1. **Title of the module**

SPOR5820 (SS582) – Applied Rehabilitation

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 5

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)**

Spring

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

Prerequisites: SPOR3450 – Functional Anatomy and Biomechanics; SPOR3520 – Peripheral Joint Assessment; and SPOR5800 – Principles of Rehabilitation

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 Apply concepts and principles of rehabilitation in a number of different settings.

8.2 Demonstrate knowledge and critical understanding of principles in rehabilitation and their application to different injuries and different tissues within the body (for example bone, cartilage, muscle, ligament, and tendons).

8.3 Describe and discuss how rehabilitation principles can be applied to different sports, individual and group scenarios.

8.4 Formulate appropriate sports specific rehabilitation programmes for different sports and exercise participants.

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**

Applied Rehabilitation will enable students to apply the principles of rehabilitation to different tissues and injuries within the body. Students will formulate sports specific rehabilitation programmes for their athletes and clients individually and as part of group-based rehabilitation.

Students will be required to undertake a supervised work placement in addition to the lectures and practical seminars.

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

Brukner, P. and Khan, K. (2012). *Clinical Sports Medicine*, Fourth Edition. Sydney. London: McGraw Hill.

Houglum, P.A. (2010). *Therapeutic Exercise for Musculoskeletal Injury*, Third Edition Champaign IL. Human Kinetics.

Prentice, W. (2011). *Rehabilitation Techniques for Sport Medicine and Athletic Training*, Fifth Edition. London. McGraw Hill.

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) – 40%
* Practical Assessment (30 minutes) – 60%

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* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |  |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Lecture | **x** | **x** |  |  | **x** | **x** | **x** | **x** |
| Seminar | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |  |
| Written Assignment | **x** | **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**

This module covers key applied principles, theories and concepts of rehabilitation that are used in a global environment. Knowledge and understanding of the subject-specific learning outcomes, 8.1 to 8.5, will allow students to apply these principles, theories and concepts in a wide range of international environments. Many international journals will be used in order to enhance and develop student knowledge. Students will also be encouraged to consider approaches to the module through discussions with other students in the group and this will naturally draw on the international make-up of the student body.

**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 |