1. **Title of the module**

SPOR5580 (SS558) Soft Tissue Techniques

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 (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**

SPOR3530 (SS353) Sports and Remedial Massage – pre-requisite

1. **The programmes of study to which the module contributes**

BSc (Hons) Sports Therapy and Rehabilitation

BSc (Hons) Sports Exercise and Health

1. **The intended subject specific learning outcomes.  
   On successfully completing the module students will be able to:**
   1. Manage indications, cautions and contraindications of selected soft tissue techniques.
   2. Use clinical reasoning and critical analysis to select and evaluate the effectiveness of appropriate soft tissue techniques.
   3. Demonstrate the application of appropriate therapeutic interventions.
2. **The intended generic learning outcomes.  
   On successfully completing the module students will be able to:**
   1. Apply knowledge to the solution of familiar and unfamiliar problems
   2. Demonstrate communication, presentation, numeracy and C & IT skills
   3. Demonstrate problem solving skills
   4. Plan and manage learning
3. **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., Giammateo, T., (2004) Integrative Manual for the Connective Tissue System. Berkely: North Atlantic Books

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

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

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

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

1. **Learning and teaching methods**

Total contact hours: 33

Private study hours: 117

Total study hours: 150

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

Essay (2,000 words) – 30%

Pass/Fail logbook (100 hours)

Practical Assessment – 70%

13.2 Reassessment methods

Like for like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section 12) and methods of assessment (section 13)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |
| Lecture | **x** |  |  |  |  |  | **x** |
| Practical seminars | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Private Study (including 100 placement hours to be recorded in a logbook) | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |
| *Coursework: Practical Assessment: demonstration of a treatment, incorporating appropriately selected soft tissue techniques - 40 mins.* | **x** | **x** | **x** |  | **x** | **x** | **x** |
| *Logbook of soft tissue treatments: 100 hours* | **x** | **x** | **x** | **x** | **x** | **x** | **X** |
| *Essay (2000 words)* | **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 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**

Medway

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.

**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) |
| 07/06/17 | Major | September 2019 | 10, 12-14 | No |
|  |  |  |  |  |

Revised FSO Feb 2018