MODULE SPECIFICATION PROFORMA

Module Title:	Foundations in Rehabilitation and Injury Management	**Level**:	4	**Credit Value**:	40

Module code:	CMP416	**Is this a new module?**	No	**Code of module being replaced**:	CMP412

Cost Centre:	GACM	**JACS3 code**:	C630

Trimester(s) in which to be offered:	1, 2	**With effect from:**	October 18

School:	Social & Life Sciences	**Module Leader:**	Victoria O'Donnell

Scheduled learning and teaching hours	150 hrs
Guided independent study	250 hrs
Placement	0 hrs
Module duration (total hours)	400 hrs

Programme(s) in which to be offered	Core	Option
BSc (Hons) Rehabilitation and Injury Management	✓	☐

Pre-requisites
None

Office use only
Initial approval October 2018
APSC approval of modification Version 1
Have any derogations received SQC approval? Yes ✓ No ☐

Module Aims
1. To equip the student practitioner with an introduction to the skills required for Rehabilitation and Injury Management, with consideration to safe, ethical and professional requirements. 2. To develop the students' skills in information/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	Explain health and safety and clinical governance regulations pertinent to clinical practice with reference to national and local legislation.	KS1	KS4
		KS5	KS6
		KS9	
2	Demonstrate an awareness of interpersonal skills and the therapeutic relationship whilst considering personal & professional boundaries.	KS3	KS7
		KS9	

3	Develop and execute individual training programmes for rehabilitation, improving health and fitness.	KS1	KS3
		KS4	KS6
		KS7	KS9
4	Identify relevant information/data presented at client assessment		
		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

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 Semester 2 to assess students' competency and safe application of a full treatment protocol with a rationale for the treatment applied.

Assessment Two:
A written case study will be submitted part way through Semester 2 demonstrating an underpinning knowledge of rehabilitation process of an upper or lower limb injury including all aspects of health and safety.

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	1-4	Practical	40%	20 min	N/A
2	1-4	Case Study	60%	N/A	1500

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:

Foundations of Exercise Rehabilitations
Cautions and contraindications to exercise based rehabilitation.
An introduction to health assessment
An introduction to postural analysis
Gait Analysis
Psychology of rehabilitation
Yellow and Red Flag interpretation and awareness
Treatment Planning
Acute Injury management

Bibliography:

Essential reading

Joyce, D. & Lewindon, D. (2014) *Sports Injury Prevention & Rehabilitation,* Human Kinetics

Kisner, C., Colby. & Borstad, J. (2017), *Therapeutic Exercise: Foundations and Techniques,* 7th Ed., Philadelphia: F.A. Davis Company

Other indicative reading

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

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

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

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

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