

Foundation Degree Sports Conditioning, Rehabilitation and Massage (SCRaM)



In a nutshell

Are you passionate about a career in Strength and Conditioning, Injury Assessment, Rehabilitation and Sport Massage?

If so, our Foundation Degree in Sports Conditioning, Rehabilitation and Massage Conditioning, can provide an opportunity for you to prepare to work in the growing leisure and professional sport industry. It will also develop skills that meet aspects of the wider health and wellbeing agenda.

Students will undertake modules that evaluate the scientific basis of preparation and rehabilitation of performers in sport and develop technical skills in the conditioning and rehabilitation of sports performers and a variety of soft tissue/massage methods. The programme enables students to apply professional principles of practice within competitive and non-competitive environments as well as preparing them for employment and/or future study.

This course is for you if...

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- ... You want to progress your career in the leisure and professional sports sector
- ... You're looking to develop skills to support health and wellbeing
- ... You're passionate about working in the areas of Strength and Conditioning, Injury Assessment, Rehabilitation and Sport Massage
- ... You're looking for the next step in your career and you're keen to learn new skills and better your knowledge and understanding.

What will I be doing?

Based at Coleg Gwent Crosskeys Campus and NIAC Cardiff Metropolitan University, which has state of the art facilities, the course aims to develop intellectual knowledge and understanding of the academic disciplines and key concepts that underpin Sport Conditioning, Rehabilitation and Massage in the UK and abroad.

The Foundation Degree in Sport Conditioning, Rehabilitation and Massage (SCRAM) is set up as a triangle with a broad base of foundational concept undertaken in years 1 and 2 at Coleg Gwent Crosskeys campus, before you focus upon a specialised area of study in the final year at Cardiff Metropolitan University.

This model ensures that you're able to act as part of a multidisciplinary team regardless of your future career specialism.

In the first year of study you'll undertake six compulsory modules:

Level 4 (year one) Coleg Gwent, Crosskeys Campus:

Research and Scholarship
Professional Development
Anatomy and Clinical Assessment
Foundations in Strength and Conditioning
Introduction to Sport Massage and Soft Tissue Practices
Foundations of Sport and Exercise Science

The second year builds upon the first year, helping you to further explore theories that underpin the core areas of strength and conditioning, sport rehabilitation and sport massage whilst also gaining greater focus on the application of this knowledge:



COURSE INFORMATION LEAFLET

Level 5 (year two) Coleg Gwent Crosskeys Campus:

Research Design and Practice
Strength and Conditioning Coaching
Injury Pathology and Rehabilitation
Sports Massage and Soft Tissue Practices
Enterprise in Sport and Health
Multidisciplinary approaches to Sport and Health

Learning and Assessments

Learning and teaching methods may include lectures, seminars, workshops, tutorials and practical sessions. Our Virtual Learning Environment is also an integral aspect of the learning package that will support your studies.

As a school, we work hard to provide student-centred learning opportunities that deliver a high quality and flexible learning environment. Lead lectures introduce key topics and concepts, whilst seminars, tutorials, workshops and practical sessions focus on the application of key concepts with the aim of enhancing your student experience and engagement. You'll also meet tutors on a one-to-one basis.

Learning and teaching methods emphasise and facilitate the development of your critical reasoning, and encourage the integration of practice and theory. Throughout your programme, you'll experience both tutor-led learning and self-directed methods of learning, increasing independence and reflection and encouraging you to develop a positive attitude toward lifelong learning.

Specific features of the learning experience of the learning experience on Sport Conditioning Rehabilitation and Massage (SCRAM) include utilising recent research literature and National Occupational Standards (e.g., UKSCA, NSCA, SMA, BASRaT, National Governing Body, NGB, coaching qualifications).

The modes of assessment used throughout the course are designed to both enhance your learning experience and to acknowledge that you've fulfilled the learning outcomes linked to each module. The undergraduate modules are assessed by a combination of assessment types:

Written coursework
Poster presentations
Oral presentations
Portfolios

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Seen and unseen exams

Practical skills

Other activities designed to assess, develop, and enhance academic and employability skills.

What is expected of me?

Applicants are required to have five GCSEs including GCSE English Language (or Welsh First Language) and Maths* at grade C or above (grade 4 or above for applicants holding newly reformed GCSEs in England).

*For Welsh applicants sitting the reformed Mathematics GCSE, we'll accept either GCSE Mathematics or Mathematics – Numeracy.

Typical offers may ask for:

96 UCAS tariff points to include grades from A2 Level (including General Studies) or Scottish Advanced Highers to include a relevant subject. Welsh Baccalaureate – Advanced Skills Challenge Certificate will be considered as a third subject.

BTEC National Extended Diploma / Cambridge Technical Extended Diploma with MMM.

VTCT Extended Diploma in Sports Studies with MMM overall.

96 UCAS tariff points to include grades within the Irish Leaving Certificate at Highers to include a relevant subject;

Qualifications equivalent to the above are also accepted.

Applicants are normally made an offer based on the tariff range detailed above and the strength of your overall application, including your academic and sporting profile.

For applicants who are only undertaking 2 A levels (or equivalent) or are not predicted to meet the standard tariff offer above, applications will be considered based on the strength of the whole academic profile and we may issue a graded offer in lieu of an offer using the UCAS Tariff.

What comes next?

During your first year of study you'll be offered the opportunity to undertake technical qualifications in a range of industry relevant areas including sport coaching, exercise training & health and safety. These opportunities will support you to have additional appropriate qualifications and experience as you progress through your programme. We'll work to support you to seek work experience and opportunities to work locally and regionally as well as abroad.



COURSE INFORMATION LEAFLET

Students who have graduated from this course have gone on to work in careers both within and beyond the Sport Industry.

Recent graduates are now working in professional sports teams, academy sports teams as well as with national governing bodies of sport. Many students also pursue opportunities in private clinical practice or in fitness industry settings.

You'll also be able to continue onto further study in the field of Physiotherapy or Master's programmes such as the BASRaT endorsed MSc Sports Rehabilitation or MSc Strength and Conditioning and further progressed to doctoral level studies.

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