

# University of the West of England

## Module Specification

Revised December 2009

<b>Title</b>	Sports Specific Rehabilitation
<b>New Code</b>	UZYSBS-20-3
<b>Version</b>	1.1
<b>Versions</b>	
<b>Last Updated</b>	20/08/2008 11:07:28
<b>Level</b>	3
<b>UWE Credit Rating</b>	20
<b>ECTS Credit Rating</b>	10
<b>Module Type</b>	Project
<b>Module Leader</b>	SEELIGER, D
<b>Module Leaders - Additional</b>	There are no additional module leaders
<b>Owning Faculty</b>	Faculty of Health and Applied Sciences
<b>Faculty Committee approval</b>	HSC Quality and Standards Committee
<b>Faculty Committee approval Date</b>	
<b>Approved for Delivery by</b>	
<b>Field</b>	Allied Health Professions
<b>Field Leader</b>	Dianne Rees
<b>Valid From</b>	01/09/2008 00:00:00
<b>Discontinued From</b>	
<b>Pre-requisites</b>	UZYS89-40-2 Motor Control and Learning UZYS88-40-2 Management of Soft Tissue Injury 2 UZYS8A-20-2 Evidence Based Sports Therapy UZYSBR-20-2 Professional Issues in Sports Therapy and Practice
<b>Co-requisites</b>	None
<b>Entry requirements:</b>	
<b>Excluded combinations</b>	None
<b>Module Handbooks</b>	
<b>Learning Outcomes</b>	

### *Knowledge and understanding*

- Demonstrate a critical awareness of the difference between strength, power and

- endurance programmes (Component A)
- Discuss the relevance of flexibility programmes to sport specific rehabilitation (Component A)
- Discuss the principles of fitness testing prior to return to function (Component A)
- Discuss and appraise the contribution of core stability programmes to sport specific rehabilitation (Component A)

### *Intellectual skills*

- Discuss and justify the rationale underpinning the importance of specificity to rehabilitation (Component A)
- Critically discuss the principles underlying sport specific rehabilitation (Component A)
- Critically discuss the relevance of movement analysis to sport specific rehabilitation (Component A)

### *Subject/professional and practice skills*

- Perform competent and safe assessment procedures with reference to clinical signs and symptoms relating to soft tissue injury of the upper and low limb
- Plan, select and apply appropriate strength, power and endurance programmes
- Plan, select and apply appropriate flexibility programmes
- Plan, select and apply the principles of fitness testing to specific sports
- Conduct and evaluate movement analysis

### *Transferable skills*

- Discuss the clinical reasoning process in the context of the management of a range of upper and lower limb sporting injuries
- Reflect on clinical practice and identify areas for further development

## **Syllabus Outline**

### **Sport rehabilitation**

the principles of sports specific rehabilitation

designing strength, power and endurance programmes

design of flexibility programmes

resistance exercise v free exercise

group and individual exercise programmes

progressing from isolated movement patterns to sports specific patterns

principles of fitness testing prior to return to training

core stability programmes

Pilates

### **Advance movement analysis**

### **Reflective practice**

## **Problem solving**

### **Teaching and Learning Methods**

A range of methods are utilised, including lead lectures, case study seminars, practical sessions, directed study, problem solving, case presentation and e-learning

### **Reading Strategy**

Students will be directed to some reading that is either available electronically or provided for them in a printed study pack. Throughout the module, students will be expected to identify literature relevant to the areas studied and their individual projects using the Module Handbook, the Library catalogue and a variety of bibliographic databases.

It is expected that project bibliographies and reference lists will reflect the range of reading carried out.

The students are supported in developing their information seeking and literature searching skills through:

Level 2 - Evidence Based Sports Therapy module (UZYS8A-20-2) which includes Library workshops and an introduction to the RefWorks reference management package.

Level 3 - Research Studies for Allied Health Professionals module (UZYS3C-40-3) which includes 'Systematic literature searching' • lecture and follow up workshops.

Further support in finding relevant information will be available through Library online tutorials. This includes interactive tutorials on search skills and on the use of specific electronic library resources. Students also have access to 'sign up' • workshops offered by the library.

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## **Assessment**

Where necessary, and appropriate, an alternative medium of assessment may be negotiated.

### **Weighting between components A and B (standard modules only) A: % B:%**

Final Assessment: Component A Element 3 Component A Element 3

### **Attempt 1**

#### **First Assessment Opportunity (Sit)**

Component A

<b>Element</b>	<b>Description</b>	<b>Element Weighting</b>
1	Poster presentation	20%
2	Course work (Session plan)	10%
3	Practical assessment	70%

## **Second Assessment Opportunity (ReSit)**

Attendance is not required

Component A

<b>Element</b>	<b>Description</b>	<b>Element Weighting</b>
1	Poster presentation	20%
2	Course work (Session plan)	10%
3	Practical assessment	70%

## Exceptional Second Attempt (Retake)

Attendance is not required