

Module specification

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Module Code	SIR508
Module Title	Functional Rehabilitation 2
Level	5
Credit value	20
Faculty	FSLs
HECoS Code	100475
Cost Code	GACM

Programmes in which module to be offered

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

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	110 hrs
Guided independent study	170 hrs
Module duration (total hours)	310 hrs

For office use only	
Initial approval date	28/09/2021
With effect from date	28/09/2021

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Date and details of revision	September 2022 – Changed wording to Derogation, amended placement hours, updated syllabus, updated Reading List November 2022 – admin correction to placement hours in assessment narrative
Version number	3

Module aims

Develop the students to use exercise as a treatment modality for specific injuries and with more criticality than the Functional Rehabilitation 1 module. This module is important within the programme as the use of exercise is one of the key elements of treatment used by Graduate Sport Rehabilitators and offers a range of employment possibilities to graduates.

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

1	Demonstrate, critique and reflect upon the assessment, rehabilitation and management of musculoskeletal injuries in a clinical/professional setting.
2	Demonstrate the skills, characteristics and values of a student Sports Rehabilitator within a professional setting.
3	Demonstrate and critique the application of exercise rehabilitation in relation to specific injuries; -the head, neck, trunk and pelvis, the lower limb & the upper limb.
4	Examine the use of exercise as a treatment modality to improve the health of members of the public and vulnerable adults in line with local government provisions and initiatives.

Assessment

Indicative Assessment Tasks:

Assessment 1: Portfolio (2500 words) and a pass mark for the 110 hours' placement.

Assessment 2: Practical examination (45 minutes) Students will be provided with six case studies prior to the practical exam. On the examination day students will select a case study from which they will need to demonstrate safe/appropriate rehabilitation programme.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2	Portfolio	50%
2	3, 4	Practical	50%

Derogations

Both elements of assessment must be passed at 40% or above. Clinical Practice Examinations and placements are set to establish student safety in their clinical skills and safeguard the public. Therefore, all clinical practice examinations and placements will be conducted with 'public safety' as the priority; students demonstrating unsafe practice or breaching confidentiality will be stopped immediately either during placement or during examinations.

In the exam the examiner will stop the student and inform them the clinical examination will not continue and the student will be marked as 'not pass' or referral, following the University Academic Regulations.

If the placement is stopped the student will be marked as a refer and the student referred to the Suitability for practice procedure

Learning and Teaching Strategies

The module will be clinically based and will be taught through a combination of lead lectures and practical sessions. The practical sessions will provide the forum for group discussion and reflective practice.

Indicative Syllabus Outline

- Rehabilitation/Management strategies for specific joints, injuries/conditions and populations.
- Treatment and rehabilitation planning
- Tissue healing and exercise progression
- Exercises for local government initiatives
- Exercise for vulnerable adults, pre-natal, post-natal, elderly, over-weight or paediatric, specific conditions
- Group rehabilitation
- Placement

Indicative Bibliography:

Essential Reads

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

Other indicative reading

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.

Porter, S. (Lecturer et al. (2021), *A comprehensive guide to sports physiology and injury management: an interdisciplinary approach*. First edition. Stuart B. Porter & Johnny Wilson (eds.). London: Elsevier Health Sciences.

Employability skills – the Glyndŵr Graduate

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.

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