

Module specification

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Module Code	SIR505
Module Title	Injury Treatment Modalities
Level	5
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	30 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	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	14/02/2019
With effect from date	23/09/2019
Date and details of revision	05/05/20 – updated derogation and module leader

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Version number	2

Module aims

1. To provide students with a knowledge of the suitable clinical selection and differentiation between a wide variety of treatment modalities for musculoskeletal conditions and injuries.
2. To provide students with knowledge of the safe application of clinically relevant treatment modalities available to a Graduate Sport Rehabilitator including;
 - Core forms of stretching
 - Basic manual therapy techniques
 - Further forms of massage
 - Common Electrophysical modalities
 - Different forms of cryotherapy
 - Different forms of thermotherapy
 - Different forms of hydrotherapy
 - Common taping and bracing modalities

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

1	Describe and explain suitable clinical selection and differentiation between a wide variety of treatment modalities.
2	Identify underlying injuries or conditions which may contraindicate any treatment intervention.
3	Demonstrate appropriate and safe use of therapeutic interventions in a clinical setting for musculoskeletal conditions and injuries.
4	Appraise the evidence base for injury treatment modalities

Assessment

Indicative Assessment Tasks:

The practical assessment is designed so that the student has the opportunity to demonstrate competency in treating musculoskeletal injuries with appropriate and safe selection from a wide variety of treatment modalities. The student will be questioned to justify their methods employed to assess their level of clinical reasoning.

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

Derogations

All elements of assessment must be passed at 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

Learning and Teaching Strategies

The module will be clinically based and will be taught through a combination of lead lectures and practical sessions. The practical sessions will provide the forum for group discussion and reflective practice.

Indicative Syllabus Outline

- Different basic forms of stretching, such as static and dynamic stretching and advanced forms of stretching, such as Neuromuscular Techniques, Muscle Energy Techniques and Proprioceptive Neuromuscular Facilitation.
- Basic and advanced manual therapy techniques, including the application of joint manipulation.
- Advanced forms of massage, including Deep Transverse Frictions and Trigger Point.
- Electro-physical modalities.
- Different forms of cryotherapy Different forms of thermotherapy.
- Different forms of hydrotherapy.
- Common taping and bracing modalities

Indicative Bibliography:

Essential Reads

Brukner, P. et al. (2016), Brukner & Kahn's Clinical Sports Medicine Vol 1 Injuries. 5th ed. Australia: McGraw-Hill.

Other indicative reading

Findlay, S. (2010), Sports Massage. Champagne, Illinois: Human Kinetics. Hengeveld, E. and Banks, K. (2013)

Maitland's Vertebral Manipulation: Management of Neuromusculoskeletal Disorders – Volume 1. London: Elsevier.

Hengeveld, E. and Banks, K. (2013), Maitland's Peripheral Manipulation: Management of Neuromusculoskeletal Disorders – Volume 2. London: Elsevier.

Joyce, D. and Lewindon, D. (2014), Sports Injury Prevention & Rehabilitation. Illinois: Human Kinetics.

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