1. **Title of the module**

SPOR5580 (SS558) – Soft Tissue Techniques

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 6

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**

Prerequisite: SPOR3530 – Sports and Remedial Massage

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

Compulsory for BSc (Hons) Sports Therapy and Rehabilitation

Optional for BSc (Hons) Sports Exercise and Health

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

8.1 Manage indications, cautions and contraindications of selected soft tissue techniques.

8.2 Use clinical reasoning and critical analysis to select and evaluate the effectiveness of appropriate soft tissue techniques.

8.3 Demonstrate the application of appropriate therapeutic interventions.

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.

9.2 Demonstrate communication, presentation, numeracy, and IT skills.

9.3 Demonstrate problem solving skills.

9.4 Plan and manage their own learning.

1. **A synopsis of the curriculum**

Soft Tissue Techniques will enable students to pursue inquiry into the treatment of selected soft tissue injuries, using a variety of soft tissue techniques. This module develops the students’ ability to use critical analysis and clinical reasoning skills in the application of soft tissue techniques. Students will be required to analyse current issues in the use of soft tissue techniques within the field of Sport and Exercise Therapy.

Topics include:

- Deep Tissue Massage

- Soft Tissue Release

- Reciprocal Inhibition

- Trigger Points

- Positional Release

- Taping techniques

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

Chaitow, L., (2008). *Positional Release*. London: Churchill Livingstone.

Giammateo, S., and Giammateo, T., (2004). In*tegrative Manual for the Connective Tissue System*. Berkely: North Atlantic Books.

Myers, T., (2014). *Anatomy Trains*. London: Churchill Livingstone.

Riggs, A (2014). *Deep Tissue Massage*. Berkeley: North Atlantic Books.

Travell, J., and Simons, D., (1998). *Myofascial Pain and Dysfunction: The Trigger Point Manual. Vol 1: Upper Half of Body*. Baltimore: LWW.

Travell, J., and Simons, D., (1992). *Myofascial Pain and Dysfunction: The Trigger Point Manual. Vol 2: Lower Extremities*. Baltimore: LWW.

1. **Learning and teaching methods**

Total Contact Hours: 33

Total Private Study Hours: 117

Total Study Hours: 150

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

* Written Assignment (2,000 words) – 30%
* Practical Assessment (30 minutes) – 70%

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* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Lecture | **x** |  |  |  |  |  | **x** |
| Seminar | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |
| Written Assignment | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Practical Assessment | **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**

Sports massage and soft tissue techniques are used by athletes in a global sporting environment, and general populations worldwide. Students will learn about soft tissue techniques being used in a range of different international sporting events and other cross-cultural settings. Members of staff involved in teaching soft tissue techniques have international clinical, research and teaching experience. When the opportunity arise, students will be able to volunteer at sporting events, which often includes international athletes.

**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 |