



Module Specification

Athletic Therapy and Functional Rehabilitation

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Part 1: Information

Module title: Athletic Therapy and Functional Rehabilitation

Module code: UZYKG3-30-2

Level: Level 5

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: This module will build on your knowledge and skills in the assessment and management of musculoskeletal injuries and movement dysfunction. Further development of assessment skills will include diagnostic triage and recognition of serious spinal triage.

Outline syllabus: In this module you will also examine how the movement system plays a role in development of musculoskeletal pain by explaining common causes of movement dysfunction. Further develop assessment skills supported by clinical reasoning in relation to musculoskeletal and sports injury practice. A basic understanding about relevant rheumatological conditions will be introduced. Exercise prescription to include discussion of movement dysfunction in musculoskeletal problems will also be addressed.

Part 3: Teaching and learning methods

Teaching and learning methods: A combination of scheduled learning and teaching and independent study as detailed in Part 4.

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

MO1 Undertake safe, effective and appropriate practice skills, including competent assessment procedures, with reference to a range of sports related injury and musculoskeletal conditions.

MO2 Demonstrate knowledge and understanding about the aetiology of musculoskeletal injury with reference to biomechanical and neurophysiological factors that are associated with dysfunctional movement patterns and tissue changes.

MO3 Deliver safe, effective and appropriate evidence-based techniques and management options for musculoskeletal and sports related cases and promote the re-acquisition of movement patterns.

MO4 Apply the principles of motor control and learning in sports performance and skill acquisition/ re-acquisition involving the upper limb, lower limb and trunk.

MO5 Produce evidence of well-supported clinical reasoning based on rational interpretation of available information, ensuring critical engagement with the evidence base in relation to the management of sports injury and musculoskeletal dysfunction.

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/lists/7FA1E0BB-C5EA-A7FD-C43F-8574DA423007.html?draft=true&lang=en&login=1&version=v1) via the following link <https://uwe.rl.talis.com/lists/7FA1E0BB-C5EA-A7FD-C43F-8574DA423007.html?draft=true&lang=en&login=1&version=v1>

Part 4: Assessment

Assessment strategy: Summative Assessment: Practical exam under controlled conditions - maximum time of 40 minutes

A 'seen' scenario where assessment and treatment skills will be assessed to include both manual therapy and exercise prescription skills by a single examiner as in clinical practice. Ability to problem solve and decision make will be tested. Equity and parity will be achieved as students will have access to the same 'scenarios' and will have an opportunity to perform a formative assessment where documented feedback will be available.

Rationale:

Students will be required to use clinical reasoning to help them formulate and direct their objective assessment and management of a case study. A practical assessment is most suited to represent the type of scenario a student might experience in clinical practice. Integration of theory and practice is an essential part of this module, and this is intended to best prepare them for what they might experience in practice. Students will only act as models for their peers after they have completed their assessment so that they will not have an unfair advantage.

Formative Assessment:

Formative feedback will be available during practical sessions throughout the module.

Assessment tasks:

Examination (First Sit)

Description: Practical exam

Weighting: 100 %

Final assessment: Yes

Group work: No

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

Examination (Resit)

Description: 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) 2022-23