

uwe hartpury

MODULE CODE:	UIS VPB-20-2	MODULE VERSION: 3.3
MODULE TITLE:	PRINCIPLES OF SPORTS MESSAGE	
LEVEL:	2	
UWE CREDIT RATING:	20	
ECTS CREDIT RATING:	10	
MODULE TYPE:	STANDARD	
OWNING FACULTY:	HARTPURY	
FIELD:	Sports Science	
VALID FROM:	23 March 2010	
DISCONTINUED FROM:		
PRE-REQUISITES:	UIS VNC-20-1 Introduction to Exercise Physiology or UIS XNC-20-1 Introduction to Exercise Physiology	
CO-REQUISITES:	None	
EXCLUDED COMBINATIONS:	UIS XPB-20-2: Principles of Sports Massage	

LEARNING OUTCOMES:

To achieve credit at the end of this module the student will be able to:

A. Knowledge and understanding

1. Review the history of sports massage and appreciate its application today (A, B);
2. Assess the use of different massage mediums (A, B);
3. Assess the contraindications to the application of massage (A, B).

B. Intellectual skills

1. Analyse the use of appropriate sports massage techniques for different events (A, B);
2. Appreciate the appropriate use of sports nutrition in optimising performance and recovery (A, B).

C. Subject/professional and practical skills

1. Effective application of appropriate massage techniques (B);
2. Demonstrate the application of first aid (B);
3. Illustrate the ability to apply therapeutic techniques to support the application of sports massage (A, B).

D. Transferable skills and other attributes

1. Show an understanding and the ability to apply high standards of professional practice within a working environment (B);
2. Demonstrate an ability to effectively communicate with the client and other professionals (B).

SYLLABUS OUTLINE:

- The structure and function of the lymphatic system and skin;
- Skills and knowledge within the professional environment;
- Recognition of contraindications, including those within trauma, medication, infection and miscellaneous;
- History taking and record keeping within assessment;
- History of sports massage;
- Core sports massage techniques including assessment of cases (including history taking), record keeping, safety considerations, taping and strapping techniques and additional massage techniques;
- The use of different procedures pre, inter and post event;
- Different techniques of taping and strapping for the various body regions;
- Sports first aid.

TEACHING & LEARNING METHODS:

- Lectures
- Seminars
- Demonstrations

READING STRATEGY LEVEL II:**Essential Reading**

Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be expected to purchase a set text, be given a study pack or be referred to texts that are available electronically, or in the Library. Module guides will also reflect the range of reading to be carried out.

Further Reading

All students are encouraged to read widely using the library catalogue, a variety of bibliographic and full text databases and Internet resources. Many resources can be accessed remotely.

Guidance to some key authors and journal titles available through the Library will be given in the Module Handbook and updated annually. Assignment reference lists are expected to reflect the range of reading carried out.

Access and Skills

Students are expected to be able to identify and retrieve appropriate reading. This module offers an opportunity to further develop information skills introduced at Level 1. Students will be given the opportunity to attend the GDP sessions on selection of appropriate databases and search skills. Additional support is available through iSkillZone. This includes interactive tutorials on search skills, evaluating information and referencing. Sign up workshops are also offered by the Library.

Indicative Reading List

The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. CURRENT advice on additional reading will be available via the module handbook or Blackboard pages.

Cash, M. (Current Edition). *Sports and Remedial Massage Therapy*. London: Ebury Press.

Stone, R. J. & Stone, J. A. (Current Edition). *Atlas of Skeletal Muscles*. New York: McGraw-Hill.

Module Name Principles of Sports Massage
Module Code UIS VPB-20-2

ASSESSMENT

In line with the College's commitment to facilitating equal opportunities, a student may apply to the Learning Teaching and Assessment Committee (LTAC) for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the Virtual Learning Environment (VLE).

Weighting between components A and B (standard modules only) A: 30%B: 70%

ATTEMPT 1

First Assessment Opportunity

Description of assessment elements

Component A	Type	Length	Element Weighting
1	Written examination	1 hour	100%

Component B

1	Practical	30 minutes	100%
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Second Assessment Opportunity (further attendance at taught classes is not required)

Description of assessment elements

Component A	Type	Length	Element Weighting
1	Examination	1 hour	100%

Component B

1	Practical	30 minutes	100%
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ATTEMPT 2 (or subsequent), the assessment structure for ATTEMPT 1 applies. Attendance at taught classes is not required for a second or subsequent attempt.

Specification confirmed by:



Role: Associate Dean

Date: 23/03/2010