

# Sport

## Sport: Rehabilitation for Sport and Exercise part-time

### In Brief

#### Start Date / Duration

This course is due to start on Tuesday 7 March 2023. It will take four weeks to complete. Classes are held on Tuesday 6pm – 9pm.

#### Entry Requirements

You will need to hold a Level 3 Certificate in Sports Massage (Soft Tissue Therapy) or equivalent.

#### You will achieve

A Barnsley College certificate in Rehabilitation for Sport and Exercise.

### Course Overview

This short course will give you added skills in the appropriate management and rehabilitation of athletes suffering from sporting injuries and other conditions.

### Course Content

The course provides you with the knowledge and skills to be able to assess the effects of sports injuries and to be able to prescribe exercise programmes for effective rehabilitation purposes.

The areas of study are:

- Introduction to rehabilitation within sports massage and sports therapy
- Contraindications and health and safety considerations
- Management and design of rehabilitation programmes
- Maintenance and development of cardiovascular fitness and programming
- Maintenance and development of flexibility for daily living and sport
- Maintenance and development of muscular endurance and strength
- Maintenance and development of motor skills
- Introduction to hydrotherapy
- Focus will be drawn to early, mid, and late-stage rehabilitation

### How will I be assessed?

Practical demonstration.

## What Equipment Will I Need?

You will need to bring pens and stationery as well as training clothes.

## Where will I study?

Honeywell Sports Campus  
Honeywell Lane  
Barnsley  
S75 1BP

## What can I do next?

Successful achievement of this course will allow you to enhance the range of treatments you offer within your organisational setting such as a sports club or alternatively in a self-employed environment.

## How much does the course cost?

£300

## 19+ Students

Aged 19 or over and thinking about further education? You may be eligible for free or reduced course fees . Please refer to our page ['paying for your course.'](#)

## Extra information

### Full Fee Payable

If the course is listed as full fee payable, you will have to pay for the course.

### Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [mailto:info@barnsley.ac.uk]

## Want to join Barnsley Sports Academy and the Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/our-departments/sport/sports-academy/>] .

## Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Please contact

them on +44 (0)1226 216 769.

## **Disclaimer**

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

**Last updated:** 14th March 2023

### **Want to apply?**

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**