Development of an Electronic Professional Development Portfolio (EPDP) which you can continue to use once graduated as a tool for continuous professional development.

Programme learning outcomes

K. Knowledge and understanding

On successful completion of the programme you will be able to demonstrate systematic knowledge and understanding of:

1. The principles and theories of Sport Rehabilitation.
2. The human response to participation in sport and physical activity.
3. The role of the sport rehabilitator in enhancing sports injury prevention and recovery
4. The vocational context of Sport Rehabilitation.
5. The design, implementation and evaluation of research.

C. Cognitive, intellectual or thinking skills

On successful completion of the programme you will be able to demonstrate the ability to:

1. Demonstrate the capacity for critical reasoning and analysis.
2. Synthesise data/information and appropriately interpret research findings.
3. Discriminate between and evaluate theories.
4. Apply Sport Rehabilitation theory and principles to the evaluation and solution of problems and issues.

P. Practical, professional or subject-specific skills				
On successful completion of the programme you will be able to demonstrate the ability to:				
1. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals).				
2. Measure and evaluate performance in an appropriate fashion in the laboratory, clinic and field.				
3. Design, implement and evaluate rehabilitation programmes.				
4. Use laboratory, clinic and field equipment safely and competently.				
5. Meaningfully present information in a variety of forms.				
6. Develop a responsible attitude toward your own personal, academic and career development (PDP).				
T. Transferable, key or personal skills				
On successful completion of the programme you will be able to demonstrate the ability to:				
1. Learn and investigate.				
2. Employ effective communication in formal and informal environments using a variety of means				
3. Use self-management skills.				
4. Use numerical and quantitative skills.				
5. Show competency in the use of information technology.				
6. Work independently or as part of a group.				
Programme structure				
Module Code	Module title	Core/ Option/ Elective (C/O/E)	Credits	Length (1, 2 or 3 periods)
SRB4001	Clinical Anatomy	C	20	1
SRB4002	Research Methods In Sport Rehabilitation	C	20	1
SRB4003	Human Physiology	C	20	1
SRB4004	Therapeutic Skills	C	20	1
SRB4005	Musculoskeletal Injury	C	20	1
SPS4004	Introduction to Sport and Exercise Biomechanics	C	20	1
SRB5001	Psychology in Sport Rehabilitation	C	20	1
SRB5002	Spinal Anatomy, Pathology, Mobilisation and Manipulation	C	20	1
SRB5003	Applied Physiology	C	20	1
SRB5004	Further Research Methods In Sport Rehabilitation	C	20	1

SRB5005	Theory and Practice of Therapeutic Modalities	C	20	1
SRB5006	Injury Prevention and Functional Rehabilitation	C	20	1
SRB6001	Advanced Clinical Skills	C	20	1
SRB6002	Differential Diagnosis, Management and Referral	C	20	1
SRB6003	Back to Sport	C	20	1
SRB6004	Sport Rehabilitation Dissertation	C	20	2
SRB6005	Clinical Experience	C	40	1

Learning and teaching strategies

A variety of learning and teaching methods are used throughout the programme to ensure you acquire and ultimately demonstrate these skills, knowledge and competencies to achieve learning outcomes with the aim of being successful in your future career. These methods are both teacher and student led. Put simply, teaching and learning is achieved through the activities of students and teachers working together. Some of this is through formally delivered timetabled classes with a lecturer/tutor whilst others are self directed for your development. In addition, guest speakers and 'master classes are provided throughout the programme to enhance employability and to bridge the gap between theory and practice. Similarly, work experience forms a large part of the course and will help develop your skills in a clinical environment. Personal Development Planning (PDP) will run throughout the programme to encourage personal reflection and professional development.

The following methods are commonly employed by your tutors during formal timetabled activities; lectures, seminars, practical classes and tutorials. All lecture, practical class material and recommended reading are placed on Moodle (the University's Virtual Learning Environment) for you to access. Tutorials will be group based, face-to-face or online depending on the nature of the subject. The teaching and learning strategy for each module is detailed in the module guides that you will receive at the beginning of each semester.

