



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Sports Injuries and Rehabilitation				
Module Code	UISXPT-15-2	Level	2	Version	1
Owning Faculty	Hartpury	Field	Sport		
Contributes towards	FdSc Sports Studies				
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 2013		Valid to	01 September 2019	

CAP Approval Date	24 June 2013
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Part 2: Learning and Teaching										
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1 Define, classify and describe the clinical features, treatment and rehabilitation of common sports injuries based on the pathophysiology of injured and healing tissue, presenting signs and symptoms and the sporting requirements of the client (A). 2 Compare treatment of sports injuries within a variety of regimes and examine the evidence base for rehabilitation programmes and individual exercises (B). 3 Recognise the aetiology of injury and differentiate between problems and injury (A, B). 									
Syllabus Outline	<ol style="list-style-type: none"> 1 Define, classify and describe the clinical features, treatment and rehabilitation of common sports injuries. 2 Recognise the types of injury performers sustain and be aware of the stages of rehabilitation necessary to return a performer to full fitness. 3 Select and conduct appropriate procedures and tests to perform a health screening. 4 Recognise the different approaches to rehabilitation necessary for work with individuals and teams. 5 To have a practical understanding of the methods below and the justification for application: Injury prevention and rehabilitation programmes; sports massage; electrotherapy; hydrotherapy; heat treatment; cold therapy; bracing and taping. 									
Contact Hours	<p>Indicative delivery modes:</p> <table border="0"> <tr> <td>1</td> <td>Lectures guided learning, seminars etc</td> <td>54</td> </tr> <tr> <td>2</td> <td>Independent learning</td> <td>96</td> </tr> <tr> <td colspan="2">TOTAL</td> <td>150</td> </tr> </table>	1	Lectures guided learning, seminars etc	54	2	Independent learning	96	TOTAL		150
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Teaching and Learning Methods	<p>Introductory lectures are supported by seminars, case studies, visits and practical workshops. In addition this module will be supported by interactive forums and learning tools.</p> <p>150 hours study time of which 54 hours will represent scheduled learning.</p> <p>This module will be taught in Semester 1 on one day per week.</p> <p>Scheduled learning May include lectures, seminars, tutorials, demonstration, practical classes and workshops; external visits; supervised time in studio/workshop, and self-directed study.</p> <p>Independent learning Includes hours engaged with essential reading, case study preparation, assignment preparation and completion.</p> <p>Placements will be provided for all students to complete a practical demonstration of a rehabilitation session for a specific sport and injury. Students will utilise a series of sessions designed to apply theory into practice. The summative assessment will allow a student to demonstrate their practical skills and will focus on the student's ability to critically justify the exercise choice/s made.</p> <p>Virtual Learning Environment (VLE), or equivalent 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.</p>																		
Key Information Sets Information	<p>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.</p> <p>Key Information Set – Module Data</p> <p>Number of credits for this module 15</p> <table border="1" data-bbox="389 1279 1444 1467"> <thead> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">150</td> <td style="text-align: center;">54</td> <td style="text-align: center;">76</td> <td style="text-align: center;">20</td> <td style="text-align: center;">150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a:</p> <ol style="list-style-type: none"> 1 <i>Written Exam</i>: Unseen written exam, open book written exam, in-class test. 2 <i>Coursework</i>: Written assignment or essay, report, dissertation, portfolio, project. 3 <i>Practical Exam</i>: Oral Assessment and/or presentation, practical skills assessment, practical exam. <p>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:</p> <p>Total assessment of the module:</p> <table data-bbox="389 1928 1058 2063"> <tr> <td>Written exam assessment percentage</td> <td style="border: 1px solid black; text-align: center;">0%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td style="border: 1px solid black; text-align: center;">50%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td style="border: 1px solid black; text-align: center;">50%</td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> </tr> </table>	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	54	76	20	150	Written exam assessment percentage	0%	Coursework assessment percentage	50%	Practical exam assessment percentage	50%		100%
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Practical exam assessment percentage	50%																		
	100%																		

