

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