



Module Specification

Advanced Sport Rehabilitation

Version: 2023-24, v3.0, 25 Jul 2023

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Part 1: Information

Module title: Advanced Sport Rehabilitation

Module code: UZYS1H-30-3

Level: Level 6

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: Professional Practice 2023-24

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: See learning outcomes.

Outline syllabus: Energy Systems in relation to rehabilitation

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 e.g.: Creatine Kinase analysis, readiness to train

Technique analysis including running – use of coaching apps

Specific knowledge of various sports eg Throwing / Collision

Part 3: Teaching and learning methods

Teaching and learning methods: 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 prereading 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.

Up to 72 contact hours to include both lectures and seminars /practicals.

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

MO1 Demonstrate knowledge and understanding of advanced sport rehabilitation techniques and their inter – relationship with other fields of practice

MO2 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

MO3 Display a critical awareness of current recovery strategies utilised within a sport rehabilitation setting

MO4 Be able to effectively plan, design, adapt and review exercise programmes targeting a variety of physiological systems

MO5 Demonstrate understanding of key strength and conditioning practice including Olympic lifting techniques

MO6 Display a current understanding of how advanced sport rehabilitation strategies can be adapted for a variety of different sporting and functional demands

MO7 Discuss how clinical reasoning can be applied to end stage sport rehabilitation

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 228 hours

Face-to-face learning = 72 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uzys1h-30-3.html) via the following link <https://uwe.rl.talis.com/modules/uzys1h-30-3.html>

Part 4: Assessment

Assessment strategy: The Module outcomes are best assessed in the form of a presentation and practical assessment as outlined below:

Assessment task 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.

Assessment task B: Practical: A 20 minute practical assessment. 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.

Assessment tasks:

Presentation (First Sit)

Description: 30 minute presentation

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO7

Practical Skills Assessment (First Sit)

Description: 20 minute practical examination

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO4, MO5, MO6

Presentation (Resit)

Description: 30 minute presentation

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO7

Practical Skills Assessment (Resit)

Description: 20 minute practical examination

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO4, MO5, MO6

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport Rehabilitation [Sep][FT][Glenside][3yrs] - Withdrawn BSc (Hons) 2021-22