



## **Module Specification**

### **Advanced Practice of Sport Rehabilitation**

Version: 2023-24, v2.0, 21 Jul 2023

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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 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:** 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

**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

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

**MO4** Demonstrate understanding of key strength and conditioning practice including Olympic lifting techniques

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

**MO6** 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://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:** Assessment Task 1: 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.

**Assessment Task 2: 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 tasks:****Presentation (First Sit)**

Description: Defended oral presentation.

Weighting: 75 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO6

**Practical Skills Assessment (First Sit)**

Description: Practical exam.

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

**Presentation (Resit)**

Description: Defended oral presentation.

Weighting: 75 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO6

**Practical Skills Assessment (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