

MODULE SPECIFICATION PROFORMA

Module Title:	Rehabilitation and Injury Management	Level:	5	Credit Value:	40
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Module code:	CMP513	Is this a new module?	Yes	Code of module being replaced:	
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Cost Centre:	GACM	JACS3 code:	C630
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Trimester(s) in which to be offered:	1, 2	With effect from:	September 16
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School:	Social & Life Sciences	Module Leader:	Paul Battersby
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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	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Pre-requisites
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. Develop the student's practical skills further, allowing them to analyse and interpret relevant information within the clinical environment.
2. To provide a forum for case analysis in a multi-professional context with consideration given to legal, professional, ethical and safety issues that impact on the practice of sports massage and rehabilitation.
3. Develop the student's reflective skills gained at Level 4, in the context of their clinical practice.

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

At the end of this module, students will be able to		Key Skills	
1	Demonstrate competency in the safe application of sports massage, ultrasound and taping techniques.	KS1	KS2
		KS3	KS6
		KS9	
2	Demonstrate in depth knowledge of the functions and effects of sports massage, ultrasound and taping techniques.	KS1	KS2
		KS6	KS7
		KS9	
3	Demonstrate competence in the recording and maintenance of professional case notes ensuring safe practice standards.	KS5	KS6
		KS8	KS9
4	Consider and evaluate the evidence base for Sports massage, taping, magnetic therapies and ultrasound therapy and the implications for own practice.	KS1	KS4
		KS6	KS8
		KS9	

5	Demonstrate reflective writing skills and apply reflective practice skills to own clinical practice.	KS1	KS2
		KS3	KS6
		KS9	
Transferable/key skills and other attributes			
<p>Communication skills</p> <p>Competency awareness relating to ethical considerations and independent practice</p> <p>Problem solving</p> <p>Reflective Practice</p> <p>Independent learning</p> <p>Establish and maintain collaborative working arrangements</p> <p>Seek guidance to enhance personal development</p> <p>IT Skills</p> <p>Data collection, evaluation and presentation</p> <p><i>Practical elements of this module have been designed to match the National Occupational Standards for Sports Massage and Rehabilitation.</i></p>			
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 case study on a patient that has attended the onsite clinic during that academic year.

Assessment Two:

A practical examination to be undertaken towards the end of Trimester 2. Students must demonstrate safety and competence of a full treatment protocol on a patient with detailed explanations and rationales for the techniques and mediums applied.

Assessment Three: Students must achieve a minimum of clinical 150 hours at Level 5 to pass this element of assessment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	4, 5	Case Study	50%		2000
2	1, 2, 3,	Practical	50%	75 min	
3		Attendance	Pass	150 hours	

Learning and Teaching Strategies:

This module will be taught through a combination of lectures, group supervision and practical sessions. The practical sessions will be a forum for reflective practice, supervision, and action learning sets to assist the development of skills in a safe context.

Indicative syllabus outline:

Advanced massage techniques
Pre-event massage
Post event massage
Taping techniques
Magnetic therapy
Application of Ultrasound for Musculoskeletal injuries
Therapeutic relationship
Management in practice
Evidence based practice
Treatment plans and case management
Case analysis including legal, professional, ethical and safety perspectives

Bibliography:

Essential reading

Bahr, R & Engebretson, L. (2009). *Sports Injury Prevention (Olympic Handbook Of Sports Medicine)*. Wiley-Blackwell.

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

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

Shultz, S., Houglum, P.A., & Perrin, D. H. (2010). *Examination of Musculoskeletal Injuries* (3rd Ed). Champaign, Ill : Human Kinetics

Other indicative reading

Chaitow, L., Liebenson, C. & Murphy, D.R. (2006). *Muscle Energy Techniques* (3rd Ed). Churchill Livingstone, Edinburgh.

Comfort, P. & Abrahamson, E. (2010). *Sports Rehabilitation and Injury Prevention*. Wiley-Blackwell

Fritz, S. (2005). *Sports & Exercise Massage: Comprehensive Care in Athletics, Fitness & Rehabilitation*. Mosby: Philadelphia.

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

Houglum, P.A. (2005). *Therapeutic Exercise for Musculoskeletal Injuries* (2nd Ed). Champaign, Ill.: Human Kinetics

Kessler, R. M. & Hertling, D. (2005). *Management of Common Musculo-skeletal Disorders: Physical Therapy Principles and Methods* (4th Ed). Lippincott Williams and Wilkins, USA.

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

Premkumar, K. (2009). *Pathology A-Z, A Handbook for Massage Therapists*. (3rd Ed). VanPub Books, Calgary, Canada.

Sahrmann, S. (2011). *Diagnosis and Treatment of Movement Impairment Syndromes*. Mosby

Walker, B. (2007) *The Anatomy of Sports Injuries*. North Atlantic Books, Cal

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

Journals

British Journal of Sports Medicine

International Journal of Therapeutic Massage and Bodywork

Journal of Athletic Training

Journal of Bodywork and Movement Therapy

Journal of Strength & Conditioning Research