

MODULE SPECIFICATION PROFORMA

<b>Module Title:</b>	Foundations in Rehabilitation and Injury Management	<b>Level:</b>	4	<b>Credit Value:</b>	40
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<b>Module code:</b>	CMP412	<b>Is this a new module?</b>	Yes	<b>Code of module being replaced:</b>	
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<b>Cost Centre:</b>	GACM	<b>JACS3 code:</b>	C630
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<b>Trimester(s) in which to be offered:</b>	1, 2	<b>With effect from:</b>	September 16
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<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Paul Battersby
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Scheduled learning and teaching hours	150 hrs
Guided independent study	250 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>400 hrs</b>

<b>Programme(s) in which to be offered</b>	Core	Option
BSc (Hons) Rehabilitation and Injury Management	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
None

Office use only

Initial approval August 16

APSC approval of modification *Enter date of approval*

Have any derogations received SQC approval?

Version 1

Yes  No

**Module Aims**

1. To equip the student practitioner with the skills required to demonstrate competencies in the application of fitness instruction, basic and sports massage, with consideration to safe, ethical and professional requirements.
2. To develop the students' skills in data interpretation.
3. To equip the student practitioner with the foundation skills to evaluate their treatments and reflect on their practice.
4. To develop the students' knowledge and understanding of the personal and professional skills required by practitioners within the clinical environment.

**Intended Learning Outcomes**

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to		Key Skills	
1	Outline the history and current practice of sports massage.	KS1	KS4
		KS6	KS9
2	Explain the physiological and psychological effects of sports massage.	KS1	KS3
		KS4	KS6
		KS9	
3	Explain health and safety regulations pertinent to clinical practice with reference to national and local legislation.	KS1	KS4
		KS5	KS6
		KS9	
4	Demonstrate an awareness of interpersonal skills and the therapeutic relationship whilst giving consideration to personal & professional boundaries.	KS3	KS7
		KS9	

5	Develop and execute individual training programmes for rehabilitation, improving health and fitness.	KS1	KS3
		KS4	KS6
		KS7	KS9
6	Develop and evaluate the components of fitness using a range of techniques.	KS1	KS3
		KS4	KS6
		KS7	KS9
Transferable/key skills and other attributes			
Communication Presentation skills Group work IT skills Use of statistics Data Collection and presentation of information Problem solving Engage in managing own learning Seek guidance to enhance personal development Establish and maintain collaborative working arrangements  <b><i>Practical elements of this module have been designed to match the National Occupational Standards for Sports Massage and Fitness Assessment.</i></b>			

**Derogations**

Credits shall be awarded by an Assessment Board for this module when a mark of at least 40%, or a pass grade, has been achieved in all elements of assessment.

**Assessment:**

**Assessment One:**

A practical assessment will take place towards the end of Trimester 2 to assess students' competency and safe application of a full treatment protocol with a rationale for the treatment applied.

**Assessment Two:**

A portfolio of written evidence submitted part way through Trimester 2 will demonstrate an underpinning knowledge of the three modalities; sports massage, fitness assessment and fitness instruction including all aspects of health and safety.

**Assessment Three:**

Students must achieve a minimum of clinical 100 hours at Level Four to pass this element of assessment.

Practical skills will also be formatively assessed throughout the year to ensure that the students are informed of their progress and meeting the accepted standards of competence.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	4, 5, 6	Practical	40%	75 min	
2	1, 2, 3	Portfolio	60%		3,000
3		Attendance	Pass	100 hours	

**Learning and Teaching Strategies:**

The module will be taught through a range of teaching strategies including formal lectures, student-led seminars, discussion, case study presentation, supervised clinical practice and directed study online. Moodle will be used a repository for lecture material

**Indicative syllabus outline:**

Contraindications and contra-actions to sports massage and rehabilitation.  
 The concept of fitness.  
 The value of fitness/training.  
 Concepts and fitness testing.  
 Factors effecting maximal aerobic, anaerobic capacity and fatigue.  
 Fitness assessment: tests of aerobic and anaerobic endurance, strength, power, speed, flexibility, agility and body composition.  
 An introduction to postural analysis  
 Gait Analysis  
 Psychology of rehabilitation  
 Sports Massage procedure including pre and post event massage

**Bibliography:**

**Essential reading**

Chaitow, L. (2003). *Palpation & Assessment Skills - Assessment and diagnosis through touch* (3<sup>rd</sup>ed, CD-ROM) Churchill Livingstone/Elsevier.

Ferber, R. Macdonald, S. (2014) *Running Mechanics and Gait Analysis*. Human kinetics. USA.

Findlay, S. (2010), *Sports Massage (Hands on Guide for Therapists)*. Leeds: Human Kinetics.

Kisner, C., & Colby, L.A. (2007). *Therapeutic Exercise: Foundations and Techniques*, 5th ed. F.A. Davis Company, Philadelphia.

**Other indicative reading**

Hattam, P & Smeatham, A. (2010). *Special Tests in Musculoskeletal Examination: An Evidence-based Guide for Clinicians* (Physiotherapy Pocketbooks). Churchill Livingstone

Lowe, W. (2009). *Orthopaedic Massage: Theory and Technique* (2<sup>nd</sup> Ed).

Marieb, E. (2006) *Essentials of Human Anatomy & Physiology*. 8<sup>th</sup> ed. San Francisco, Pearson.

McArdle, W.D., Katch, F.I & Katch, V.L. (2006) *Essentials of Exercise Physiology*. 3<sup>rd</sup> ed. London: Lippincott Williams and Wilkins

McArdle, W.D., Katch, F.I & Katch, V.L. (2010) *Exercise Physiology: Energy, nutrition and human performance*. 7<sup>th</sup> ed. London: Lippincott Williams & Wilkins

Werner, R. (2009). *A Massage Therapist's Guide to Pathology*. Walters Kluwer-Lippencott, Philadelphia, USA

Wilmore J.H., Costill D.L., Kenny W.L. (2007) *Physiology of Sport and Exercise* 4<sup>th</sup> ed. Leeds: Human Kinetics