University of the West of England
BRISTOL

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Sports Injury and Pathology					
Module Code	UISXM7-15-1		Level	1	Version	2
Owning Faculty	Hartpury		Field	Sport		
Contributes towards	BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW)					
UWE Credit Rating	15	ECTS Credit Rating	7.5	Module Type	Standard	
Pre-requisites	None		Co-requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
Valid From	01 September 2016 V3- 01 September 2018		Valid to	01 September 2024		

CAP Approval Date	24 June 2013	**Revised CVC Approval Date**	V1.2- 13 February 2018 V3- 02 May 2018

Part 2: Learning and Teaching	
Learning Outcomes	On successful completion of this module students will be able to: 1 Define epidemiology and identify appropriate risk factors for sporting injuries (A, B). 2 Differentiate between the different soft and bone tissues and how each responds to injury (A, B). 3 Explain the healing process (A, B). 4 Describe the differences between acute and overuse injuries (A). 5 Have a basic understanding of the principles of reconditioning injured tissue (A, B)
Syllabus Outline	1 Epidemiology: definition, risk factors, case studies. 2 Pain. 3 Acute and overuse injuries. 4 Healing process and the factors that affect it. 5 Differentiation of soft and bone tissue, their responses to injury and the treatment and reconditioning thereof: • Muscle. • Tendon. • Ligament. • Bone. • Fascia/Skin.

Contact Hours	Indicative delivery modes: Lectures, guided learning, seminars etc 33 Self directed study 3 Independent learning 114 **TOTAL** **150**
Teaching and Learning Methods	Contact time will be divided through a combination of lectures, practical and seminars and sessions. It is expected that students will complete independent learning as this is an essential component of modules at undergraduate level. Students will not be able to complete the module successfully without undertaking the required amount of independent learning. This independent learning will include a combination of lone study and individual, pair and group work. The virtual learning environment (VLE), email and phone calls will be used to keep in touch with students between scheduled sessions. ***Scheduled Learning*** May include lectures, practical sessions, case studies, tutorials and workshops. ***Independent Learning*** May include hours engaged with essential reading, case study preparation, assignment preparation and completion, etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make. ***Virtual Learning Environment (VLE)*** This module is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.
Key Information Sets Information	Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for. **Key Information Set – Module Data** Number of credits for this module: 15 Hours to be allocated: 150 | Scheduled learning and teaching study hours: 36 | Independent study hours: 114 | Placement study hours: 0 | Allocated Hours: 150 The table below indicates as a percentage the total assessment of the module which constitutes a: 1 *Written Exam:* Unseen written exam, open book written exam, in-class test. 2 *Coursework:* Written assignment or essay, report, dissertation, portfolio, project. 3 *Practical Exam:* Oral Assessment and/or presentation, practical skills assessment, practical exam.

	Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description: Total assessment of the module: Written exam assessment percentage 50% Coursework assessment percentage 0% Practical exam assessment percentage 50% 100%
Reading Strategy	***Core Readings*** Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be required to purchase a set text, be given a print 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 Readings*** Further reading will be required to supplement the set text and other printed readings. Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library search, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature. ***Access and Skills*** Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.
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. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide. • Khan, K. & Brukner, P. (Current Edition) *Clincal Sports Medicine*. Sydney: McGraw-Hill. • Whiting, W.C. & Zernicke, R.F. (Current Edition) *Biomechanics of Musculoskeletal Injury*. Champaign, IL: Human Kinetics. • Kenney, W.L., Wilmore, J.H. & Costill, D.L. (Current Edition) *Physiology of Sport and Exercise*. Champaign, IL: Human Kinetics.

Part 3: Assessment	
Assessment Strategy	The module is assessed via a written examination and a presentation. The examination allows the students the opportunity to demonstrate that they have gained sufficient understanding of the underpinning knowledge of the module content. Component B's assessment offers students an opportunity to articulate their applied understanding of a particular concept through an oral presentation. In line with the College's commitment to facilitating equal opportunities, a student may apply 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 VLE.
Identify final assessment component and element	**Written Examination**

% weighting between components A and B (Standard modules only)	**A:**	**B:**
	50%	50%
First Sit		
Component A (controlled conditions) **Description of each element**	**Element weighting**	
1 Written Examination (1 hour)	100%	
Component B **Description of each element**	**Element weighting**	
1 Oral Presentation (20 minutes)	100%	
Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) **Description of each element**	**Element weighting**	
1 Written Examination (1 hour)	100%	
Component B **Description of each element**	**Element weighting**	
1 Oral Presentation (20 minutes)	100%	
If a student is permitted an **EXCEPTIONAL RETAKE** of the module the assessment will be that indicated by the Module Description at the time that retake commences.		