




Module Specification

Part 1: Basic Data					
Module Title	Sports Injuries and Rehabilitation				
Module Code	WSPVF8-15-5	Level	5	Version	1.0
Credit Rating	15	ECTS Credit Rating	7.5	Includes WBL?	Yes
Teaching Institution	University Centre Weston	Department	Sport	Module Type	Standard
Contributes towards	FdSc Sports Studies				
PSRB involved	None	Module Entry requirements	None		
Pre-requisites	None	Excluded Combinations	None		
Most recent Validation Date	V1.0 – 10 July 2019	Due for re-validation by:	01 September 2024		
Amendment Approval Date		Amended with effect from	01 September 2019		

Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1 Examine the epidemiology of common sports injuries, and the clinical features of injured and healing tissue (A) 2 Critically analyse the role of a health care professional in the management and treatment of common sports injuries (A, B) 3 Compare treatment of a sports injury within a defined context and critically evaluate the evidence base for a rehabilitation programme and individual exercises (A, B)
Syllabus Outline	<ul style="list-style-type: none"> • Classification of injury and risk factors • Models of injury prevention • Stages of healing • Primary and secondary trauma survey • Injury epidemiology and aetiology • Stages and models of rehabilitation • Clinical reasoning • Treatment techniques – such as sports massage, taping and strapping, electrotherapy, hydrotherapy
Teaching and Learning Methods	Introductory lectures are supported by seminars, case studies, visits and practical workshops. In addition this module will be supported by interactive forums and learning tools.

	<p>Scheduled learning May include lectures, seminars, tutorials, demonstration, practical classes and workshops; external visits; supervised time in studio/workshop, and self-directed study.</p> <p>Independent learning Includes the hours engaged with essential reading, case study preparation, assignment preparation and completion.</p> <p>Virtual Learning Environment (VLE), or equivalent This module is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.</p>																																							
Unistats Information	<p>The Office for Students (OfS) require Unistats information to be produced at programme level for all undergraduate programmes of more than one year in length. These are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <table border="1" data-bbox="477 786 1385 1140"> <tr> <td colspan="5">Expected learning hours for the module:</td> <td></td> </tr> <tr> <td colspan="5">Number of credits for this module</td> <td>15</td> </tr> <tr> <td>Hours to be allocated</td> <td>Scheduled learning and teaching study hours</td> <td>Independent study hours</td> <td>Placement study hours</td> <td>Allocated Hours</td> <td></td> </tr> <tr> <td>150</td> <td>45</td> <td>105</td> <td>0</td> <td>150</td> <td></td> </tr> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p> <table border="1" data-bbox="587 1541 1279 1774"> <tr> <td colspan="2">Total assessment of the module:</td> <td></td> </tr> <tr> <td>Written exam assessment percentage</td> <td></td> <td>50%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td></td> <td>50%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td></td> <td>0%</td> </tr> <tr> <td colspan="2"></td> <td>100%</td> </tr> </table>	Expected learning hours for the module:						Number of credits for this module					15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours		150	45	105	0	150		Total assessment of the module:			Written exam assessment percentage		50%	Coursework assessment percentage		50%	Practical exam assessment percentage		0%			100%
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Reading Strategy	<p>Essential reading Essential material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE programme presence. No requirement for the purchase of set text(s) will be made unless explicitly stated and students will have full access to library services, online applications, and inter-library loans.</p> <p>Further reading</p>																																							

	<p>Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library catalogue, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature and wider professional sources.</p> <p>Access and skills Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.</p>
<p>Indicative Reading List</p>	<p>The following list is offered to provide the validators /accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, current advice on readings will be available via other more frequently updated mechanisms.</p> <p>American College of Sports Medicine (current edition) <i>ACSM's health-related physical fitness assessment manual</i>. Baltimore, United States: Lippincott Williams and Wilkins.</p> <p>American College of Sports medicine (current edition) <i>Resource manual for guidelines for exercise training and prescription</i>. Baltimore, United States: Lippincott Williams and Wilkins.</p> <p>Andrews, J. R., Harrelson, G. L. and Wilk, K. E. (current edition) <i>Physical rehabilitation of the injured athlete</i>. London: W.B. Saunders Company.</p> <p>Arnheim, D.D. and Prentice, W.E. (current edition) <i>Principles of athletic training</i>. Boston, USA: WCB McGraw Hill.</p> <p>Brukner, P. and Khan, K. (current edition) <i>Clinical sports medicine</i>. Boston, USA: McGraw Hill.</p> <p>Calais – Germaine, B. (current edition) <i>Anatomy of movement</i>. Seattle, USA: Fastland Press.</p> <p>Cash, M. (current edition) <i>Sports and remedial massage therapy</i>. London: Ebury Press.</p> <p>Holey, E. and Cook, E. (current edition) <i>Evidence-based therapeutic massage</i>. Livingston: Churchill.</p> <p>Knight, K. E. (current edition) <i>Cryotherapy in sports injury management</i>. Illinois, USA: Human Kinetics.</p> <p>Maud, P. J. and Foster, C. (current edition) <i>Physiological assessment of human fitness</i>. Champaign, IL: Human Kinetics.</p> <p>Prentice, W. E. (current edition). <i>Rehabilitation Techniques in Sports Medicine</i>. New York, USA: McGraw-Hill.</p> <p>Palastanga, N. Field, D. and Soames, R (Current Edition). <i>Anatomy of Human Movement</i>. Oxford: Butterworth-Heinemann.</p> <p><u>Journals</u></p> <p>American Journal of Sports Medicine Athletic Therapy Today British Journal of Sports Medicine Clinical Journal of Sports Medicine Journal of Sports Rehabilitation Physical Therapy Physical Therapy in Sport Physiotherapy</p>

Part 3: Assessment

Assessment Strategy	<p>This module will be assessed according to the approved Hartpury Academic Regulations including any specific regulations detailed within the student's programme specification.</p> <p>Examination: For Component A students will undertake an examination that assesses their knowledge and understanding as well as ability to analyse and evaluate the fundamental principles of sports injuries and rehabilitation.</p> <p>Written Report: Component B will require students to formulate a rehabilitation programme to support the treatment and management of a specific injury for and defined athlete. They will need to critically evaluate any recommendations provided.</p> <p>Opportunities for formative assessment exist for the assessment strategy used. Verbal feedback is given and all students will engage with personalised tutorials setting SMART targets as part of the programme design.</p> <p>A student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.</p>
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Identify final assessment component and element	B1	
% weighting between components A and B (Standard modules only)	A:	B:
	50%	50%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. Written examination (2 hour)	100%	
Component B Description of each element	Element weighting	
1. Written Report (1,500 words)	100%	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting	
1. Written examination (2 hour)	100%	
Component B Description of each element	Element weighting	
1. Written Report (1,500 words)	100%	
If a student is permitted a retake of the module under the Academic Regulations, the assessment will be that indicated by the Module Specification at the time that retake commences.		

Module Amendment Log

Module Title:	Sports Injuries and Rehabilitation
Module Code:	WSPVF8-15-5
Initial Approval Date:	10 July 2019

Changes:

Current version number: 0	
Outline Change Details: new module	
Rationale: A new module for a programme new to Hartpury University validation.	
Approval Committee and Date:	CVC 2019 07 10
Change approved with effect from:	1 September 2019
Resulting new version number:	1.0