

Module Specification

Module Summary Information

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| 1 | Module Title | Applied Anatomy for Sports Therapy |
| 2 | Module Credits | 20 |
| 3 | Module Level | 4 |
| 4 | Module Code | SPT4002 |

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| 5 | Module Overview |
| <p>In order to work as a sports therapist, it is imperative that you have an excellent understanding of human anatomy and movement. This module provides an introduction to human anatomy, relating to structures, properties and functions of bones, joints, tendons, ligaments and muscle, in relation to the mechanical principles that govern human movement. The axial and appendicular skeleton will be studied with regard to joint type and associated movements, whilst the skeletal muscle system will be investigated in terms of the proximal and distal attachments of selected muscles and the movements they produce.</p> <p>This module is contemporary in design whereby the lectures are pre-recorded in the form of video and posted online. This allows you to pause the video and learn at your own pace. There is a requirement to engage with the video recording, as you will then apply your knowledge each week in the practical session. There will also be fortnightly seminars where you will engage in progress tests that will constitute a small part to your final grade.</p> <p>The module also has a strong focus on applying your anatomical knowledge to your patients, and therefore practical sessions, and the final summative assessment will involve palpation of your peers.</p> <p>As with all Sports Therapy modules, there is a requirement to attend ALL practical sessions, or you risk being withdrawn from the course.</p> | |

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| 6 | Indicative Content |
| <ul style="list-style-type: none"> • What is Palpation? • Planes of Movement and Axis of Rotation • Functions of the Skeleton • Classification of the Bones • Classification of Joints • Bone, Ligaments and Joints • Musculature and Neural Structures | |

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| 7 | Module Learning Outcomes | |
| | On successful completion of the module, students will be able to: | |
| | 1 | Demonstrate engagement with learning resources. |
| | 2 | Palpate features of the gross anatomy of the human body. |
| | 3 | Describe the structure and function of the musculoskeletal system, and demonstrate the movements possible at selected joints. |

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| 8 | Module Assessment | | |
| Learning Outcome | | | |
| | Coursework | Exam | In-Person |
| 1-3 | | | X |

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| 9 | Breakdown Learning and Teaching Activities | |
| Learning Activities | | Hours |
| Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable | | 58 |
| Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE | | 78 |
| Private Study (PS) includes preparation for exams | | 64 |
| Total Study Hours: | | 200 |