

Module specification

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Module Code	SIR601
Module Title	Advanced Rehabilitation and Management
Level	6
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	24 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	24 hrs
Placement / work based learning	0 hrs
Guided independent study	176 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	14/02/2019
With effect from date	23/09/2019

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Date and details of revision	05/05/2020 – Updated Derogation September 2022 – Updated Module Aims, LO's and Syllabus. Increased assessment duration, updated Reading Lists.
Version number	3

Module aims

To enable the student to develop a variety of more advanced assessment and treatment modalities/rehabilitation exercises for specific injuries and for certain populations including complex case studies. With particular focus on injury prevention, return to play and maximising sporting performance/health.

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

1	Evaluate biomechanical tests/athlete monitoring used for screening/injury prevention/return to play/sports performance/health according to the evidence base.
2	Demonstrate and appraise advanced forms of manual therapy as part of an injury rehabilitation programme
3	Design, implement and evaluate return to play a for an injured athlete
4	Design, implement and evaluate a screening protocol and injury prevention programme for sporting athletes and teams

Assessment

Indicative Assessment Tasks:

Practical assessment (1 Hour)

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.

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.

Indicative Syllabus Outline

- Return to Play Protocols Post-Operative Protocols
- Screening
- Pre-rehabilitation/Injury Prevention
- Protocols
- Cardiac Rehabilitation
- Athlete Monitoring
- Biomechanics
- An awareness of basic pharmacology and performance enhancing substances, including their impact upon the human body and exercise performance. An awareness of WADA requirements and their impact upon advice given to athletes.
- A knowledge of working with athletes in a variety of different environments, such as hot, cold, dry, humid and altitude.

Indicative Bibliography:

Essential Reads

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

Other indicative reading

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

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.

Porter, S. (Lecturer et al. (2021) *A comprehensive guide to sports physiology and injury management : an interdisciplinary approach*. First edition. Stuart B. Porter & Johnny Wilson (eds.). London: 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