



Module Specification

Advanced Practice of Sport Rehabilitation

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Part 1: Information

Module title: Advanced Practice of Sport Rehabilitation

Module code: UZYKG8-30-3

Level: Level 6

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Allied Health Professions

Partner institutions: None

Delivery locations: Glenside Campus

Field: Allied Health Professions

Module type: Standard

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: In this module you will develop the knowledge and practical application of advanced sport rehabilitation techniques and their inter-relationship with other fields of practice. In this module you will learn how to design, implement

and critique sport rehabilitation programmes using scientific literature for a variety of pathologies, whilst also displaying a critical awareness of current recovery strategies utilised within sport rehabilitation, including the end stage and return to play.

Outline syllabus: During this module, students will typically cover:

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 eg: 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: 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 Demonstrate knowledge and understanding of advanced sport rehabilitation techniques and their inter-relationship with other fields of practice (Components A and B)

MO2 Be able to effectively plan, design, implement, adapt and critique sport rehabilitation and exercise programmes using the available scientific literature for a variety of physiological systems and pathologies, including end stage and return to play (Components A and B)

MO3 Display a critical awareness of current recovery strategies utilised within a sport rehabilitation setting (Component A)

MO4 Demonstrate understanding of key strength and conditioning practice including Olympic lifting techniques (Component B)

MO5 Display a current understanding of how advanced sport rehabilitation strategies can be adapted for a variety of different sporting and functional demands (Component B)

MO6 Discuss how clinical reasoning can be applied to end stage sport rehabilitation. (Component A).

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://rl.talis.com/3/uwe/lists/D86B8996-3268-09D3-28B1-C131A5D5DE51.html?draft=1&lang=en-GB&login=1) via the following link <https://rl.talis.com/3/uwe/lists/D86B8996-3268-09D3-28B1-C131A5D5DE51.html?draft=1&lang=en-GB&login=1>

Part 4: Assessment

Assessment strategy: Component A: 30 minute defended oral presentation

A presentation showing a degree of critical thinking around a chosen topic relevant to the syllabus outline. The maximum presentation time of 30 minutes includes a 15 minute presentation and up to 15 minutes of critical questions.

Component B: 20 minute practical exam

A 20 minute practical exam which will assess the students' ability to plan, deliver, coach and adapt a sport specific rehabilitation session.

Rationale:

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.

Formative Assessment:

Formative feedback opportunities will be available during taught and practical sessions and via support for assessment preparation.

Assessment components:**Presentation - Component A (First Sit)**

Description: Defended oral presentation.

Weighting: 75 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO6

Practical Skills Assessment - Component B (First Sit)

Description: Practical exam.

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

Presentation - Component A (Resit)

Description: Defended oral presentation.

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO6

Practical Skills Assessment - Component B (Resit)

Description: Practical exam.

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

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