

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	SIR513
Module Title	Rehabilitation and Conditioning
Level	5
Credit value	20
Faculty	SLS
HECoS Code	100475
Cost Code	GACM

Programmes in which module to be offered

BSc (Hons) Sports Injury Rehabilitation	Core
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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	18 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

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

Module aims

1. Enable students to complete a comprehensive needs analysis so that they can prescribe safe and effective exercises.
2. Develop knowledge and application of exercise as a treatment modality for specific injuries.
3. Improve communication skills so that students can effectively demonstrate and feedback key exercises that could inform a rehabilitation programme.
4. Develop clinical reasoning on exercise selection with knowledge of physiological adaptations and psychological impact.

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

1	Design and demonstrate appropriate/safe rehabilitation/management strategies for an injured athlete/service user.
2	Analyse movement patterns and provide effective feedback to the service user.
3	Provide critical analysis for the principles of training, rehabilitation and conditioning.
4	Critique the current rehabilitation and management strategies in the context of common injuries.

Assessment

Indicative Assessment Tasks:

Assessment 1: Practical - 30 minutes - Students will be required to design and competently implement a rehabilitation session for a specified injury appropriately and safely. This will include a viva.

Assessment 2: Oral – 10 minute – viva assessment to critically analyse the principles of strength training and rehabilitation.

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



Derogations

Students must pass 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

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 exercise and rehabilitation programs. Students will be expected to act within professional boundaries. Formative feedback will be provided throughout the module to support students development.

Indicative Syllabus Outline

Components of rehabilitation

Designing a rehabilitation programme

Needs analysis

Training methods

Aerobic and anaerobic conditioning

Joint/injury specific rehabilitation and management strategies

Physiological response to exercise and injury

Tissue healing

Group rehabilitation

Gait re-education

Testing methods

Indicative Bibliography:

Essential Reads

Joyce, D. and Lewindon, D. (2015), *Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions*. Routledge.



Other indicative reading

Ardern, C.L., Glasgow P., Schneiders A, Witvrouw, E., Clarsen, B., Cools, A., Gojanovic, B., Griffin, Kahn, K.M., Moksnes, H., Mutch, S.A., Phillips, N., Reurink, G., Sadler, R., Silbernagel, K.G., Thorborg, K., Wangensteen, A., Wilk, K.E., Bizzini, M. (2016), 'Consensus statement on return to sport from the First World Congress in Sports Physical Therapy, Bern', *British Journal of Sports Medicine*, Vol. 50, Issue 14, p.853-864.

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

Kisner, C., Colby, L.A. and Borstad. (2022), *Therapeutic Exercise: Foundations and Techniques*. 8th ed. Philadelphia: F.A. Davis Company

Employability – The University Skills Framework

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.

