



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic data					
Module title	Soft Tissue Techniques				
Module code	UISXSC-15-2	Level	2	Version	1.1
Owning faculty	Hartpury	Field	Sport Science		
Contributes towards	BSc (Hons) Equestrian Sports Science BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW) 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		Valid to	01 September 2020	

CAP approval date	17 February 2014
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Part 2: Learning and Teaching	
Learning outcomes	On successful completion of this module students will be able to: <ol style="list-style-type: none"> 1 Apply the knowledge of functional anatomy, physiology and pathology in the treatment of soft tissue complications (B). 2 Analyse the effects of soft tissue techniques and the evidence base for these (A). 3 Demonstrate appropriate professional practice in the consultation and assessment of the client (B). 4 Investigate the indications and contraindications of soft tissue techniques (A). 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).
Syllabus outline	An overview of the following topics will be included: <ol style="list-style-type: none"> 1 Related knowledge of functional anatomy, physiology and pathology. 2 Consultation and assessment of the client. 3 Ethics and professionalism, health and safety, legislation, risk assessment, insurance and informed consent, record keeping. 4 Indications and contraindications of soft tissue techniques. 5 Application of soft tissue techniques. 6 Evidence base for the effects of soft tissue techniques. 7 Aftercare of the client and use of client feedback.

Contact hours	<p>Indicative delivery modes:</p> <table border="0"> <tr> <td>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>TOTAL</td> <td style="text-align: right;">150</td> </tr> </table>	Lectures, guided learning, seminars etc	33	Self directed study	3	Independent learning	114	TOTAL	150										
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Teaching and learning methods	<p>Scheduled learning May include lectures, seminars, tutorials, practical classes, guest lectures, case studies and external visits.</p> <p>Independent learning May include hours engaged with essential reading, case study preparation, examination preparation, etc.</p> <p>Virtual learning environment (VLE) 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>Key Information Set – Module Data</p> <p>Number of credits for this module 15</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 15%;">Hours to be allocated</th> <th style="width: 25%;">Scheduled learning and teaching study hours</th> <th style="width: 25%;">Independent study hours</th> <th style="width: 20%;">Placement study hours</th> <th style="width: 15%;">Allocated Hours</th> </tr> </thead> <tbody> <tr> <td>150</td> <td>36</td> <td>114</td> <td>0</td> <td>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 border="0" style="width: 100%;"> <tr> <td style="width: 60%;">Written exam assessment percentage</td> <td style="border: 1px solid black; text-align: center; width: 40%;">30%</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;">70%</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	30%	Coursework assessment percentage	0%	Practical exam assessment percentage	70%		100%
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Reading strategy	<p>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.</p> <p>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.</p> <p>Access and skills 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"> • Findlay, S. (Current Edition) <i>Sports Massage (Hands-on Guides for Therapists)</i>. Champaign: Human Kinetics. • Biel, A. (Current Edition) <i>Trail Guide to the Body: A Hands-on Guide to Locating Muscles, Bones, and More</i>. USA: Books of Discover. • Johnson, J. (Current Edition) <i>Soft Tissue Release. (Hands-on Guides for Therapists)</i>. Champaign: Human Kinetics. • Johnson, J. (Current Edition) <i>Postural Assessment. (Hands-on Guides for Therapists)</i>. Champaign: Human Kinetics. <p>Journals:</p> <ul style="list-style-type: none"> • British Journal of Sports Medicine. • Journal of Strength and Conditioning. <p>Websites and databases:</p> <ul style="list-style-type: none"> • Society of Sports Therapists http://www.society-of-sports-therapists.org. • British Association of Sport Rehabilitators and Trainers http://basrat.org. • PubMed www.pubmed.com.

Part 3: Assessment		
Assessment Strategy	<p>The module is assessed via a written examination and a practical examination. The former allows the students the opportunity to show that they have gained sufficient understanding of the underpinning knowledge of the module content whereas the practical assessment provides the chance for them to demonstrate that they have mastered the practical skills deemed important for this vocational module.</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 VLE.</p>	
Identify final assessment component and element	Written examination	
% weighting between components A and B (Standard modules only)		A:
		B:
		30%
		70%
First Sit		
Component A (controlled conditions)		Element weighting
Description of each element		
1	Written examination (1 hour)	100%
Component B		Element weighting
Description of each element		
1	Practical examination (30 minutes)	100%
Resit (further attendance at taught classes is not required)		
Component A (controlled conditions)		Element weighting
Description of each element		
1	Written examination (1 hour)	100%
Component B		Element weighting
Description of each element		
1	Practical examination (30 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.		