

# BSc (Hons) in Sports Therapy

## Educational Qualifications Recognised Globally

Since 1981, Portobello Institute has been educating professional practitioners for the early years sector. Awarded at level 8 by London Metropolitan University, this degree has been researched to develop the specific knowledge and skills needed by sports therapists.

## Direct Entry Route

Entry to this course is by direct application and is interview based. A "Conditional Offer" is issued to successful applicants within 3 days of an interview. There are no CAO points requirements. Further details on our website

## Next Start Date:

01/10/2019



Exploring Sports Therapy [P.1](#)

Sports Therapy & Physiotherapy [P.2](#)

Programme Aims & Content [P.3](#)

Registration Information [P.4](#)

## Exploring Sports Therapy.

Sports therapy is an aspect of healthcare that is specifically concerned with the prevention of injury and the rehabilitation of the individuals' to optimum levels of functional, occupational and sports specific fitness, regardless of ability and age. Sports therapy utilizes the principles of sport and exercise sciences, incorporating therapeutic, physiological and pathological processes to prepare the participant for training and competition. With Sports Therapists' contribution to high performance well recognized, skilled sports therapists are in high demand to work at all levels and with all types of athletes on the sports and exercise continuum.

### Whom is the programme suited to:

This programme is aimed at those seeking a level 8 honours degree to become a professionally qualified therapist. There is the opportunity to obtain professional membership of the global Society of Sports Therapists giving professional recognition of this degree in the field of sports therapy. This programme also offers graduates the opportunity to follow the path of previous students and qualify as a physiotherapist.



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## Programme Director

This BSc in Sports Therapy programme is overseen by Dr Susan Giblin. Dr Giblin has extensive experience in both the world of sport and education. Susan has been at the forefront of developing the sports department within Portobello to be research led and at the cutting edge of sport, technology and education to meet the trends and demands of those working in sport today. Susan firmly believes in supporting students reach their best by creating a model to fit each student's learning journey rather than forcing every student into a one size fits all.

## Expert Tutoring Team

The expertise of our faculty spreads across all divisions of the sports therapy sector. The tutoring team are all practicing clinicians, working in the field of sport as therapists. They bring their insight, depth of experience and passion for teaching to this degree programme. They each hold relevant qualifications and have many years tutoring experience in Irish and international Institutions.

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Dan O'Mahony now studying Physiotherapy in RCSI

# How does a qualification in Sports Therapy prepare you for a career in Physiotherapy?

We asked Dr Susan Giblin, Programme Director of Portobello Institute's Sports department & two of our past pupils, on the role the degree in sports therapy played in accessing a career in physiotherapy.

Understanding the difference between a sports therapist and a physiotherapist requires us to take a look at their primary patient type and the outcomes aimed for that patient stated Dr Giblin when we met her for this article.

"There is a difference in the context of their work. A Physiotherapist focuses on clinical populations and conditions such as stroke rehabilitation, joint replacement etc. Sports therapists, at undergraduate level have greater exposure to sporting environments. Therefore their focus is different and their aim during treatment is to rehabilitate a patient to return to exercise."

However, we have identified there are many cross-overs in terms of the knowledge, training and skills acquired by both physiotherapists and sports therapists. And it is this crossover, that supports graduates of Portobello Institute's BSc in Sports Therapy to further their studies and become physiotherapists through further study at Master's level.

We spoke to two past-pupils currently following this path and asked for their insight on whether the qualification in sports therapy had proved beneficial. Dan O'Mahony graduated in June 2018 and is now a full-time student in RCSI. He is now studying to become a physiotherapist. According to Dan, the practical skills and sports science basis of the sports therapy degree have given him "the opportunity to attain my ultimate career goal"

**"This has proven to give a distinct advantage at the interview.... They have conducted research and clinical placements in physiotherapy"**

Dr Giblin confirmed "Entry on to a physiotherapy Masters, such as that which Dan is studying is interview based. Therefore throughout second and third year of the sports therapy

degree, those seeking to further their studies to physiotherapy are provided with research opportunities and clinical placements with a physiotherapy slant. This has proven to give a distinct advantage at the interview stage for the Masters in Physiotherapy - students have conducted research and clinical placements in the physiotherapy field"

Another successful graduate studying a Masters in Physiotherapy is Jamie Judge. Jamie also graduated in June 2018 and is now studying in Brunel University in the UK. Jamie shares that it was the clinical placement and the multiple modules that helped her develop her communications skills that supported her to progress this far.

