



### MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Screening and Prevention				
Module Code	UISV49-15-3	Level	3	Version	2.0
UWE Credit Rating	15	ECTS Credit Rating	7.5	WBL module?	No
Owning Faculty	Hartpury	Field	Sport Science		
Department	Sport	Module Type	Standard		
Contributes towards	BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW) BSc (Hons) Sports Therapy BSc (Hons) Sports Therapy (SW) BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW)				
Pre-requisites	None		Co- requisites	None	
Excluded Combinations	None		Module Entry requirements	None	
First CAP Approval Date	12 January 2015		Valid from	01 September 2015	
Revision CVC Approval Date	V1.1- 08 June 2015 V1.2- 07 July 2016 V2.0- 02 May 2018		Revised with effect from	01 September 2016 V2.0- 01 September 2018	

<b>Review Date</b>	01 September 2024
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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>Critically analyse epidemiology and risk management pertaining to sport and exercise. (B)</li> <li>Critically analyse pre-participation examination and screening practices. (A)</li> <li>Plan, assess and demonstrate appropriate injury prevention strategies commonly found in sport and exercise. (A)</li> <li>Appraise the role that the applied sports scientist has in helping to ensure the health of the sports person. (B)</li> <li>Critically evaluate appropriate recovery interventions. (B)</li> <li>Demonstrate a systematic understanding of PEP (prevent injury and enhance performance) programmes as well as functional movement screening. (A)</li> </ol>
Syllabus Outline	<ul style="list-style-type: none"> <li>Models of epidemiology, sports specific needs and risk analysis</li> <li>Pre-participation physical examination, musculoskeletal and performance screening</li> <li>Pre-habilitation strategies</li> <li>Prevention factors, including (but not exclusive to): warm-ups, stretching, taping and bracing, protective equipment, appropriate surfaces and training</li> <li>Health-related issues including wellness monitoring, considerations regarding travelling, infection control, special consideration for different populations</li> <li>Recovery interventions</li> </ul>

Contact Hours	<ul style="list-style-type: none"> <li>• PEP and Functional movement screening.</li> </ul> <p>Indicative delivery modes:</p> <ul style="list-style-type: none"> <li>• Lectures, guided learning, seminars etc. 3</li> <li>• Self directed learning 33</li> <li>• Independent learning 114</li> </ul> <p>TOTAL 150</p>																									
Teaching and Learning Methods	<p>Contact time of 36 hours will be divided through a combination of lectures, practical and seminars and sessions. It is expected that students will spend a minimum of 114 hours on independent learning. This independent learning will include a combination of lone study and individual, pair and group work. Blackboard, email and phone calls will be used to keep in touch with students between scheduled sessions.</p> <p><b>Scheduled learning</b> includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; work based learning; supervised time in studio/workshop.</p> <p><b>Independent learning</b> includes 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.</p> <p><b>Placement learning:</b> may include a practice placement, other placement, year abroad.</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> <table border="1" data-bbox="475 1200 1385 1588"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> <tr> <td colspan="5"><i>Number of credits for this module</i></td> </tr> </thead> <tbody> <tr> <td colspan="4"></td> <td style="border: 2px solid black;">20</td> </tr> <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> <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> <p><b>Written Exam:</b> Unseen written exam, open book written exam, In-class test  <b>Coursework:</b> Written assignment or essay, report, dissertation, portfolio, project  <b>Practical Exam:</b> Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <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>	Key Information Set - Module data					<i>Number of credits for this module</i>									20	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	36	114	0	150
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	Total assessment of the module:				
	Written exam assessment percentage				0%
	Coursework assessment percentage				50%
	Practical exam assessment percentage				50%
					100%

Reading Strategy	<p><b>Essential 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 their 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 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.</p>
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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> <p><b>Books</b></p> <p>Khan, K. and Brukner, P. (Current Edition) <i>Clinical Sports Medicine</i>. Sydney, Australia: McGraw-Hill.</p> <p>Joyce, D. and Lewindon, D. eds. (Current Edition) <i>High-Performance Training for Sports</i>. Champaign, USA: Human Kinetics.</p> <p><b>Journals</b></p> <p>Strength and Conditioning Journal</p> <p>The Journal of Strength and Conditioning Research</p> <p>Journal of Sports Rehabilitation</p> <p>Journal of Athletic Trainers</p> <p>Journal of Athletic Therapy Today</p> <p><b>Website</b></p> <p>Sport Ex <a href="http://www.sportex.net">www.sportex.net</a></p> <p>NSCA National Strength and Conditioning Association <a href="http://www.nasca.com">www.nasca.com</a></p> <p>EBSCO host <a href="http://www.ebscohost.com/academic/sportdiscus">www.ebscohost.com/academic/sportdiscus</a></p>
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### Part 3: Assessment

Assessment Strategy	<p>The module is assessed via a practical examination and a written assignment. The examination allows the students the opportunity to demonstrate that they have gained the required applied skills from the module. The component B assessment offers the student an opportunity to articulate their critical appreciation of key concepts through a written assignment.</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> <p><b>Students Studying BSc (Hons) Sports Therapy are required to gain a minimum of 40% in each component and element. In addition, no compensation or condonement may be applied.</b></p>
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Identify final assessment component and element	Practical Examination	
% weighting between components A and B (Standard modules only)	<b>A:</b>	<b>B:</b>
	50%	50%
<b>First Sit</b>		
<b>Component A</b> (controlled conditions) <b>Description of each element</b>	<b>Element weighting</b> <b>(as % of component)</b>	
1. Practical Examination (20 minutes)	100%	
<b>Component B</b> <b>Description of each element</b>	<b>Element weighting</b> <b>(as % of component)</b>	
1. Written Assignment (1500 words)	100%	

<b>Resit (further attendance at taught classes is not required)</b>		
<b>Component A</b> (controlled conditions) <b>Description of each element</b>	<b>Element weighting</b> <b>(as % of component)</b>	
1. Practical Examination (20 minutes)	100%	
<b>Component B</b> <b>Description of each element</b>	<b>Element weighting</b> <b>(as % of component)</b>	
1. Written Assignment (1500 words)	100%	
<p>If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.</p>		