

Module Code:	SIR405
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Module Title:	Sports Massage
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Level:	4	Credit Value:	20
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Cost Centre(s):	GACM	<u>JACS3</u> code:	C630
		<u>HECoS</u> code:	100475

Faculty	Social & Life Sciences	Module Leader:	Victoria O'Donnell
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Scheduled learning and teaching hours	36 hrs
Guided independent study	164 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc. (Hons) Sports Injury Rehabilitation	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 14/02/2019

Version no: 1

With effect from: 23/09/2019

Date and details of revision: 05/05/20 – updated derogation
08/02/21 – Admin correction – reference to LO5 was a typo

Version no: 3

Module Aims

An introduction to the selection and application of appropriate sports massage techniques and its impact upon the normal functioning and healing of the body, particularly within sporting contexts.

Intended Learning Outcomes

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem-solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

1	Demonstrate and understand the mechanics, common uses, effects and contraindications of massage techniques with particular focus on its use in sporting contexts.	KS1	KS3
		KS4	KS7
		KS8	KS9
2	Identify and describe the selection and uses of different common massage mediums such as oils, creams and wax.	KS1	KS2
		KS3	KS4
		KS6	KS10
3	Implement treatment planning including the selection of appropriate forms of massage that can be applied, focusing upon pre-event, inter-event, post-event and treatment/therapeutic based massage routines.	KS1	KS3
		KS7	KS8
		KS9	KS10
4	Demonstrate an appropriate sports massage intervention following a subjective and objective assessment	KS1	KS2
		KS3	KS4
		KS6	KS9

Transferable skills and other attributes

Problem-solving
 Working with and relating to others
 Written communication
 Reflective practice
 Information technology
 Self-awareness
 Practical creativity
 Opportunity awareness
 Numeracy
 Professional values

Interpersonal skills
Time management
Communication skills

Derogations

Students must pass both elements of assessment with 40% or above.

Clinical Practice Examinations are set to establish student safety in their clinical skills and safeguard the public. Therefore, all clinical practice 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.

Assessment:

Indicative Assessment Tasks:

Assessment One:

Portfolio: Pertaining evidence of written assignments, case studies, reflection and student treatment log.

Assessment Two

30-minute practical assessment

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration or Word count (or equivalent if appropriate)
1	1-4	Portfolio	50%	1500
2	4	Practical Assessment	50%	30 mins

Learning and Teaching Strategies:

A variety of learning and teaching strategies will be used including; practical, interactive and didactic lectures, discussion and debate.

This will provide core knowledge and directed/self-directed study will be given to support learning. Students will be encouraged to individually and collectively reflect on practice.

Physical contact/appropriate touch will be expected within professional boundaries. Dignity and privacy will be maintained in line with sports rehabilitation practice. Religious beliefs or personal considerations should be discussed with the Programme Team.

Syllabus outline:

Massage techniques: effluage, pettrissage, tapotement, trigger points, muscle energy techniques

Demonstrate subjective and objective assessment for a sports massage.

Treatment planning

Cautions and Contraindications

Massage mediums

Anatomy and Physiology

Heat and Cryotherapy

Postural Limitations

Recognising own Limitations / Scope of Practise

Reflective Practice

Professional practice

Health and Safety

Confidentiality and GDPR

Indicative Bibliography:
Essential reading
Paine, T. (2015), <i>The Complete Guide to Sports Massage</i> . 3rd ed. Oxford: Bloomsbury Sport. Findlay, S. (2010), <i>Sports Massage</i> . Champagne, Illinois: Human Kinetics.
Other indicative reading
Ward, K. (2016), <i>Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation</i> . New York: Routledge. British Association of Sports Rehabilitators and Trainers (BASRaT)- <i>Standards of Ethical Conduct and Behaviour</i> https://basratprod.blob.core.windows.net/docs/profdocs/basrat_standards_of_ethical_conduct_and_behaviour_2013.pdf Ward, K. (2016), <i>Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation</i> . New York: Routledge.