1. **Title of the module**

SPOR3510 (SS351) – Mechanisms of Sport Injuries

1. **Division or partner institution which will be responsible for management of the module**

Division of Natural Sciences

1. **The level of the module (Level 4, Level 5, Level 6 or Level 7)**

Level 4

1. **The number of credits and the ECTS value which the module represents**

15 Credits (7.5 ECTS)

1. **Which term(s) the module is to be taught in (or other teaching pattern)**

Autumn or Spring

1. **Prerequisite and co-requisite modules**

None

1. **The course(s) of study to which the module contributes**

Compulsory for BSc (Hons) Sports Therapy and Rehabilitation

1. **The intended subject specific learning outcomes.  
   On successfully completing the module students will be able to:**

8.1 Relate the pathophysiology of injury to common signs and symptoms of sports injuries.

8.2 Differentiate between mechanisms of injury and their associated risk factors.

8.3 Apply knowledge of the biomechanics of human movement to the sports injuries process.

8.4 Understand the appropriateness of different methods and techniques to prevent, treat and rehabilitate commonly occurring sports injuries.

1. **The intended generic learning outcomes.  
   On successfully completing the module students will be able to:**

9.1 Apply knowledge to the solution of familiar and unfamiliar problems, either independently or in groups, in order to develop structured coherent arguments.

9.2 Demonstrate problem solving skills.

9.3 Plan and manage learning.

1. **A synopsis of the curriculum**

This module will enable students to interpret the pathophysiology of a range of sports injuries by mechanism of injury, anatomical region and tissue type. The module develops the students’ ability to relate the mechanism of injury to the pathology of sports injuries. Students will also be required to understand the risk factors associated with sports injuries.

1. **Reading list (Indicative list, current at time of publication. Reading lists will be published annually)**

Brukner, P. and Khan, K. (2012). *Brukner & Khan's Clinical Sports Medicine*. Sydney: McGraw-Hill Australia. 4th edition.

Palastanga, N., Field, D., and Soames, R. (2011). *Anatomy and Human Movement*. London: Churchill Livingstone. 6th edition.

Richardson, J. (2008). *Biomechanics in Clinic and Research*. London: Churchill Livingstone. 1st edition.

Whiting, W. and Zernicke, R. (2008). *Biomechanics of Musculoskeletal Injury*. Illinois: Human Kinetics. 2nd revised edition.

1. **Learning and teaching methods**

Total Contact Hours: 22

Total Private Study Hours: 128

Total Study Hours: 150

1. **Assessment methods**
   1. Main assessment methods

* In-Course Test (45 minutes) – 20%
* Essay (2,000 words) – 80%

13.2 Reassessment methods

* Like-for-like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section12) and methods of assessment (section 13)***

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *8.4* | *9.1* | *9.2* | *9.3* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Lecture | **x** | **x** |  | **x** | **x** | **x** |  |
| Seminar | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |
| ICT | **x** | **x** |  |  |  | **x** | **x** |
| Essay | **x** | **x** | **x** | **x** | **x** | **x** | **x** |

1. **Inclusive module design**

The Division recognises and has embedded the expectations of current equality legislation, by ensuring that the module is as accessible as possible by design. Additional alternative arrangements for students with Inclusive Learning Plans (ILPs)/declared disabilities will be made on an individual basis, in consultation with the relevant policies and support services.

The inclusive practices in the guidance (see Annex B Appendix A) have been considered in order to support all students in the following areas:

a) Accessible resources and curriculum

b) Learning, teaching and assessment methods

1. **Campus(es) or centre(s) where module will be delivered**

Canterbury

1. **Internationalisation**

The module covers key concepts, principles, and theories of mechanisms of sports injuries within a global environment. Understanding of the mechanism of sports injuries relate to a wide range of internationally played sports and activities with global implications. Examples use information transferable between multiple sporting arenas. The reading list has been compiled with consideration to a range of texts available internationally to complement delivery of the material.

**DIVISION USE ONLY**

**Revision record – all revisions must be recorded in the grid and full details of the change retained in the appropriate committee records.**

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| --- | --- | --- | --- | --- |
| Date approved | Major/minor revision | Start date of delivery of revised version | Section revised | Impacts PLOs (Q6&7 cover sheet) |
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| Revised FSO Jan 2018 |