

MODULE SPECIFICATION PROFORMA

Module Title:	Therapeutic Interventions for Musculoskeletal Injuries	Level:	5	Credit Value:	20
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Module code:	CMP519	Is this a new module?	Yes	Code of module being replaced:	CMP504
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Cost Centre:	GACM	JACS3 code:	B300
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Trimester(s) in which to be offered:	2	With effect from:	October 18
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School:	Social & Life Sciences	Module Leader:	Steve Warburton
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Scheduled learning and teaching hours	30 hrs
Guided independent study	170 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered	Core	Option
BSc (Hons) Acupuncture	<input checked="" type="checkbox"/>	<input type="checkbox"/>
BSc (Hons) Complementary Therapies for Healthcare	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Pre-requisites
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. To provide students with the fundamental knowledge of how musculoskeletal injuries can occur and the assessment, treatment of the most common musculoskeletal injuries.
2. To apply and integrate theoretical and practical knowledge in the assessment and treatment of specific musculoskeletal injuries.

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 appropriate injury assessment methods in preparation for treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
2	Identify underlying injuries or conditions which may contraindicate any treatment.	KS1	KS2
		KS3	KS6
		KS7	KS9
3	Consider and select appropriate treatment options for clients with MSK injuries.	KS1	KS2
		KS3	KS6
		KS7	KS9
4	Examine the evidence based available to support clinical decision-making.	KS1	KS2
		KS3	KS6
		KS7	KS9

Transferable/key skills and other attributes

Data interpretation.
Communicate (oral & written) with others using appropriate terminology.
Demonstrate group & teamwork.
Presentation skills

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:

The practical assessment is designed so that the student has the opportunity demonstrate competency in treating common musculoskeletal injuries.

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

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 reflective practice.

Indicative syllabus outline:

Postural Analysis.
Trigger point therapy
Muscle Energy Release Techniques
Treatment modalities of a variety of musculoskeletal injuries

Bibliography:

Essential reading

Findlay, S. (2010), *Sports Massage (Hands on Guide for Therapists)*. Leeds: Human Kinetics.

Johnson, J. (2009), *Soft Tissue Release: Hands-on Guides for Therapists*. Leeds: Human Kinetics.

Other indicative reading

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

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

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

Sanderson, M. (2012), *Soft Tissue Release: A Practical Handbook for Physical Therapists*. 3rd ed. Lotus

Werner, R. (2013), *Massage Therapist's Guide to Pathology*. 5th ed. London: Lippincott Williams and Wilkins.