



**Department of Health and Rehabilitation Sciences
Faculty of Health Sciences**

**Divisions of Communications Sciences and Disorders,
Nursing and Midwifery, Occupational Therapy, Physiotherapy**

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Dear Applicant

Thank you for considering the Division of Physiotherapy, University of Cape Town for your postgraduate studies.

Programme Information: Master of Philosophy in Sports Physiotherapy

This is a degree by coursework and dissertation offered by the Division of Physiotherapy in the School of Health and Rehabilitation Sciences and the MRC/UCT Research Unit for Exercise Science and Sports Medicine of the Department of Human Biology. The objective of this programme is to provide a thorough understanding of the effects of physical activity on the human body and mind, and to emphasise how this knowledge may be applied to the management of common problems of physically active people: to prevent, treat and rehabilitate injuries arising from sport; to assist in the rehabilitation of those suffering from various illnesses; to promote the physical health, well-being and productivity of the community; and to achieve peak sporting performance of all categories of sports persons.

Programme convenor

Dr Theresa Burgess

Degree code

MM006 (SM2)

Admission requirements

A candidate shall not be admitted to the programme unless he/she:

- Is a graduate in physiotherapy of the University or of any other university recognised by the Senate for the purpose;
- Is registered with the Health Professions Council of South Africa as a physiotherapist or as a physiotherapy student (in the case of physiotherapists registered with an equivalent registering body outside of South Africa);
- Has provided satisfactory evidence of an interest in sport and exercise.

Note:

- Preference will be given to eligible applicants with at least two years of postgraduate clinical experience.
- A postgraduate Sports Physiotherapy (SPT1) or Orthopaedic Manual Therapy (OMT1) certification is an advantage.

Duration of the degree

The MPhil (Sports Physiotherapy) must be completed in a minimum period of three years of part-time study, and a maximum period of five years.

Programme outline

The programme consists of taught coursework modules and a dissertation. The Exercise Physiology curriculum will be offered in alternate years, and the Clinical curriculum will be offered in intervening years. The two years of coursework consist of three one-week modules. The third year involves the completion of a mini-dissertation. Coursework modules are generally in February, May and August, with an examination week in October.

Exercise physiology year curriculum

The Exercise Physiology Year consists of the following modules:

Exercise Physiology (HUB5010W)

This module comprehensively covers exercise physiology, functional and applied anatomy, pathology, and biomechanics.

Research methodology I (AHS5032H)

This module is completed in the first coursework year and is designed for students to acquire skills of planning independent research. The module ensures that the student has the necessary tools and knowledge to progress with their chosen research project, and includes an introduction to research design, proposal development, critical review of literature, quantitative and qualitative methods, and basic statistics.

Research methodology II (HUB5009H)

This module is completed in the second coursework year. The module includes proposal development and presentation, submission of the full proposal for Ethical approval, and the completion of a literature review. The module also includes the critical review of literature, data management and statistics.

Clinical year curriculum

The Clinical Year consists of the following modules:

Sports Physiotherapy (AHS5033W)

This course includes the prevention, comprehensive assessment, management and rehabilitation of sports injuries and conditions. In addition, students will receive instruction on the principles of exercise testing and prescription. The development of clinical reasoning and a problem-solving approach is emphasised, with the promotion of evidence-based practice. Further, athletes of all ages and abilities are considered, and safe participation in sport is highlighted.

Sports Medicine (HUB5011H)

This course covers the medical aspects of the management of sports injuries and conditions, and pharmacology for sports physiotherapists. It includes an advanced trauma management course, which includes player assessment, management of airway and breathing, management of spinal injuries and disabilities, resuscitation and automated defibrillation.

Research methodology I (AHS5032H)

This module is completed in the first coursework year and is designed for students to acquire skills of planning independent research. The module ensures that the student has the necessary tools and knowledge to progress with their chosen research project, and includes an introduction to research design, proposal development, critical review of literature, quantitative and qualitative methods, and basic statistics.

Research methodology II (HUB5009H)

This module is completed in the second coursework year. The module includes proposal development and presentation, submission of the full proposal for Ethical approval, and the completion of a literature review. The module also includes the critical review of literature, data management and statistics.

Method of instruction

All the material will be covered through 1) self-study of lecture material, textbook readings, and resources on Vula (UCT's online learning environment), 2) the completion assignments and online discussion events on Vula, and 3) lectures, clinical sessions and practicals during visits. The visits to Cape Town are mandatory.

