



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Introduction to Sports Massage				
Module Code	UISXTJ-15-1	Level	1	Version	1
Owning Faculty	Hartpury	Field	Sport Science		
Contributes towards	BSc (Hons) Sports Therapy BSc (Hons) Sports Therapy (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 2014		Valid to	01 September 2020	

<b>CAP Approval Date</b>	07 March 2014
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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"> <li>1 Apply remedial soft tissue massage techniques and demonstrate awareness of their physiological, therapeutic effects and contraindications (A).</li> <li>2 Apply the knowledge of functional anatomy, physiology and pathology in the treatment of soft tissue complications (A).</li> <li>3 Demonstrate appropriate professional practice in the consultation and assessment of the client (A).</li> <li>4 Evaluate the evidence base underpinning soft tissue techniques (B).</li> <li>5 Demonstrate the necessary skill and understanding in the delivery of soft tissue techniques and the assessment of success of the interventions undertaken (A, B).</li> </ol>								
Syllabus Outline	<ol style="list-style-type: none"> <li>1 Professional standards for Sports Therapists.</li> <li>2 Related knowledge of functional anatomy, physiology and pathology.</li> <li>3 Consultation and assessment of the client.</li> <li>4 Indications and contraindications of soft tissue techniques.</li> <li>5 Application of soft tissue techniques.</li> <li>6 Evidence base for the effects of soft tissue techniques.</li> <li>7 Aftercare of the client and use of client feedback.</li> </ol>								
Contact Hours	<p>Indicative delivery modes:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lectures, guided learning, seminars etc.</td> <td style="text-align: right;">33</td> </tr> <tr> <td>Self-directed study</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Independent learning</td> <td style="text-align: right;">114</td> </tr> <tr> <td><b>TOTAL HOURS</b></td> <td style="text-align: right;"><b>150</b></td> </tr> </table>	Lectures, guided learning, seminars etc.	33	Self-directed study	3	Independent learning	114	<b>TOTAL HOURS</b>	<b>150</b>
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Teaching and Learning Methods	<p><b>Scheduled learning</b> May include lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops.</p> <p><b>Independent learning</b> May include hours engaged with essential reading, case study preparation, assignment preparation and completion etc.</p> <p><b>Virtual learning environment (VLE)</b> This specification 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><b>Key Information Set – Module Data</b></p> <p>Number of credits for this module <span style="float: right; border: 1px solid black; padding: 2px;">15</span></p> <table border="1" data-bbox="389 857 1445 1043"> <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;">36</td> <td style="text-align: center;">114</td> <td style="text-align: center;">0</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"> <li>1 <i>Written Exam</i>: Unseen written exam, open book written exam, in-class test.</li> <li>2 <i>Coursework</i>: Written assignment or essay, report, dissertation, portfolio, project.</li> <li>3 <i>Practical Exam</i>: Oral Assessment and/or presentation, practical skills assessment, practical exam.</li> </ol> <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 1503 1058 1641"> <tr> <td>Written exam assessment percentage</td> <td style="border: 1px solid black; text-align: center;">50%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td style="border: 1px solid black; text-align: center;">0%</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	36	114	0	150	Written exam assessment percentage	50%	Coursework assessment percentage	0%	Practical exam assessment percentage	50%		100%
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Reading Strategy	<p><b>Core readings</b> 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.</p> <p><b>Further readings</b> 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.</p> <p><b>Access and skills</b> Formal opportunities for students to develop their library and information skills are provided within the induction period and study 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.</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"> <li>• Alter, M.J. (Current Edition) Science of Flexibility. Leeds: Human Kinetics.</li> <li>• Cash, M. (Current Edition) Sport &amp; Remedial Massage Therapy. London: Ebury Press</li> <li>• Clay, J., Pounds, D. (Current Edition) Basic Clinical Massage Therapy. Baltimore: Lippincott Williams and Wilkins.</li> <li>• Findlay, S. (Current Edition) Sports Massage. Leeds: Human Kinetics.</li> <li>• Marieb, E.N. (Current Edition) Human Anatomy and Physiology. London: Benjamin Cummings.</li> <li>• McAtee, R.E. (Current Edition) Facilitated Stretching. Leeds: Human Kinetics.</li> <li>• Tortora, G.J., Nielsen, M.T. (Current Edition) Principles of Human Anatomy. Hoboken: J. Wiley.</li> </ul> <p>Journals:</p> <ul style="list-style-type: none"> <li>• British Journal of Sports Medicine.</li> <li>• Journal of Orthopaedic and Sports Physical Therapy.</li> <li>• Journal of Sport Rehabilitation.</li> <li>• Journal of Sports Medicine and Physical Fitness.</li> <li>• Medicine in Science, Exercise and Sport.</li> <li>• Physical Therapy in Sport.</li> </ul> <p>Websites and databases:</p> <ul style="list-style-type: none"> <li>• The Society of Sports Therapists <a href="http://www.society-of-sports-therapists.org">www.society-of-sports-therapists.org</a>.</li> <li>• UK Sport <a href="http://www.uk sport.gov.uk">www.uk sport.gov.uk</a>.</li> </ul>

### Part 3: Assessment

Assessment Strategy	<p>Assessment of knowledge and understanding is through a variety of formative and summative means in relation to professional body requirements and industry expectations. Students are assessed both on their practical skills and their underpinning knowledge. The practical examination is focused on the specific skills required for Sports Therapy accreditation such as remedial massage techniques and evaluation of their effectiveness and will be conducted on a one-to-one basis. As well as being assessed on their practical skills, students will also be questioned throughout the examination. The written examination will assess the theoretical underpinning of these techniques.</p> <p>Formative feedback and guidance can be gained in the module delivery, on the VLE, in tutorials and in revision sessions. Summative feedback can be gained on assignment scripts, on examination scripts and on the VLE.</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	Unseen written examination.
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<b>% weighting between components A and B</b> (Standard modules only)	<b>A:</b>	<b>B:</b>
	50%	50%

#### First Sit

Component A (controlled conditions) Description of each element	Element weighting
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1 Practical examination (30 minutes)	100%
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Component B Description of each element	Element weighting
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1 Unseen written examination (1 hour)	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 examination (30 minutes)	100%
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Component B Description of each element	Element weighting
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1 Unseen written examination (1 hour)	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.