Learning activities (KIS entry)

	Course Year		
	1	2	3
Scheduled learning and teaching activities	32%	32%	18%

Guided independent study	68%	66%	49%
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Placement/study abroad	0%	2%	33%
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Assessment strategy

The assessment strategy for the programme is designed to ensure that you achieve the overall aims and learning outcomes of the programme as well as the learning outcomes for each module. Assessment serves several functions, the primary being to evaluate your achievement. Furthermore, assessment can also help you organise and develop your learning. The feedback from assessments can serve an important educational function in developing your own skills and understanding of your own strengths and weaknesses.

The types of assessment you will be required to complete are set into two general categories, formative and summative:

Formative assessments are activities that do not contribute to your overall module grade but are an integral part of the learning strategy for a module and thus are required to complete them. They will be assessed and you will receive feedback on your standard of work and the level of achievement. Formative assessments serve to assess your learning as the module progresses. Many of the formative assessment tasks will either serve as preparation for your summative assessment tasks or provide an opportunity for a “practice run”. For example, you may be required to submit an essay plan.

Summative assessments are those assessment activities for which the marks will contribute to the overall module grade. You will also receive feedback on these assessments so that you will know what you have done well and where you can improve. In this way, summative assessments provide valuable learning for modules which are to follow.

Many different forms of assessment are employed on the programme for both formative and summative purposes, the major forms being as follows:

- Coursework
- Written Examinations
- Practical Assessments
- PDP
- Case Studies
- Oral Presentations (both individual and group)
- Dissertation (Final Year)

Assessment methods (KIS entry)

	Course Year		
	1	2	3

Written exams	36%	17%	22%
Coursework	28%	58%	45%
Practical exams	36%	25%	33%

Assessment regulations

- Assessment Regulations for Undergraduate Modular Programmes

Grade Bands and classifications

Undergraduate Honours Degrees

Grade Description	Mark %	Honours Degree Classification
Work of exceptional quality	70+	i
Work of very good quality	60-69	ii.i
Work of good quality	50-59	ii.ii
Work of satisfactory quality	40-49	iii
Borderline fail	35-39	
Fail	Below 35	

Honours classification

You will normally be awarded the honours classification resulting from the application of either Rule ACM20 or Rule ACM6.

Rule ACM20

A weighted average of the marks from modules worth a total of 200 credits at Levels HE5 and HE6 combined, including the marks from modules worth no more than 80 credits at least at Level HE5 (weighted 30 percent) and marks from modules worth at least 120 credits at Level HE6 (weighted 70 percent), which represent the best marks achieved by you at those Levels.

Where the average falls unequivocally into one of the following bands: 48.00 - 49.99, 58.00 - 59.99, 68.00 - 69.99; and you have achieved marks clearly in an honours classification category higher than their average for modules worth at least 110 credits, then you will be awarded an honours degree in the classification category one higher than that indicated by your average.

Rule ACM6 (an alternative if you do not have sufficient marks at Levels HE5 and 6 to apply ACM20)

A simple average of the equally weighted marks from modules worth 120 credits at Level HE6 which represent the best marks achieved by you at that Level.

Where the average falls unequivocally into one of the following bands: 48.00 – 49.99, 58.00 – 59.99, 68.00 – 69.99; and you have achieved marks clearly in an honours classification category higher than their average for modules worth at least 70 credits, then you will be awarded an honours degree in the classification category one higher than that indicated by their average.

Where you have marks available for fewer than 120 credits at Level HE6, honours classification shall normally be based **solely** on a simple average of the available marks for modules at Level HE6, subject to there being marks for a **minimum of 60 credits awarded by the University. Upgrading of the honours classification will not normally be available where there are marks available for fewer than 120 credits at Level HE6**, unless this is explicitly approved.

Role of external examiners

External examiners are appointed for all programmes of study. They oversee the assessment process and their duties include: approving assessment tasks, reviewing assessment marks, attending assessment boards and reporting to the University on the assessment process.

