

<b>Module Code:</b>	SIR601
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<b>Module Title:</b>	Advanced Rehabilitation and Management
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<b>Level:</b>	6	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GACM	<u>JACS3</u> code:	C630
		<u>HECoS</u> code:	100475

<b>Faculty</b>	Social & Life Sciences	<b>Module Leader:</b>	Victoria O'Donnell
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Scheduled learning and teaching hours	24 hrs	
Guided independent study	176 hrs	
Placement	0 hrs	
<b>Module duration (total hours)</b>	<b>200 hrs</b>	
<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Sports Injury Rehabilitation	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
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

Version no: 2

## Module Aims

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

- The use of advanced forms of stretching, such as NMT's (Neuromuscular Techniques), MET's (Muscle Energy Techniques) and PNF (Proprioceptive Neuromuscular Facilitation) as part of an injury rehabilitation programme.
- An introduction to the use of advanced forms of manual therapy, including joint manipulation.
- A description of return to play and screening protocols for an injured athlete.
- A description of injury prevention programmes for sporting athletes and teams.

## 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

At the end of this module, students will be able to		Key Skills	
1	Demonstrate and appraise advanced forms of mobility and rehabilitation exercises as part of an injury rehabilitation programme	KS1	KS2
		KS3	KS6
		KS7	KS9
2	Demonstrate and appraise advanced forms of manual therapy as part of an injury rehabilitation programme	KS1	KS2
		KS3	KS6
		KS7	KS9
3	Design, implement and evaluate return to play and screening protocols for an injured athlete.	KS1	KS2
		KS3	KS6
		KS7	KS9
4	Design, implement and evaluate an injury prevention programme for sporting athletes and teams	KS1	KS2
		KS3	KS6
		KS7	KS9

### Transferable skills and other attributes

Data interpretation  
Communication

First Aid Qualification  
 Problem-solving  
 Demonstrate group and teamwork  
 Presentation skills  
 Co-ordination skills  
 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

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.

### Assessment:

Indicative Assessment Tasks:

#### Assessment One:

Practical assessment

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration or Word count (or equivalent if appropriate)
1	1-4	Practical	100%	30 mins

### 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.

**Syllabus outline:**

Neuromuscular Techniques  
Muscle Energy Techniques  
Proprioceptive Neuromuscular Facilitation  
Return to Play Protocols  
Post- Operative Protocols  
Screening  
Injury Prevention Protocols  
Placement

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 reading**

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

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

Findlay, S. (2010), *Sports Massage*. Champagne, Illinois: Human Kinetics.

Starrett, K. and Cordoza, G. (2015), *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*. 2nd ed. USA: Victory Belt.

**Other indicative reading**

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

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.

Myers, T. (2014), *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*. 3rd ed. Edinburgh: Churchill/Elsevier Health.

Perrin, D. (2018), *Athletic Taping and Bracing*. 4th ed. Champaign, Illinois: Human Kinetics.

Riggs, A. (2007), *Deep Tissue Massage: A Visual Guide to Techniques*. Berkeley, CA: North Atlantic Books.