

Module specification

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Refer to guidance notes for completion of each section of the specification.

Module code	SIR508
Module title	Functional Rehabilitation 2
Level	5
Credit value	20
Faculty	Social & Life Sciences
Module Leader	Victoria O'Donnell
HECoS Code	100475
Cost Code	C630

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

None

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	150 hrs
Guided independent study	170 hrs
Module duration (total hours)	350 hrs

For office use only	
Initial approval date	28/09/2021
With effect from date	28/09/2021
Date and details of revision	
Version number	1

Module aims

Develop the students to use exercise as a treatment modality for specific injuries and with more criticality than the Functional Rehabilitation 1 module. This module is important within the programme as the use of exercise is one of the key elements of treatment used by Graduate Sport Rehabilitators and offers a range of employment possibilities to graduates.

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

1	Demonstrate, critique and reflect upon the assessment, rehabilitation and management of musculoskeletal injuries in a clinical/professional setting.
2	Demonstrate the skills, characteristics and values of a student Sports Rehabilitator within a professional setting.
3	Demonstrate and critique the application of exercise rehabilitation in relation to specific injuries; -the head, neck, trunk and pelvis, the lower limb & the upper limb.
4	Examine the use of exercise as a treatment modality to improve the health of members of the public and vulnerable adults in line with local government provisions and initiatives.

Assessment

Indicative Assessment Tasks:

Assessment 1: Portfolio (2500 words) and a pass mark for the 150 hours' placement.

Assessment 2: Practical examination (45 minutes) Students will be provided with six case studies prior to the practical exam. On the examination day students will select a case study from which they will need to demonstrate safe/appropriate rehabilitation programme.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2	Portfolio	50%
2	3, 4	Practical	50%

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

This 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. 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

150 hour clinical placement

Indicative Syllabus Outline

Rehabilitation/Management strategies for specific joints, injuries/conditions and populations.

Treatment and rehabilitation planning

Tissue healing and exercise progression

Exercises for local government initiatives

Exercise for vulnerable adults, pre-natal, post-natal, elderly, over-weight or paediatric

Placement

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

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

Other indicative reading

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

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

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

Chaitow, L. (2013), *Muscle Energy Techniques*. 4th ed. Edinburgh: Churchill/Elsevier Health Sciences.

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