Support for student learning

- The programme is managed by a programme leader
- Induction programme introduces you to the University and your programme
- Each student has a personal tutor, responsible for support and guidance
- Personal Development Planning (PDP) integrated into all programmes
- Feedback on formative and summative assessments
- A Student Centre providing a one-stop shop for information and advice
- University support services include housing, counselling, financial advice, careers and a disability
- A Chaplaincy
- Library and IT services
- Student Liaison Officers attached to each Faculty
- The Students' Union advice services
- Faculty and Programme Handbooks which provide information about the programme and University regulations
- The opportunity to develop skills for employment
- English language support for International students

- Anatomy TV – online resource
- Dedicated practical clinics, hydrotherapy/swimming pool, strength and conditioning suite, rehabilitation suite, Sport Science laboratories
- Sports & Spinal Injuries Clinic
- Laboratory technician in Sport Rehabilitation and Sport Science Laboratory Environments
- External Practitioner Clinical Experience Supervisors
- Internal Placement tutors providing advice and guidance for you whilst on clinical placement

Methods for evaluating and enhancing the quality of learning opportunities

- Programme committees with student representation
- Module evaluations by you
- Students surveys, e.g. National Student Survey (NSS)
- Annual quality monitoring and action planning through Programme Quality Enhancement Plans (PQEPs), Data Analysis Report (DARs) Subject Annual Self Evaluation Report (SASERs), Faculty Quality Enhancement Plans (FQEPs), University Quality Enhancement Plan (UQEP)
- Peer review/observation of teaching
- Professional development programme for staff
- External examiner reports
- Visits and feedback from BASRaT representatives
- Feedback from clinical placement providers/potential employers

Other sources of information

Careers service (<http://www.bolton.ac.uk/careers/home.aspx>)
Student portal (<http://www.bolton.ac.uk/Students/Home.aspx>)
Students Union (<http://www.ubsu.org.uk/>)
Faculty Handbook (<http://www.bolton.ac.uk/Students/FacultyofWell-BeingSocialSciencesHandbook.pdf>)
Programme Handbook
Student Entitlement Statement
(<http://www.bolton.ac.uk/Students/AdviceAndSupport/Home.aspx>)
Module database (<http://data.bolton.ac.uk/academicaffairs/index.html>)
Moodle (<http://elearning.bolton.ac.uk/>)
Sport Rehabilitation blog (<http://bolton sportrehabilitation.blogspot.com/>)
Sport Rehabilitation students facebook page
(<http://www.facebook.com/bolton sportsrehabstudents&grads>)
External examiners reports
<http://www.bolton.ac.uk/Quality/QAECContents/ExternalExaminersReports/Home.aspx>

Document control

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Learning outcomes map

Module title	Mod Code	St atu s C/ O/ E	K 1	K 2	K 3	K 4	K 5		C 1	C 2	C 3	C 4			P 1	P 2	P 3	P 4	P 5		T 1	T 2	T 3	T 4	T 5	T 6
Level HE4																										
Clinical Anatomy	SRB400 1	C	D T A	D T														D T	A							
Research Methods In Sport Rehabilitation	SRB400 2	C	D T A				D T A		D T A	D T A						D T		D	D T A		D T A	D A	D A	D T A	D A	D A
Human Physiology	SRB400 3	C	D T A	D T A						D T A						D T A		D T A	A				D	T A		
Therapeutic Skills	SRB400 4	C	D T A	D T A	D T A				D								D T A	D T A								
Musculoskeletal Injury	SRB400 5	C	D T A	D T A	D T A	D	D					D T A			D T A				D			D T A				D
Introduction to Sport and Exercise Biomechanics	SPS400 4	C	D T A	D T A						D T A						D T A		D T					D	D T A	D A	D
Level HE5																										
Psychology in Sport Rehabilitation	SRB500 1	C	D T A	D T A		D T A	D T A		D T A	D A	D T A				D A			D	A			D A				D A
Spinal Anatomy, Pathology,	SRB500 2	C	D T	D T	D T				D T			D T						D T								

