1. **Title of the module**

SPOR3530 (SS353) – Sport and Remedial Massage

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 Demonstrate knowledge of concepts and well-established principles associated with sports massage, such as: indications, cautions and contraindications to sports massage and recognise a clients’ suitability for massage treatments

8.2 Demonstrate the ability to use a clinical notation system to record and review sports massage.

8.3 Exhibit a reasonable level of skill in applying sports massage.

8.4 Identify what is meant by professional ethics and recognise health and safety issues.

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**

This module will enable students to acquire an understanding of sports massage, in order to practically demonstrate a range of sports massage skills effectively and safely. The module also develops the students’ ability to record and review their own sports massage sessions with clients.

Content will include all skills required in order to carry out a full body sports massage. Basic sports massage strokes such as effleurage, petrissage, tapotement and frictions will be included. These strokes will be applied on the back, shoulders, gluteals, legs, feet, arms, hands, chest, neck and abdomen.

Underpinning knowledge will include record keeping, professional ethics and code of practice, as well as health and safety regulations.

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

Biel, A., (2014). *Trail Guide to the Body*. Boulder: Books of Discovery.

Cash, M., (2012). *Advanced Remedial Massage*. London: Ebury Press.

Clay, J., Allen, L., and Pounds, D., (2015). *Basic Clinical Massage Therapy*. Baltimore: LWW

Findlay, S., (2010). *Sports Massage*. London: Human Kinetics.

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

* Practical Assessment (40 minutes) – 100%

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)***

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *8.4* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |  |
| Private Study | **x** |  |  | **x** | **x** | **x** | **x** | **x** |
| Lecture | **x** | **x** |  | **x** | **x** | **x** | **x** | **x** |
| Practical Seminar | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |  |
| Practical Assessment | **x** | **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**

Sports massage is used by athletes in a global sporting environment, and general populations worldwide. Students will learn about sports massage being used in a range of different international sporting events and other cross-cultural settings. Members of staff involved in teaching sports massage skills 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 |