

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: **[Module directory](#)**

Module Code	SIR507
Module Title	Functional Rehabilitation 1
Level	5
Credit value	20
Faculty	FSLS
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	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	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	28/09/2021
With effect from date	28/09/2021

For office use only	
Date and details of revision	September 2022 – Module Aims and LO’s reworded
Version number	2

Module aims

To provide students with the knowledge and technical skills to use exercise as a treatment modality, which is a key element of treatment used by a Graduate Sports Rehabilitator such as:

1. An introduction to the components rehabilitation and principles of strength training.
2. A description of the physiological changes and adaptations associated with the different forms of exercise.
3. An introduction to designing and reviewing exercise-based injury rehabilitation programmes.
4. An introduction to a variety of different rehabilitation exercises.
5. An Introduction to exercise for health benefits and the variables that can impact the opportunities for groups/individuals.

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

1	Design and demonstrate appropriate/safe rehabilitation/management strategies for an injured athlete/service user.
2	Discuss the physiological and holistic parameters of physical activity including physical literacy and social determinants of health..
3	Apply and provide critical analysis for the principles of strength training, rehabilitation and injury management.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment One: The practical assessment (30mins) is designed so that the student has the opportunity to demonstrate competency in rehabilitating musculoskeletal injuries appropriately and safely.

Assessment Two: MCQ and open questions (30mins) will assess the theoretical knowledge pertaining to physiological and holistic parameters of physical activity, the principles of strength/fitness training, injury prevention and injury management.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1	Practical	60%
2	2, 3	In-class test	40%

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.

Indicative Syllabus Outline

- Key principles of designing a rehabilitation programme: FITT, SAID, periodization, needs analysis, overload, exercise progression, recovery, warm up/down.
- Components of strength training; strength, power, muscular endurance, hypertrophy
- Strength and Conditioning key exercises
- Key rehabilitation/management strategies: mobility, plyometric, core stability, SAQ, proprioception, fitness training
- Health benefits of physical exercise and its role in management of musculoskeletal injuries/conditions
- Physiological response to injury/rehabilitation

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. McGraw-Hill

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

Ward, K. (2016), *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation*. New York: Routledge.

Kisner, C., Colby, L.A. and Borstad. (2017), *Therapeutic Exercise: Foundations and Techniques*. 7th ed. Philadelphia: F.A. Davis Company

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