University of the West of England
BRISTOL

CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Advanced Sport Rehabilitation					
Module Code	UZYS1H-30-3		Level	3	Version	1
Owning Faculty	Faculty of Health and Applied Sciences		Field	Allied Health Professions		
Contributes towards	BSc (Hons) Sport Rehabilitation					
UWE Credit Rating	30	ECTS Credit Rating	15	Module Type	Standard	
Pre-requisites	UZYS1F-30-2 Sports Performance Enhancement and Nutrition, UZYS14-30-2 Injury Assessment and Management 2, UZYS13-15-2 Professional Practice		Co- requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
Valid From	September 2015		Valid to	2021		

CAP Approval Date	30 April 2015

Part 2: Learning and Teaching	
Learning Outcomes	On successful completion of this module students will be able to: • Demonstrate knowledge and understanding of advanced sport rehabilitation techniques and their inter – relationship with other fields of practice (Component A+B) • Be able to design, implement and critique sport rehabilitation programmes using the available scientific literature for a variety of pathologies including end stage and return to play (Component A) • Display a critical awareness of current recovery strategies utilised within a sport rehabilitation setting (Component A) • Be able to effectively plan, design, adapt and review exercise programmes targeting a variety of physiological systems (Components A + B) • Demonstrate understanding of key strength and conditioning practice including Olympic lifting techniques (Component B) • Display a current understanding of how advanced sport rehabilitation strategies can be adapted for a variety of different sporting and functional demands (Component B) • Discuss how clinical reasoning can be applied to end stage sport rehabilitation. (Component A)
Syllabus Outline	• Energy Systems in relation to rehabilitation

<table>
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Prescription of resistance exercise examples include Olympic Lifting Techniques / suspension training, plyometrics etc
Advanced rehabilitation techniques including equipment utilised eg, Isokinetic dynamometry, Compex, Bio-feedback, Functional testing, sport specific rehabilitation
Recovery Modalities
Return to play / Concussion Guidelines
Performance Monitoring eg: Creatine Kinease analysis, readiness to train
Technique analysis including running – use of coaching apps
Specific knowledge of various sports eg Throwing / Collision

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<tr><td>Contact Hours</td><td>Up to 72 contact hours to include 1 hour of lectures and 3 hours of seminars / practicals per week over 24 weeks</td></tr>
<tr><td>Teaching and Learning Methods</td><td>Scheduled learning The theoretical principles of criteria for progression in sport rehabilitation, exercise prescription in strength and conditioning, recovery modalities, return to play guidelines will be delivered in lead lectures with pre-reading required to be completed prior to the lectures. These principles will be applied during practical sessions which will include measurement and evaluation, performance analysis and implementation of an advanced rehabilitation programme for various pathologies and sports. Small group seminars and tutorials will be scheduled where necessary to review the topics covered during the module and in preparation of the case study.

Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. Use of practical experience gained whilst on placement will be required to facilitate learning.</td></tr>
<tr><td>Key Information Sets Information</td><td>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.

<u>Key Information Set - Module data</u>

Number of credits for this module 30

<table>
<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>300</td><td>72</td><td>228</td><td>0</td><td>300</td></tr>
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The table below indicates as a percentage the total assessment of the module which constitutes a -

Written Exam: Unseen written exam, open book written exam, In-class test
Coursework: Written assignment or essay, report, dissertation, portfolio, project
Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam

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:</td></tr>
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Total Assessment of the Module:		
Written exam assessment percentage		0%
Practical exam assessment percentage		100%
		100%

Reading Strategy	**Indicative reading list** 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 the module guide. It is essential that students read one of the many texts on research methods available through the Library. Module guides will also reflect the range of reading to be carried out. **Further readings** Students are expected to identify all other reading relevant to their chosen research topic for themselves. They will be encouraged to read widely using the library search, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. **Access and skills** The development of literature searching skills is supported by a Library seminar provided within the first semester. These level three skills will build upon skills gained by the student whilst studying at levels one and two. Additional support is available through the Library Services web pages, including interactive tutorials on finding books and journals, evaluating information and referencing. Sign-up workshops are also offered by the Library **Blackboard** This module is supported by Blackboard where students will be able to find all necessary module information. Direct links to information sources will also be provided from within Blackboard
Indicative Reading List	Baechle, T.R. and Earle, R.W. (2008) *Essentials of Strength Training and Conditioning*. 3rd Ed. Leeds: Human Kinetics. British Journal of Sports Medicine Cardinale, M., Newton, R. andNosaka, K. (2011) *Strength and Conditioning, Biological Principles and Practical Applications*. [online] London: Wiley – Blackwell. [Accessed 14 November 2014] Comfort, P. and Abrahamson, E. (2010) *Sport Rehabilitation and Injury Prevention*. [online] London: Wiley – Blackwell. [Accessed 14 November 2014] Donatelli, R. (2007) *Sports Specific Rehabilitation*. London: Churchhill Livingstone. Ellenbecker, T.S., De Carlo, M. and DeRosa, C. (2009) *Effective functional progression in sport rehabilitation*. [online] Leeds: Human Kinetics. [Accessed 14 November 2014]. Fleck, S.J. and Kraemer, W.J. (2004) *Designing Resistance Training Programs*. 3rd Ed. Leeds: Human Kinetics. Hausswirth, C. and Mujika, I. (2013) *Recovery for Performance in Sport.* [online]

	Leeds: Human Kinetics. [Accessed 14 November 2014] The Journal of Strength & Conditioning Research Wilmore, J.H., Costill, D.L. and Kenney, W.L. (2012) *Physiology of sport and exercise*.5th ed. Leeds: Human Kinetics. Zatsiorsky, V.M. andKraemer, W.J. (2006) *Science and Practice of Strength Training* 2nd Ed.Leeds: Human Kinetics.

Part 3: Assessment	
Assessment Strategy	The Module outcomes are best assessed in the form of a presentation and practical assessment as outlined below: Component A: Presentation: A powerpoint presentation showing a degree of critical thinking around a chosen topic relevant to the syllabus outline. Twenty minute presentation with up to ten minutes of questions. Component B: Practical: A 20 minute practical assessment at the end of semester 2. This will assess the students' ability to plan, deliver, coach and adapt a sport specific rehabilitation session. These methods of assessment will build on the on the skills students display in the second year. Students would also have had experience with practical assessments and presentations in the second year. The duration of the assessment allows for students to answer questions to a sufficient depth for this level of their learning.

Identify final assessment component and element	**Component B**	
% weighting between components A and B (Standard modules only)	**A:** **75**	**B**: **25**
First Sit		
Component A (controlled conditions) **Description of each element**	**Element weighting**	
1. 30 minute Presentation	100	
Component B **Description of each element**	**Element weighting**	
1. 20 minute Practical Exam	100	

Resit (further attendance at taught classes is not required)	
Component A (controlled conditions) **Description of each element**	**Element weighting**
1. 30 minute Presentation	100
Component B **Description of each element**	**Element weighting**
1. 20 minute Practical Exam	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.