

## Module specification

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**Refer to the module guidance notes for completion of each section of the specification.**

Module code	SIR302
Module title	Foundations of Injury Management and Exercise Prescription
Level	3
Credit value	20
Faculty	Social and Life Sciences
Module Leader	Daniel Morris
HECoS Code	101289
Cost Code	GASP

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Bsc (Hons) Sports Injury Rehabilitation Foundation Year	Core

## Pre-requisites

None

## Breakdown of module hours

Learning and teaching hours	20 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	20 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>20 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	160 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	12/01/2021
With effect from date	12/01/2021
Date and details of revision	
Version number	1

## Module aims

- Provide underpinning knowledge of a subjective and objective musculoskeletal assessment
- Provide an introduction into basic first aid strategies
- Provide a foundation in the role of exercise in musculoskeletal rehabilitation

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Describe the importance of the subjective assessment
2	Describe the importance of an objective assessment
3	Describe the appropriate strategies for injury management in an acute and chronic setting
4	Describe the benefit of exercise in the rehabilitation of common musculoskeletal injuries

## Assessment

### Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

A presentation which will describe the key roles of a Graduate Sport Rehabilitator in regards to injury management and exercise prescription (15 minutes)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 - 4	Presentation	100

## **Derogations**

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Must pass at 40% to progress onto Level 4.

## **Learning and Teaching Strategies**

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A variety of learning and teaching strategies will be used including; practical, interactive and didactic lectures, discussion and debate. Moodle™ will be used to enable students to offer support to each other. Students will have access to email and group tutorial support. Physical contact/appropriate touch will be expected within professional boundaries. Dignity and privacy will be maintained in line with sports rehabilitation practice. Religious or personal considerations should be discussed with the Programme Team.

## **Indicative Syllabus Outline**

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- Subjective assessment
- Objective assessment
- Injury management strategies – acute
- Injury management strategies – chronic
- Exercise rehabilitation

## **Indicative Bibliography:**

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Please note the essential reads and other indicative reading are subject to annual review and update.

### **Essential Reads**

Brukner, P. et al. (2016), *Brukner & Kahn's Clinical Sports Medicine Vol 1 Injuries*. 5th ed. Australia: McGraw-Hill.

Comfort, P. and Abrahamson, E. (2010), *Sports Rehabilitation and Injury Management*. Chichester: Wiley-Blackwell.

### **Other indicative reading**

## **Employability skills – the Glyndŵr Graduate**

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas. [Click here to read more about the Glyndwr Graduate attributes](#)

### **Core Attributes**

Engaged  
Enterprising  
Creative  
Ethical

### **Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### **Practical Skillsets**

Digital Fluency  
Organisation  
Leadership and Team working  
Critical Thinking  
Emotional Intelligence  
Communication