

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: [**Module directory**](#)

Module Code	SIR409
Module Title	Common Neuromusculoskeletal Injuries and Conditions
Level	4
Credit value	20
Faculty	FSALS
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	36 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	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	15/09/2022
With effect from date	September 2022
Date and details of revision	
Version number	1

Module aims

To enable students to understand the key elements of identifying and managing neuromusculoskeletal injuries in sports and health care.

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

1	Define the clinical presentation, management, aetiology and pathophysiology of common neuromuscular injury/conditions.
2	Discuss key subjective information and positive objective tests of the neuromuscular injury/condition.
3	Explain the pathophysiology, risk factors, prognosis and differential diagnosis for the neuromuscular injury/condition.
4	Discuss the appropriate management for the neuromuscular injury/condition and red flags for medical referral.
5	Explain the variables and relationship of the biopsychosocial model and how they may impact the individual and the neuromuscular injury/condition.

Assessment

Indicative Assessment Tasks:

Assessment 1: MCQ (20-minute) will assess the theoretical knowledge pertaining to common neuromusculoskeletal injuries.

Assessment 2: Presentation (15-minute) on a pre-selected common neuromusculoskeletal injuries

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1	In-class test	50
2	2-5	Presentation	50

Derogations

All elements must be passed at 40% or above.

Learning and Teaching Strategies

A variety of learning and teaching strategies will be used including; interactive and didactic lectures, workshops, discussion and debate. This will provide core knowledge and directed/self-directed study will be given to support learning.

Indicative Syllabus Outline

- Soft tissue Injuries
- Bony Injuries
- Joint Injuries
- Neuromuscular Injuries
- Acute/Chronic Injuries
- Pain
- Red Flags
- Risk Factors
- Outcome Measures
- Differential Diagnosis
- Clinical Reasoning
- Biopsychosocial Model
- Management of injuries

Indicative Bibliography:

Essential Reads

Norris, C. M. (2018) *Sports and soft tissue injuries : a guide for students and therapists*. Fifth edition. London: Routledge.

Other indicative reading

Comfort, P. & Abrahamson, E. (2010) *Sports Rehabilitation and Injury Prevention*. First edition. Somerset: Wiley.

Porter, S. B., & Wilson, J., (2021). *A comprehensive guide to sports physiology and injury management : an interdisciplinary approach*. First edition. 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.

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