

# Prifysgol Wreccsam Wrexham University

## Module specification

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|              |   |
|--------------|---|
| Module Code  | SIR415                                    |
| Module Title | Applied massage and soft tissue treatment |
| Level        | 4   |
| Credit value | 20  |
| Faculty      | SLS                                       |
| HECoS Code   | 100475                                    |
| Cost Code    | GACM                                      |

## Programmes in which module to be offered

|   |      |
|---|------|
| BSc (Hons) Sports Injury Rehabilitation | Core |
|---|------|

## Pre-requisites

n/a

## Breakdown of module hours

|  |                |
|--|----------------|
| Learning and teaching hours  | 12 hrs         |
| Placement tutor support  | 0 hrs          |
| Supervised learning e.g. practical classes, workshops                | 24 hrs         |
| Project supervision (level 6 projects and dissertation modules only) | 0 hrs          |
| <b>Total active learning and teaching hours</b>                      | <b>36 hrs</b>  |
| Placement / work based learning                                      | 0 hrs          |
| Guided independent study   | 164 hrs        |
| <b>Module duration (total hours)</b>                                 | <b>200 hrs</b> |

|                              |          |
|------------------------------|----------|
| <b>For office use only</b>   |          |
| Initial approval date        | 25/6/24  |
| With effect from date        | 01/09/24 |
| Date and details of revision |          |
| Version number               | 1        |

## Module aims

1. To introduce students to a selection of massage techniques.
2. To demonstrate the application of appropriate sports massage techniques and understand the impact upon normal functioning tissue.
3. To understand the effects of massage for the performer in relation to pre-, inter-, and post-event.

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

|   |  |
|---|--|
| 1 | Demonstrate knowledge of the uses, effects, and contraindications of massage techniques.                               |
| 2 | Demonstration of safe and effective application of practical skills using appropriate mediums and accepted techniques. |
| 3 | Explain the use of soft tissue treatment techniques pre-, inter-, and post-event.                                      |
| 4 | Describe the current evidence-base for the use of soft tissue treatment techniques.                                    |

## Assessment

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Indicative Assessment Tasks:

Assessment 1: Practical – 20 minute – demonstration of a safe and effective objective assessment and soft tissue treatment for a given scenario.

Assessment 2: Oral – 10 minute - justification on the use of soft tissue treatment techniques for a given scenario. Describe the current evidence-base for the use of soft tissue treatment techniques.

| Assessment number | Learning Outcomes to be met | Type of assessment | Weighting (%) |
|-------------------|-----------------------------|--------------------|---------------|
| 1                 | 1, 2                        | Practical          | 70            |
| 2                 | 3, 4                        | Oral               | 30            |

## Derogations

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Students must pass all elements at 40% or above. Practical examinations are set to establish student safety in their clinical skills and safeguard the public. Therefore, all practical examinations will be conducted with 'public safety' as the priority; students demonstrating unsafe practice or breaching confidentiality will be stopped immediately. 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.

## **Learning and Teaching Strategies**

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The module will be delivered using blended learning techniques and the universities Active Learning Framework (ALF). This will include lectures, seminars, peer-led discussions, tutorials, asynchronous tasks and online based quizzes/tasks. Regular feedback will be provided to support the student journey.

Students will be engaged in practical activities on a regular basis where they will have the opportunity to work with their peers to establish safe and effective assessment and treatment techniques. Students will be expected to act within professional boundaries. Formative feedback will be provided throughout the module to support students development.

## **Indicative Syllabus Outline**

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Massage techniques (effleurage, petrissage, tapotement)

Soft tissue treatment techniques (trigger points, muscle energy techniques, stretching).

Subjective and objective assessment for a sports massage.

Treatment planning.

Cautions and Contraindications

Massage mediums

Evidence-base for soft tissue treatments

Holistic patient considerations

## **Indicative Bibliography:**

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### **Essential Reads**

Paine, T. (2023), *The Complete Guide to Sports Massage*. 4<sup>th</sup> ed. Oxford: Bloomsbury Sport.

### **Other indicative reading**

Findlay, S. (2010), *Sports Massage*. Champagne, Illinois: Human Kinetics.

Ward, K. (2017), *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation*. New York: Routledge.



## Employability – The University Skills Framework

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Each module and degree programme are designed to support learners as they develop their graduate skills aligned to the University Skills Framework.

Using the philosophies of the Active Learning Framework (ALF) our 10 skills are embedded within programmes complementing core academic subject knowledge and understanding. Through continuous self-assessment students own their individual skills journey and enhance their employability and career prospects.

This Module forms part of a degree programme that has been mapped against the University Skills Framework.

Learners can use this document to identify where and how they are building skills and how they can develop examples of their success.

