1. **Title of the module**

SPOR5840 (SS584) Advances in Rehabilitation

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

School of Sport and Exercise Sciences

1. **The level of the module (e.g. 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 (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 programmes of study to which the module contributes**

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 Discuss, critique, demonstrate and apply concepts and principles of rehabilitation to a variety of injuries and sports.

8.2. Demonstrate knowledge and critical understanding of rehabilitation, prehabilitation and methods to measure and evaluate rehabilitation.

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

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

8.5. Apply module content to a clinical placement environment under supervision

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 C & IT skills.

9.3 Demonstrate problem solving skills.

9.4 Plan and manage learning.

1. **A synopsis of the curriculum**

This module will enable students to apply the principles of rehabilitation to different tissues and injuries within the body using specialised equipment and techniques and build on their knowledge from previous modules. Students will be able to apply their prior knowledge to different rehabilitation equipment, pre and post operation and specialist areas and formulate sports specific rehabilitation sessions and programmes for their athletes and clients. Students will learn how to screen athletes and how to formulate group based exercise sessions and programmes. Students will study how rehabilitation progresses and how outcomes are measured and assessed.

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

Brukner, P. & Khan, K. (2012) *Clinical Sports Medicine*. (4th Ed) Sydney. London: Mc Graw-Hill ISBN: 9780070998131

Houglum, P.A. (2010) *Therapeutic Exercise for Musculoskeletal Injury* (3rd Ed.) Champaign IL. Human Kinetics ISBN: 0736051368

Prentice, W. (2011) *Rehabilitation Techniques for Sport Medicine and Athletic Training*. 5th Ed. London. Mc-Graw Hill ISBN: 0072462108

1. **Learning and Teaching methods**

Total teaching hours for the module will be 150. The method of course delivery will include weekly lectures (1 hour) and weekly practical seminars (2 hours)*.* These contact hours will total 33 hours in which the intended learning outcomes will be covered. The remainder of the time will be devoted to private study and clinical reasoning for the reinforcement of knowledge.

The lectures will review current theory and highlight principles and key issues of rehabilitation. These will be covered using a variety of lecture materials including e-learning. Where possible, lecture material will be made available to students on the University virtual learning environment along with key readings and other indicated material. Practical seminars will allow oral communication, problem solving and development of clinical reasoning skills.

Students will be required to find and undertake a supervised placement (100 hours). This will be comprised of supervised hours completed at the University Sports Clinic at Medway Park and student-sourced external placements. Students will be able to apply for external placement positions from a list of previously approved opportunities. All student placements will be formally approved by a member of staff. The placement will enable students to apply the content of the module in a real-life setting under supervision of a qualified practitioner.

The focus of private study will be on wider reading and inquiry to develop and reinforce deeper understanding of the topics covered in lectures, preparation for practical seminars, practice using treatment modalities and work towards assessments. It will allow the students to develop time management skills, library and information retrieval skills and critical thinking skills.

1. **Assessment methods.**

This module will be assessed by:

A piece of written coursework (2500 words) which is worth 30% of the final module mark.

A placement logbook including treatment plans, clinical notes and records of self-reflection (100 hours supervised by a suitably qualified member of staff or supervisor) which is worth 70% of the final module mark.

1. ***Map of Module Learning Outcomes***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** |  | *8.1* | *8.2* | *8.3* | *8.4* | *8.5* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** | **Hours allocated** |  |  |  |  |  |  |  |  |  |
| Private Study  (including 100 hours of placement hours to be recorded in a logbook) | *117* | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| *Lecture* | *11* | **x** | **x** | **x** | **x** |  | **x** | **x** | **x** | **x** |
| *Practical Seminars* | *22* | **x** | **x** | **x** | **x** |  | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |  |  |  |
| *Written coursework (30%)* |  | **x** | **x** | **x** | **x** |  | **x** | **x** | **x** | **x** |
| *Placement logbook (70%)* |  | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **X** |

1. **Inclusive module design.**

The School recognises and has embedded the expectations of current equality legislation, by ensuring that the module is 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 Annexe B Appendix A) have been considered in order to support all students in the following areas:

1. Accessible resources and curriculum
2. Learning, teaching and assessment methods
3. **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.

**FACULTIES SUPPORT OFFICE USE ONLY**

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

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