"Supporting students to reach their ultimate career goals is a very rewarding part of this role" believes Dr Susan Giblin and a role she looks forward to each year.



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# Programme Aims & Content

## Programme Aims

Students will develop the subject-specific knowledge and the ability to relate it to a clinical situation. To understand the evidence-based nature of the therapies, it is essential that a level of understanding of science be achieved. Thus there is a substantial component of human and exercise science in the course. Students develop an ability to problem solve and clinically reason. These skills are the foundations for accurate diagnosis and treatment formulation. This course aims to develop these critical and analytical skills to ensure that practice remains current and supported by a body of scientific knowledge. Students obtain a high level of clinical competence through practice and the problem based learning. Practical demonstrations and presentations ensure that they achieve the benchmarks for society membership.

### Year 1

- Essential Principles in Sports Science
- Sports Anatomy and Physiology
- Practical Sport Experience
- Science, Research and Application

### Year 2

- Sports Physiology
- Sports Rehabilitation
- Sports Therapy
- Sports Science Research Methods
- Biomechanics of Human Movement

### Year 3

- Sports Science and Therapy Dissertation
- Advanced Sports Therapy
- Work Placement and Electrotherapy
- Principles of Sport Psychology
- Biomedical Implications of Exercise
- Business Developments in Sport

## A Unique Learning Journey for Every Student

We recognise every student learns at a different pace and in a different style. The design of the delivery of this programme allows students to create their own learning path with the support of module tutors via telephone, email, one-to-one tutorials. Our programme manager is available throughout the programme to offer guidance, support and extra tutorials when needed. We work in partnership with our students, supporting them to achieve their educational goals.

## Student Support

Our tutor team consists of a combination of academic professionals and sports therapy practitioners. Their experience in both the sector and education affords our students the opportunity for guidance and assistance throughout their learning journey.

## Assessments

Assessments vary from practice based assignments to reflective essays, exams to practical demonstrations - all seeking to combine up to date and relevant theory with scenario-based learning and practical implementation.



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## Student Sports Clinic

As a student of Portobello Institute, insurance is granted by the Society of Sports Therapists for students to practice. A clinic is run each Thursday in the college with early client contact hours available under the supervision of our tutor and clinic supervisors. This is an invaluable part of the training towards the BSc (Hons) in Sports Therapy.

## Clinical Work Experience

From year 2, students have the opportunity to gain further clinical experience as part of our work experience programme. These settings vary greatly from large professional sports clinics to hospitals, sports clubs and smaller unique sports therapy settings – all provide valuable experience to our students.

## Qualification Gained & Society of Sports Therapists Recognition

This degree is a BSc honours degree in Sports Therapy awarded by London Metropolitan University. It sits at level 8 on the NFQ and is recognised by the Society of Sports Therapists for membership.

## Entry Requirements

Entry on to this degree programme is by direct application to Portobello Institute following an interview. For more detailed information, visit [www.portobelloinstitute.ie](http://www.portobelloinstitute.ie)

## Application Process

Places are limited and applications are processed throughout the year.

Step 1 – Submit the application form online, in person or over the phone

Step 2 – Attend the interview

Step 3 – Offer issued within 3 days of interview

Step 4 – Acceptance of place required within 2 weeks of offer issue

## Course Structure, Duration & Start Date

This is a three year programme with 2 semesters running between October and May annually. Classes are scheduled to take place over 2-3 consecutive days each week.

***The next programme commences 01/10/19***

## Location

This level 8 degree programme is currently offered in Portobello Institute, Dublin 1. The green line luas stop is a 1 minute walk, O'Connell St is less than 5 mins walk away.

## Course Price

The cost of this level 8 degree programme is €5,495 & £195stg registration fee per year.

***Payment structures and plans are detailed on our website***