

Module specification

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

Module code	SIR301
Module title	Foundations of Anatomy and Kinesiology
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
Total active learning and teaching hours	20 hrs
Placement / work based learning	0 hrs
Guided independent study	160 hrs
Module duration (total hours)	200 hrs

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

Module aims

- Provide a foundation and an ability to describe key musculoskeletal structures
- Provide an introduction into key practical skills
- Provide a foundation in the understanding of movements and contraction types

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

1	Describe key musculoskeletal structures in the upper and lower limb
2	Identify and palpate key bony landmarks in the upper and lower limb
3	Describe different joint classifications, muscle classifications and their roles
4	Describe basic kinematic movements and their associated contraction types

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.

Undertake a practical examination (20 minutes) where the ability to describe and palpate the location of key anatomical structures and muscles. In addition an understanding of joint classifications, basic movements and contractions types must be displayed

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

Derogations

Must pass at 40% to progress onto Level 4.

Learning and Teaching Strategies

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

- Key bones and ligaments of the upper and lower limb
- Key muscles and tendons of the upper and lower limb
- Anatomical movements, planes of movement and joint axis
- Palpation of key musculoskeletal structures of the upper limb
- Palpation of key musculoskeletal structures of the lower limb
- Types of muscles and contraction types

Indicative Bibliography:

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

Essential Reads

Hagens, V.G. and Lee, J. A. (2005), *Anatomy for Beginners*, Firefly Entertainment

Tortora, G.J. and Derrickson, B (2009), *Principles of Anatomy and Physiology*. New York: Wiley College Publishing.

Other indicative reading

Palastanga, N. and Soames, R. (2018) *Anatomy and Human Movement: Structure and Function*. 7th ed. Amsterdam: Elsevier

Drake, RL., Vogl, W., Mitchell, A.W.M., & Gray, H. (2015) *Gray's anatomy for students*. 3rd ed. Elsevier

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. [Click here to read more about the Glyndwr Graduate attributes](#)

Core Attributes

Engaged
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

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