

Course Title: **Sport and Exercise Physiotherapy**

Course Code: **PHTY811**

Descriptor Start Date: **02/01/2026**

POINTS: **15.00**

LEVEL: **8**

PREREQUISITE/S:

COREQUISITE/S:

RESTRICTION/S:

LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

Total learning hours: 150

PRESCRIPTOR

Encompasses advanced study in the theory and practice of sport and exercise physiotherapy. Critically evaluates current injury prevention and surveillance models. Develops advanced skills in the assessment and management of on-field injury and illness. Critically evaluates best practice strategies for the rehabilitation of sports related injury within an interdisciplinary team environment.

LEARNING OUTCOMES

1. Critically evaluate current sports injury prevention and surveillance models.
2. Critically apply rehabilitation strategies to safely return athletes to their optimum level of sports performance.
3. Critically examine the roles of a sport and exercise physiotherapist within an interdisciplinary team environment.
4. Demonstrate advanced skills in responding to acute injury or illness in a sporting context.

Disclaimer: Course descriptors may be amended between teaching periods/semesters

CONTENT

Sports injury epidemiology and surveillance
Sports injury screening and risk assessment
Injury prevention programmes
Return to play principles
Training and exercise load management
Interdisciplinary approach and the team environment
Travel, competition day and recovery strategies
Ethics in sports and exercise physiotherapy
On field assessment of acute injury and illness
Advanced first aid and trauma management

LEARNING & TEACHING STRATEGIES

This course utilises a blended learning approach to link theory and practical learning. This will be supported by a combination of lectures, practical laboratories and tutorials with formative opportunities to provide students' feedback on progress.

ASSESSMENT PLAN

Assessment Event	Weighting %	Learning Outcomes
Written Assignment (3500 words)	60.00	LO1, LO2, LO3
Practical Assessment (10 minutes)	40.00	LO4, LO3

Grade Map

MAP1

A+ A A- Pass with Distinction
B+ B B- Pass with Merit
C+ C C- Pass
D Fail

Overall requirement/s to pass the course:

Students must achieve an overall average grade of at least C- across all summative assessments to pass this course.

LEARNING RESOURCES

Please refer to the additional information for a list of the recommended readings or resources.

For further information, contact: Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

Principal Programme: AK3487, Postgraduate Diploma in Health Science

Related Programme/s: AK3487 Postgraduate Diploma in Health Science
AK3484 Postgraduate Certificate in Health Science
AK3733 Master of Health Practice

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