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Mobilisation and Manipulation			A	A	A				A			A					A								
Applied Physiology	SRB5003	C	D T A	D T A			D T		D A	D A	D T A	D T A			D			D T	D A						
Further Research Methods In Sport Rehabilitation	SRB5004	C	D T A				D T A		D T A	D T A	D T A	D T A				D T			D A		D A	D A	D T A	D A	D A
Theory and Practice of Therapeutic Modalities	SRB5005	C	D T A	D T A	D T A	D T A	D A		D A	D A		D T A			D A	D	D A	D A	D A						
Injury Prevention and Functional Rehabilitation	SRB5006	C	D T A	D T A	D T A	D T A						D T A			D A	D T A	D T A	D T A				D A	D		D A
Level HE6																									
Advanced Clinical Skills	SRB6001	C	D T A	D T A	D T A	D T A	D A		D T A	D A	D A	D A			D A	D A	D A	D A	D A			A			A
Differential Diagnosis, Management and Referral	SRB6002	C	D T A		D T A	D T A	D A		D A		D A				D A	D		D							
Back to Sport	SRB6003	C	D T A	D T A	D T A	D T A	D A		D A	D A	D A	D T A			D A	D T A	D T A	D T A	D A			A	A		A
Sport Rehabilitation Dissertation	SRB6004	C	D T A				D T A		D T A	D T A	D T A	D T A			D						D T A	D T A	D T A	D T A	D T A
Clinical Experience	SRB6005	C	D A	D A	D A	D A	D A		D A			D A			D A	D A	D A	D A				D A	D A		D A

K. Knowledge and understanding P. Practical, professional and subject specific skills C. Cognitive, Intellectual and thinking skills T. Transferable, key or personal skills

Complete the grid using the following (Developed = D, Taught = T, Assessed = A)

<p>K Knowledge and understanding in the context of the subject(s)</p> <ol style="list-style-type: none"> 1. Demonstrate knowledge and understanding of the principles and theories of sport rehabilitation 2. Demonstrate knowledge and understanding of the human response to rehabilitation in sport and physical activity. 3. Demonstrate knowledge and understanding of the role of the sport rehabilitator in enhancing sport injury prevention and recovery. 4. Demonstrate an awareness of the vocational context of sport rehabilitation. 5. Understand the design, implementation and evaluation of research. <p>C Cognitive skills</p> <ol style="list-style-type: none"> 1. Demonstrate the capacity for critical reasoning and analysis. 2. Be able to synthesise data/information and appropriately interpret research findings. 3. Be able to discriminate between and evaluate theories. 4. Be able to apply sport rehabilitation theory and principles to the evaluation and solution of problems and issues. 	<p>P Subject specific practical/professional skills</p> <ol style="list-style-type: none"> 1. Communicate effectively with a variety of audiences (peers/colleagues, clients, industry professionals). 2. Measure and evaluate rehabilitation in an appropriate fashion in the laboratory, clinic and field. 3. Design, implement and evaluate rehabilitation programmes. 4. Use laboratory, clinic and field equipment safely and competently. 5. Meaningfully present information in a variety of forms. <p>T Other skills (key/transferable) developed in subject or other contexts</p> <ol style="list-style-type: none"> 1. Capacity to learn and investigate. 2. Communicate effectively in formal and informal environments using a variety of means. 3. Self-management skills. 4. Numerical and quantitative skills. 5. Competence in the use of information technology. 6. Ability to work independently or as part of a group.
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Module listing

Module title	Mod Code	New ✓	Level	Credits	Type	Core/Option/Elective C/O/E	Pre-requisite module	Assessment 1			Assessment 2		
								Assessment type	Assessment %	Add Y if final item	Assessment type	Assessment %	Add Y if final item
Clinical Anatomy	SRB4001	✓	4	20	STAN	C		PRA	60		EX	40	Y
Research Methods In Sport Rehabilitation	SRB4002	✓	4	20	STAN	C		CW	40		CW	60	Y
Human Physiology	SRB4003	✓	4	20	STAN	C		PRA	40		EX	60	Y
Therapeutic Skills	SRB4004	✓	4	20	STAN	C		PRA	100	Y			
Musculoskeletal Injury	SRB4005	✓	4	20	STAN	C		AO	5		PRA	95	y
Introduction to Sport and Exercise Biomechanics	SPS4004	✓	4	20	STAN	C		CW	50		EX	50	Y
Psychology in Sport Rehabilitation	SRB5001	✓	5	20	STAN	C		CW	50		PRE	50	Y

