

MODULE SPECIFICATION PROFORMA

<b>Module Title:</b>	Rehabilitation and Injury Management	<b>Level:</b>	5	<b>Credit Value:</b>	40
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<b>Module code:</b>	CMP518	<b>Is this a new module?</b>	Yes	<b>Code of module being replaced:</b>	CMP513
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<b>Cost Centre:</b>	GACM	<b>JACS3 code:</b>	C630
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<b>Trimester(s) in which to be offered:</b>	1, 2	<b>With effect from:</b>	October 18
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<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Victoria O'Donnell
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Scheduled learning and teaching hours	150 hrs
Guided independent study	250 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>400 hrs</b>

<b>Programme(s) in which to be offered</b>	Core	Option
BSc (Hons) Rehabilitation and Injury Management	<input checked="" type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
None

Office use only

Initial approval October 2018

APSC approval of modification

Have any derogations received SQC approval?

Version 1

Yes  No

**Module Aims**

1. Develop the student's practical skills further, allowing them to analyse and interpret relevant information within the clinical environment.
2. To provide a forum for case analysis in a multi-professional context with consideration given to legal, professional, ethical and safety issues that impact on the practice rehabilitation.
3. Develop the student's reflective skills gained at Level 4, in the context of their clinical practice.

**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 competency in rehabilitation and injury management.	KS1	KS2
		KS3	KS6
		KS9	
2	Demonstrate in depth knowledge of rehabilitation and injury management techniques.	KS1	KS2
		KS6	KS7
		KS9	
3	Demonstrate competence in the recording and maintenance of professional case notes ensuring safe practice standards.	KS5	KS6
		KS8	KS9
4	Examine and evaluate the evidence base for Rehabilitation of injuries and their ongoing management.	KS1	KS4
		KS6	KS8
		KS9	

5	Demonstrate reflective writing skills and apply reflective practice skills to own clinical practice.	KS1	KS2
		KS3	KS6
		KS9	

**Transferable/key skills and other attributes**

Communication skills  
 Competency awareness relating to ethical considerations and independent practice  
 Problem solving  
 Reflective Practice  
 Independent learning  
 Establish and maintain collaborative working arrangements  
 Seek guidance to enhance personal development  
 IT Skills  
 Data collection, evaluation and presentation

**Derogations**

Credits shall be awarded by an Assessment Board for this module when a mark of at least 40%, or a pass grade, has been achieved in all elements of assessment.

**Assessment:**

**Assessment One:**

A case study on a patient with a musculoskeletal injury outlining injury management and the therapeutic interventions prescribed.

**Assessment Two:**

A practical examination to be undertaken towards the end of Semester 2. Students must demonstrate safety and competence of a full treatment and management protocol on a patient with detailed explanations and rationales for the intervention(s) employed.

**Assessment Three:** Students must achieve a minimum of clinical 150 hours at Level 5 to pass this element of assessment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	4, 5	Case Study	50%	N/A	2000
2	1, 2, 3,	Practical	50%	20 min	N/A
3		Attendance	Pass	150 hours	

**Learning and Teaching Strategies:**

This module will be taught through a combination of lectures, group supervision and practical sessions. The practical sessions will be a forum for reflective practice, supervision, and action learning sets to assist the development of skills in a safe context.

**Indicative syllabus outline:**

Appropriate use of closed and open chain exercises  
Principles of movement and joint ranges  
The clinical referral process  
Gait analysis  
Principles of Strengthening  
Foundations of Biomechanics  
Therapeutic relationship  
Management in practice  
Evidence based practice  
Treatment plans and case management  
Case analysis including legal, professional, ethical and safety perspectives  
Develop competency in rehabilitation of injuries and their management.

**Bibliography:**

**Essential reading**

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

Brukner, P, Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R. and Kahn, K. (2016) *Brukner & Kahn's Clinical Sports Medicine Vol 1*, 5<sup>th</sup> Ed. McGraw-Hill Education (already requested to Trish for CMP610)

Petty, N. (2011) *Neuromusculoskeletal Examination and Assessment*, 4<sup>th</sup> Ed., Churchill Livington Elsevier

**Other indicative reading**

Bahr, R & Engebretson, L. (2009). *Sports Injury Prevention (Olympic Handbook Of Sports Medicine)*. Wiley-Blackwell.

Chaitow, L. (2003). *Palpation & Assessment Skills - Assessment and diagnosis through touch* (3<sup>rd</sup> ed, CD-ROM) Churchill Livingstone/Elsevier.

Shultz, S., Houglum, P.A., & Perrin, D. H. (2010). *Examination of Musculoskeletal Injuries* (3<sup>rd</sup> Ed). Champaign, Ill : Human Kinetics

Comfort, P. & Abrahamson, E. (2010). *Sports Rehabilitation and Injury Prevention*. Wiley-Blackwell

Hattam, P & Smeatham, A. (2010). *Special Tests in Musculoskeletal Examination: An Evidence-based Guide for Clinicians* (Physiotherapy Pocketbooks). Churchill Livingstone

Kisner, C., & Colby, L.A. (2007). *Therapeutic Exercise: Foundations and Techniques*, 5th ed. F.A. Davis Company, Philadelphia.

Premkumar, K. (2009). *Pathology A-Z, A Handbook for Massage Therapists*. (3rd Ed). VanPub Books, Calgary, Canada.

Sahrmann, S. (2011). *Diagnosis and Treatment of Movement Impairment Syndromes*. Mosby

**Journals**

British Journal of Sports Medicine

International Journal of Therapeutic Massage and Bodywork

Journal of Athletic Training

Journal of Bodywork and Movement Therapy

Journal of Strength & Conditioning Research