Assessment

Sports Physiotherapy (AHS5033W)

The year mark will consist of class tests and assignments. The final examination will consist of a theory paper, a clinical assessment examination and a structured practical examination (SPE). The year mark will comprise 49% and the final examinations 51% of the final mark.

Year mark:

Assessment	Mark allocation (%)
Test I (May)	25
Test II (August)	25
Assignment I	15
Assignment II	20
Portfolio (I-III)	15
Total	100

Final examination mark:

Assessment	Mark allocation (%)
Clinical examination	30
Theory examination	40
SPE	30
Total	100

Sports Medicine (HUB5011H)

The year mark will consist of one class test. The final examination will consist of a theory paper and a practical examination. The year mark will comprise 49% and the final examinations 51% of the final mark.

Year mark:

Assessment	Mark allocation (%)
Test I (August)	100

Final examination mark:

Assessment	Mark allocation (%)
Theory examination	50
Practical examination	50
Total	100

Exercise Physiology (HUB5010W)

The year mark consists of two class tests. The final examination consists of two theory papers. The year mark will comprise 30% and the final examinations 70% of the final mark.

Year mark:

Assessment	Mark allocation (%)
Test I (February)	15
Test II (May)	15
TOTAL	30

Final examination mark:

Assessment	Mark allocation (%)
Theory paper I	35
Theory paper II	35
Total	70

Research methodology I (AHS5032H)

The year mark will consist of two assignments. The final examination will consist of one theory paper. The year mark will comprise 49% and the final examination 51% of the final mark.

Year mark:

Assessment	Mark allocation (%)
Assignment I	50
Assignment II	50
Total	100

Final examination mark:

Assessment	Mark allocation (%)
Theory examination	100

Research methodology II (HUB5009H)

The year mark will consist of assignments. The final examination will consist of one theory paper. The year mark will comprise 60% and the final examination 40% of the final mark.

Year mark:

Assessment	Mark allocation (%)
Research proposal	40
Proposal presentation	20
Literature review	40
Total	100

Final examination mark:

Assessment	Mark allocation (%)
Theory examination	100

Thesis

The student will be expected to produce a research proposal and to obtain ethical approval for the study. This will be completed in the 2nd year of study. The thesis will be completed in the 3rd year of study. The data collection should take about 3 months and the analysis and write up of the thesis a further 6 months. The student will be expected to work independently under the guidance of the supervisor. In some cases there may be funding available to assist the student with the research project. The thesis may not be longer than 25 000 words and will be marked by two external examiners.

Application Procedure for Master of Philosophy in Sports Physiotherapy

The application procedure requires:

- (a) The completion of a UCT application form
- (b) The submission of a letter of motivation
- (c) The submission of a curriculum vitae (CV) and academic transcript

UCT Application Form

Application forms may be found on the University of Cape Town website (<http://www.uct.ac.za/apply/applications/forms/>) and may be returned to:

Ms Salega Tape
Postgraduate Office
Faculty of Health Sciences
Barnard Fuller
Anzio Road
Observatory
7725
Cape Town
South Africa

The closing date for applications is 30th September of each academic year. The Postgraduate Office must receive a completed application form before the closing date for the student to be considered for admission to study in 2011.

Please contact Ms Tape (salega.tape@uct.ac.za ; +2721 406 6340) with any further enquiries regarding the application form.

Submission of a letter of motivation

As part of the application process, the Division of Physiotherapy requires the submission of a letter of motivation to support your application for the MPhil (Sports Physiotherapy). This letter should briefly describe your reasons for applying for admission to the degree, and your current and previous involvement in sports physiotherapy, health and wellness, and rehabilitation. The letter of motivation will be reviewed by the selection committee, and should be a maximum of 300 words.

Submission of a CV and Academic Transcript

Applications should be supported by the submission of a CV, and a copy of an undergraduate academic transcript.

The letter of motivation, CV, and academic transcript may be submitted to Theresa Burgess (theresa.burgess@uct.ac.za) before 30th September 2010.

Enquiries

Please contact Theresa Burgess (theresa.burgess@uct.ac.za ; +2721 406 6171) for any further information.

Fees

Fees for the Postgraduate degrees in Physiotherapy are obtainable from the Fees Office and vary from year to year. Students can anticipate an average 10% increase in fees each year.

Fees Office

Email: fnd-fees@uct.ac.za

Phone: +2721 650 1704

Fax: +2721 650 4768

Financial assistance

Financial assistance is available for postgraduate students at the University of Cape Town (<http://www.uct.ac.za/apply/funding/postgraduate/applications/>). Further enquiries may be directed to the Postgraduate Centre and Funding Office (pgfunding@uct.ac.za).