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Spinal Anatomy, Pathology, Mobilisation and Manipulation	SRB5002	√	5	20	STAN	C		PRA	60		EX	40	Y
Applied Physiology	SRB5003	√	5	20	STAN	C		CW	50		EX	50	Y
Further Research Methods In Sport Rehabilitation	SRB5004	√	5	20	STAN	C		CW	40		PRE	60	Y
Theory and Practice of Therapeutic Modalities	SRB5005	√	5	20	STAN	C		CW	50		PRA	50	Y
Injury Prevention and Functional Rehabilitation	SRB5006	√	5	20	STAN	C		PRA	50		EX	50	Y
Advanced Clinical Skills	SRB6001	√	6	20	STAN	C	SRB5002 SRB5003 SRB5006 SRB5005	PRA	50		PRA	50	Y
Differential Diagnosis, Management and Referral	SRB6002	√	6	20	STAN	C	SRB5002 SRB5003 SRB5006 SRB5005	PRE	50		EX	50	Y
Back to Sport	SRB6003	√	6	20	STAN	C	SRB5002 SRB5003 SRB5006 SRB5005	PRE	50		EX	50	Y
Sport Rehabilitation Dissertation	SRB6004	√	6	20	DISS	C	SRB5004	CW	100	Y			
Clinical Experience	SRB6005	√	6	40	DOUBL E	C	SRB6001 SRB6002 SRB6003	CW	40	Y	PRA	60	

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Bolton Key Core Curriculum requirements

Module Title	Module Code	C/O/E	Employability										Bolton Values			
			PDP	Communication	Team work	Organisation & Planning	Numeracy	Problem solving	Flexibility & adaptability	Action planning	Self awareness	Initiative	Personal impact &	Inter-nationalisation	Environmental sustainability	Social, public and ethical responsibility
Clinical Anatomy	SRB4001	C		D	D				D		D	D	D		D	DTA
Research Methods In Sport Rehabilitation	SRB4002	C	DA	DTA	TD	DTA	DTA	DTA	D	A	A	D	A			TD
Human Physiology	SRB4003	C	D	D	D							D			D	DT
Therapeutic Skills	SRB4004	C		DTA	D	DA				DTA	DTA	D	DA		D	DT
Musculoskeletal Injury	SRB4005	C		DA	D	D		DTA	DT	DTA	DTA	D	DA	DTA	D	DTA
Introduction to Sport and Exercise Biomechanics	SPS4004	C	D		D		DTA	DTA				D			D	
Psychology in Sport Rehabilitation	SRB5001	C		DTA						A	DTA				D	DTA
Spinal Anatomy, Pathology, Mobilisation and	SRB5002	C		DTA				DTA	D	DTA	DTA	D	DA	DTA	D	DTA

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Manipulation																
Applied Physiology	SRB5003	C	D	D	D			A		A		D	D	DTA	D	DT
Further Research Methods In Sport Rehabilitation	SRB5004	C	DTA	DTA		DTA	DTA	DTA	DA	DA	D	D	DA		D	DTA
Theory and Practice of Therapeutic Modalities	SRB5005	C		DA				DTA	D	DTA	DTA	D	DA	TDA	D	DTA
Injury Prevention and Functional Rehabilitation	SRB5006	C		DTA	D			DTA	D	DTA	DTA	D	DA	DTA	D	DTA
Advanced Clinical Skills	SRB6001	C	DA	DTA	D	DA		DTA	DT	DT	D	DTA	DA	DTA	DTA	DTA
Differential Diagnosis, Management and Referral	SRB6002	C		D	D			DTA		DTA	DA	DA	D		D	DTA
Back to Sport	SRB6003	C		DA	D			DTA	D	DT	D	DA	DA	DTA	D	DTA
Sport Rehabilitation Dissertation	SRB6004	C	DA			DA	DA	DA	D	D	D	D	D		D	DA
Clinical Experience	SRB6005	C	DA	DA	D	D		DA	DA	DTA	DA	DA	DA	DTA	DTA	DTA

Complete the grid using the following (Developed = D, Taught = T, Assessed = A)

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