1. **Title of the module**

SPOR5820 (SS582) Applied 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 (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:

SPOR 3450 (SS345) Functional Anatomy and Biomechanics

SPOR 3520 (SS352) Peripheral Joint Assessment

SPOR5800 (SS580) Principles of Rehabilitation

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:**
2. Apply concepts and principles of rehabilitation in a number of different settings (group, individual, team)
3. 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).
4. Describe and discuss how rehabilitation principles can be applied to different sports, individual and group scenarios.
5. Formulate appropriate sports specific rehabilitation programmes for different sports and exercise participants.
6. **The intended generic learning outcomes.  
   On successfully completing the module students will be able to:**
7. Apply knowledge to the solution of familiar and unfamiliar problems.
8. Demonstrate communication, presentation, numeracy and C & IT skills
9. Demonstrate problem solving skills.
10. Plan and manage learning.
11. **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.

**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: 9780073376615

1. **Learning and teaching methods**

Total contact hours: 33

Private study hours: 117

Total study hours: 150

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

Written coursework - (2000 words) 40%

Practical assessment (30 mins) - 60%

Pass/fail logbook recording 50 hours of practice

12.2 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 (including 50 hours of placement hours to be recorded in a logbook)** | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| *Lecture* | **x** | **x** |  |  | **x** | **x** | **x** | **x** |
| *Seminars* | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |  |  |
| *Written coursework (60%)* | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| *Practical Assessment (40%)* | **x** |  |  | **x** | **x** | **x** | **x** | **x** |
| *Placement logbook (50 hrs)* | **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:

1. Accessible resources and curriculum
2. Learning, teaching and assessment methods
3. **Campus(es) or centre(s) where module will be delivered**

Medway

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.**

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| --- | --- | --- | --- | --- |
| 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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Revised FSO Feb 2018