

Module Specification

Module Summary Information

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| 1 | Module Title | Sports Injury & Exercise Rehabilitation |
| 2 | Module Credits | 40 |
| 3 | Module Level | 5 |
| 4 | Module Code | SPT5000 |

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| 5 | Module Overview |
| <p>This module provides you with the principles of rehabilitation and exercise therapy in the early, intermediate, late and pre-discharge stages of recovery from injuries sustained in a sports and exercise environment. You will learn to plan, implement, progress and regress comprehensive rehabilitation programmes in order to return the athlete to full sporting participation.</p> <p>You will also develop the skills necessary to perform an appropriate, safe and effective assessment and intervention for the management of acute trauma in sport and exercise. The pathophysiology, signs and symptoms, and management of injuries, illness and trauma associated with sport and exercise participation will be discussed. Clinical reasoning for referral and return to play decisions will also be considered. You will also develop awareness and skills in professional standards, communication and scope of practice when undertaking this module.</p> <p>The learning experience for this module combines practical learning and teaching strategy. In Semester 1, you will gain an insight into the theoretical concepts that underpin sports rehabilitation within a lecture environment, whilst you put theory into practice in the Sports Hall/ Fitness Suite. You will also be exposed to the very latest in trauma equipment, where you will work in small groups discussing and practicing the management of trauma scenarios. Your assessments for this module will take the form of practical assessments.</p> | |

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| 6 | Indicative Content |
| <p>This module will provide you with the opportunity to:</p> <ul style="list-style-type: none"> • Implement a warm up and cool down to a group of patients. • Plan, develop and implement safe and effective exercise and rehabilitation programmes for groups and individuals. • Demonstrate knowledge and understanding of the stages of rehabilitation and the criteria for progression. • Demonstrate the ability to teach, evaluate and correct exercise techniques performed by the patient • Demonstrate the ability to develop sports specific exercises appropriate to the needs of the patient • Gain an understanding of when and how to return an athlete to competition • Discuss the pathological, physiological and psychological signs and symptoms that may influence the rehabilitation process. | |

- Evaluate and implement safe and effective practice as a result of national guidelines and research.
- Review and analyse contemporary research in the area of sport, exercise and occupational rehabilitation.
- Formulate and practice the application of hydrotherapy exercises for the improvement of joint range of motion, muscular strength and both general and sports specific fitness.
- Design and implement Emergency Action Plans for land-based sport and exercise activities
- Employ appropriate, safe and effective assessment and intervention for the management of acute trauma in sport and exercise
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| 7 | | Module Learning Outcomes |
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| On successful completion of the module, students will be able to: | | |
| 1 | Plan, develop, justify and implement a comprehensive, safe and effective early stage rehabilitation programme that considers the damaged tissue, the biomechanical considerations of the surrounding joint and the physiological demands of the sport, exercise or occupation, in a rehabilitation setting. | |
| 2 | Plan, develop, justify and implement a comprehensive, safe and effective intermediate stage rehabilitation programme, which considers the damaged tissue, the biomechanical considerations of the surrounding joint and the physiological demands of the sport, exercise or occupation, in a rehabilitation setting. | |
| 3 | Plan, develop, justify and implement a comprehensive, safe and effective late stage rehabilitation programme, which considers the damaged tissue, the biomechanical considerations of the surrounding joint and the physiological demands of the sport, exercise or occupation, in a rehabilitation setting. | |

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

| 9 Breakdown Learning and Teaching Activities | |
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| Learning Activities | Hours |
| Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable | 114 |
| Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE | 114 |
| Private Study (PS) includes preparation for exams | 172 |
| Total Study Hours: | 400 |