Reading Strategy	<p>Access and Skills</p> <p>Further development of literature searching skills is supported by a Library Plus seminar provided within the first semester and by study skills sessions. Additional support is available through the Library Plus Services and online resources, including interactive tutorials on finding books and journals, evaluating information and referencing.</p> <p>All students will be encouraged to make use of the print and electronic resources available to them through membership of both the college and the university. These include a range of electronic journals and a wide variety of resources available through web sites and information gateways. Weston College Library's web pages provide access to subject relevant resources and to the library catalogue as well as signposting the University Library's web pages. Many resources can be accessed remotely.</p> <p>This guidance will be available in the programme handbook, module handbook and via module information on the VLE.</p> <p>Essential reading</p> <p>Any essential reading will be indicated clearly, along with the method for accessing it. Students may be asked to purchase a set text, be given a print study pack or be referred to texts that are available electronically.</p> <p>Further reading</p> <p>Students will be 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. The purpose of this is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature.</p> <p>All further reading resources will be available via both College and University libraries.</p>
Indicative Reading List	<p>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.</p> <ul style="list-style-type: none"> • American College of Sports Medicine. (Current Edition). <i>ACSM's Health – related physical fitness assessment manual</i>. Baltimore, United States: Lippincott Williams and Wilkins. • American College of Sports medicine. (Current Edition). <i>Resource Manual for guidelines for Exercise Training and Prescription</i>. Baltimore, United States: Lippincott Williams and Wilkins. • Andrews, J. R., Harrelson, G. L. and Wilk, K. E. (Current Edition). <i>Physical Rehabilitation of the Injured Athlete</i>. London: W.B. Saunders Company. • Arnheim, D.D. and Prentice, W.E. (Current Edition). <i>Principles of Athletic Training</i>. Boston, USA: WCB McGraw Hill. • Brukner, P. and Khan, K. (Current Edition). <i>Clinical Sports Medicine</i>. Boston, USA: McGraw Hill. • Calais – Germaine, B. (Current Edition). <i>Anatomy of Movement</i>. Seattle, USA: Fastland Press. • Cash, M. (Current Edition). <i>Sports & Remedial Massage Therapy</i>. London: Ebury Press. • Holey, E. and Cook, E. (Current Edition). <i>Evidence-Based Therapeutic Massage</i>. Livingston: Churchill. • Knight, K. E. (Current Edition) <i>Cryotherapy in Sports Injury Management</i>. Illinois, USA: Human Kinetics. • Maud, P. J. and Foster, C. (Current Edition). <i>Physiological Assessment of Human Fitness</i>. Champaign, Il: Human Kinetics. • Prentice, W. E. (Current Edition). <i>Rehabilitation Techniques in Sports Medicine</i>. New York, USA: McGraw-Hill. • Palastanga, N. Field, D. and Soames, R (Current Edition). <i>Anatomy of Human Movement</i>. Oxford: Butterworth-Heinemann.

	<p>Journals:</p> <ul style="list-style-type: none"> • American Journal of Sports Medicine • Athletic Therapy Today • British Journal of Sports Medicine • Physical Therapy • Physical Therapy in Sport • Physiotherapy • Journal of Sports Rehabilitation • Clinical Journal of Sports Medicine
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Part 3: Assessment

Assessment Strategy	<p>A range of assessment techniques will be employed to ensure that learners can meet the breadth of learning outcomes presented in this module alongside the ability to demonstrate transferable skills e.g. communication skills.</p> <p>Practical Demonstration: of a rehabilitation session for a specific sport and injury with viva. Students will utilise a series of sessions designed to apply theory into practice. The summative assessment will allow a student to demonstrate their practical skills and will focus on the student's ability to critically justify the exercise choice/s made.</p> <p>Case Study Literature Review and Report: Using an area of sports injuries prehabilitation/rehabilitation a particular case study will be presented to students. Students will be expected to perform a literature review of the area under discussion and present a critical report.</p> <p>Opportunities for formative assessment exist for the assessment strategy used. Verbal feedback is given and all students will engage with personalised tutorials setting SMART targets as part of the programme design.</p> <p>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.</p>
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Identify final assessment component and element	Practical Demonstration.
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% 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
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1 Practical Demonstration (20 minutes) In-class	100%
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Component B Description of each element	Element weighting
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1 Case Study Literature Review and Report (1500 words)	100%
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Resit (further attendance at taught classes is not required)

Component A (controlled conditions) Description of each element	Element weighting
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1 Practical Demonstration (20 minutes) In-class	100%
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Component B Description of each element	Element weighting
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1 Case Study Literature Review and Report (1500 words)	100%
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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.