1. KentVision Code and title of the module

SPOR5850 – Injury prevention and Return to Play

## Division and School/Department or partner institution which will be responsible for management of the module

Division of Natural Sciences (Sport and Exercise Science)

## The level of the module (Level 4, Level 5, Level 6 or Level 7)

Level 6

## The number of credits and the ECTS value which the module represents

15 Credits (7.5 ECTS)

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

Autumn or Spring

## Prerequisite and co-requisite modules and/or any module restrictions

None.

## The course(s) of study to which the module contributes

Compulsory for the following courses:

BSc (Hons) Sports Therapy and Rehabilitation

Not available as an elective module.

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

8.1 Recognise and evaluate risk factors for injury in specific populations and critically evaluate the epidemiological patterns of injury in differing sports and exercise activities, and critically discuss theories and research surrounding techniques used in injury prevention.

8.2 Design and plan an injury prevention programme based on a needs analysis and the profile of the sport or exercise activity.

8.3 Critically discuss the theories of return to play and research surrounding techniques used in return to sport, and discuss the use of return-to-sport criteria and tests used to return athletes to sport.

8.4 Design and plan a return-to-play programme based on a needs analysis and the profile of the sport or exercise activity.

8.5 Demonstrate detailed knowledge and competence in the application of injury prevention and return to sport testing.

## 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.

## A synopsis of the curriculum

This module will allow students to develop knowledge in epidemiological analysis of common injuries in different sports and exercise activities and risk factors for injury in specific populations. Students will develop an understanding of an athlete’s needs analysis and profiles of specific sports and athletic populations. Students will apply this knowledge to design and implement screening and prevention programmes. Students will evaluate injury prevention and return to play programmes by using outcome measures. Students will learn about return to sport criteria for different components of fitness and rehabilitation. These will include strength, proprioception, speed, agility, Range of Movement (ROM), flexibility, cardiovascular. A range of both clinical/lab and field-based tests will be covered during the module. Specialised issues relating to specific sports and body regions will also be covered.

## Reading list

## The University is committed to ensuring that core reading materials are in accessible electronic format in line with the Kent Inclusive Practices.

## The most up to date reading list for each module can be found on the university's [reading list pages](https://kent.rl.talis.com/index.html).

## Contact Hours

Private Study: 117

Contact Hours: 33

Total: 150

## Assessment methods

13.1 Main assessment methods

* Written Assignment (2,000 words) – 50%
* Practical Assessment (30 minutes) – 50%

Both Assessments must be passed in order to complete the module.

13.2 Reassessment methods

* Like-for-like

## Map of module learning outcomes (sections 9 & 10) to learning and teaching methods (section 13) and methods of assessment (section 14)

**Module learning outcomes against learning and teaching methods:**

| **Module learning outcome** | 8.1 | 8.2 | 8.3 | 8.4 | 8.5 | 9.1 | 9.2 | 9.3 | 9.4 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Lecture | **x** | **x** | **x** |  |  | **x** | **x** | **x** | **x** |
| Practical Seminar |  |  | **x** | **x** | **x** | **x** | **x** | **x** | **x** |

**Module learning outcomes against assessment methods:**

| **Module learning outcome** | 8.1 | 8.2 | 8.3 | 8.4 | 8.5 | 9.1 | 9.2 | 9.3 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Written Assignment | **x** | **x** |  |  |  | **x** | **x** | **x** |
| Practical Assessment |  |  | **x** | **x** | **x** | **x** | **x** | **x** |

## 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

## Campus(es) or centre(s) where module will be delivered

Canterbury

## Internationalisation

Science is an international discipline with widely applicable international resonance. This module presents subject-specific knowledge generated, developed, and refined by scientists around the world. Mastery of the learning outcomes will equip students to apply the knowledge in a wide range of international contexts and these will be addressed in making the content relevant to current global issues. The Division of Natural Sciences is an international community of students and staff and group activities and teaching will provide a platform for internationally-focussed discussion.

**DIVISIONAL USE ONLY**

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

| Date approved | New/Major/minor revision | Start date of delivery of (revised) version | Section revised  (if applicable) | Impacts PLOs (Q6&7 cover sheet) |
| --- | --- | --- | --- | --- |
| 16 Dec 2021 | Major | Sept 2022 | 8, 13 | No |
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| Revised FSO Jan 2018 |