

## STHC02 Module Descriptor

Module Title Soft Tissue Therapy

Credits 20

## Content

- Introduce students to a variety of manual therapy techniques and therapeutic interventions used in the management of soft tissue dysfunction
- Introduce students to the application of heat and cold modalities for therapeutic and physiological benefits
- Introduce students to a variety of techniques for bandaging and strapping used for protection, support, offloading tissues or limiting mobility
- Enhance student's management of a patient in a sporting context
- Include a minimum of 50 compulsory clinical hours (plus an optional 50 hours for external recognised status)

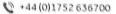
## Module Learning Outcomes (MLOs)

On successful completion of this module students will be able to:

- 1. practically demonstrate safe and effective sports and remedial massage techniques, and show a theoretical underpinning knowledge
- 2. identify relevant health, hygiene and safety aspects of treating patients
- 3. demonstrate an effective postural assessment
- 4. recognise safe and effective administration of heat and cold therapy
- 5. functionally apply bandaging and strapping to a range of scenarios.











## Assessment

Assessment task	Load (eg wordage)	Weighting (as a percentage)	Learning outcomes assessed
Coursework	up to 2000 words or equivalent	50%	1, 2, 4
Practical Examination	Up to 2,000 words or equivalent	50%	1, 2, 4
Evidence of 50 clinical hours	50 hours	Pass/Fail	1, 2, 3, 4, 5

