



Module Specification

Sport Rehabilitation Practice 1

Version: 2023-24, v2.0, 19 Jul 2023

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Part 1: Information

Module title: Sport Rehabilitation Practice 1

Module code: UZYKG7-30-1

Level: Level 4

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Allied Health Professions

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: Injury Assessment and Management (IAM) aims to help Sport Rehabilitation (SR) students develop their basic rehabilitation assessment and treatment skills for common musculoskeletal injuries and dysfunction utilising a professional and empathic approach.

Outline syllabus: Focus within the teaching and learning content is directed to utilising students' developing clinical reasoning (CR) ability. The CR process is an essential cognitive process requiring the development of deep learning intellectual skills generic in higher education. The CR process takes into account the student's developing level 1 knowledge including anatomy, biomechanics, physiological and pathophysiological processes and factors relating the psychosocial wellbeing of the patient.

The student Sport Rehabilitator will begin to identify a client's multifactorial injury problems in a professional manner and then determine the best way to help resolve the problems utilising a developing logically structured problem-solving approach. This approach focuses on the collection and identification and analysis of key subjective and objective client data to help formulate and apply a logically rationalised treatment approach.

A key focus of the professional practice placement experience is the development of ideas relating to the continuance of professional development from reflective practice. This is fostered utilising an electronic professional practice portfolio. Completion of the clinical placement and successful submission of the Clinical Placement Portfolio allows the student to utilise massage insurance provided with BASRAT student membership following confirmation with BASRAT from the Module Leader.

Students will complete a minimum of 48 hours of placement during this module, which will contribute to the overall required hours of 400 across the programme.

Part 3: Teaching and learning methods

Teaching and learning methods: Focus within the teaching and learning content is directed to utilising students' developing clinical reasoning (CR) ability. The CR process is an essential cognitive process requiring the development of deep learning intellectual skills generic in higher education. The CR process takes into account the student's developing level 1 knowledge including anatomy, biomechanics,

physiological and pathophysiological processes and factors relating the psychosocial wellbeing of the patient.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate contextually relevant knowledge and understanding related to principles of clinical assessment and treatment management of common sports soft tissue injuries and dysfunctions

MO2 Explain the rationale underpinning the use of clinical assessment and treatment management techniques for common sports soft tissue injuries and dysfunctions

MO3 Plan, select and apply competent and safe assessment and treatment management procedures for common sports soft tissue injuries and dysfunctions

MO4 Reflect on own injury management skills and identify areas for further development

MO5 Demonstrate effective and professional communication and treatment management skills in a clinical environment

MO6 Demonstrate competent and safe basic life support and pitchside first aid.

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 168 hours

Placement = 48 hours

Face-to-face learning = 84 hours

Total = 300

Reading list: The reading list for this module can be accessed at readinglists.uwe.ac.uk via the following link

<https://rl.talis.com/3/uwe/lists/6CDDD7C8-AC9F-7FD3-A90B-046DBA9B6B96.html>

Part 4: Assessment

Assessment strategy: Assessment Task 1: Electronic clinical placement portfolio (e-portfolio)

An e-portfolio delivered via the Pebblepad platform of 2000 word equivalence. This method of assessment will allow students to engage with the concept of professional development from an early stage in the programme and have an ongoing record of this. It will also allow students to develop individually with individualised timely and ongoing verbal and practical feedback throughout their clinical placement primarily in the second semester.

The e-portfolio will comprise clinic supervisor verified completed sections related to;

Verification of completion of a short written assessment based on reasoning based on peer reviewed literature identifying the efficacy for sports massage.

Basic clinical competency record.

An early and later stage clinical self-reflective forms based on a student reflecting on their own performance with a client they treated. Each structured form requires completion of a short development action plan.

A midway 1 to 1 clinic appraisal designed to review midway placement progress in the second semester. It will identify areas of good practice and areas which need improvement to enable successful completion of the portfolio. This requires successful completion of an action plan.

Completion of a formatted reflective anonymised clinical case study based on a consenting client treated in the clinic. The case study will be identified and agreed in the 1 to1 midway appraisal.

A record of the minimum number of appropriately supervised clinical hours accumulated to pass the portfolio. The exact number of clinical hours will be identified in the yearly module handbook. These clinical hours will contribute towards the BASRAT required 400 clinical hours for full membership and consequently

require demonstration of required adherence to relevant BASRAT student codes of practice within the clinical placement.

Formative assessment:

Formative feedback will be available regularly during clinical placement.

Assessment Task 2: Structured Oral and Practical Examination- Maximum 30 minutes

This is a maximum 30 minute controlled conditions scenario-based structured oral and practical exam (SOPE) at the end of semester 2. This comprises of three consecutive 10 minute long scenario based practical stations which are designed to assess a student's practical injury assessment and treatment skills developed throughout the module in line with the skills based learning outcomes above. The scenario utilised is selected by the assessor from a list of scenarios which have been covered in the module content delivery, primarily in the second semester. Theories, concepts and models related to the scenarios are developed in the first semester.

There will be a focus on identification of basic logical clinical reasoning behind the delivery of practical skills which draw upon the principles, models and concepts delivered and discussed throughout the module.

Formative assessment:

There is a formative assessment delivered towards the end of the module with a SOPE format to enable students to gain experience of the assessment. Students are encouraged to develop an action plan following real time verbal and written feedback during the formative assessment. The Formative Assessment is followed by a revision session to allow key development issues to be focused upon in preparation for the summative assessment.

Assessment tasks:

Portfolio (First Sit)

Description: Electronic Clinical Placement Portfolio [Pass/Fail]

Weighting:

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO5, MO6

Practical Skills Assessment (First Sit)

Description: Structured Oral and Practical Exam

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Portfolio (Resit)

Description: Electronic Clinical Placement Portfolio [Pass/Fail]

Weighting:

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO5, MO6

Practical Skills Assessment (Resit)

Description: Structured Oral and Practical Exam

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport Rehabilitation [Glenside] BSc (Hons) 2023-24