

Module Code	STYH03
Version	1.1
Module Title	Diagnostic, Rehabilitation and Injury Management
Credits	20
Valid From	1 st September 2017
Status	Validated
Subject Board	STY
Academic Level (FHEQ)	6
Study Period	A
Prerequisites and co-requisites	None
Not available to students taking/having taken	N/A

Content (Indicative)

The module expands the depth of clinical assessment of sports injuries and their treatment through rehabilitative exercise. Students will develop skill and knowledge in the recognition and evaluation of the individual and be able to plan and deliver reasoned exercise-based rehabilitation sessions. Overview of diagnostic investigations that can be used in injury evaluation of bone, joint, ligament and muscle injury.

Teaching and Learning Experience

Modes of delivery:

- Blended Learning, Lectures, practicals, tutorials and seminars (40 hours)
- Independent study (160 hours)

Module Learning Outcomes (MLOs)

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

1. Demonstrate systematic understanding of diagnostic investigations, their role and appropriateness in injury evaluation
2. Critically appraise the efficacy of therapeutic exercise programmes for the rehabilitation/reconditioning of injuries to and illnesses of the physically active
3. Implement the principles of safe and effective training for variety of clients including elite athletes and special populations
4. Design, implement, document and deploy accurately established techniques of analysis and enquiry in the efficacy of rehabilitation interventions to prevent or manage injuries

Assessment

Assessment task	Load	Weighting	Learning outcomes assessed
Practical Exam (not marked anonymously)	up to 3500 words (or equivalent)	70%	2-4
Written exam	up to 1500 words (or equivalent)	30%	1

Indicative reading

Books

- Andrew, J., Harrelson, G., Wilk, K. (2012). Physical Rehabilitation of the Injured Athlete. (4th edition). Elsevier Health Science
- Bennett, R. (2015). Injury Prevention and Rehabilitation in Sport. Malborough, Wiltshire: The Crowood Press.
- Donatelli, R. (2007). Sports-specific rehabilitation St Louis. Churchill Livingstone.
- Elphinston, J. (2013). Stability, sport and performance movement: Practical Biomechanics and Systematic Training for Movement Efficacy and Injury Prevention. (2nd ed). Chichester: Lotus Publishing.
- Levine, D., Richards, S. (2012). Whittle's Gait Analysis, (5 edition). Churchill Livingstone
- Magee, D. J., Zachazewski, J. E., and Quillen, W. S. (2007). Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation. St Louis, Missouri: Elsevier
- Quinn, L., and Gordon, J. (2003). Functional Outcomes Documentation for Rehabilitation (1st Edition). Saunders.
- Richards, J. (2018). The Comprehensive Textbook of Clinical Biomechanics. Elsevier

Journals

- American Journal of Sports Medicine
- British Journal of Sports Medicine
- Journal of Sports Medicine and Physical Fitness
- Medicine and Science in Sports and Exercise
- Spine
- Sports Medicine

Websites

- <http://www.physio-pedia.com/>
- <http://www.sportsinjuryclinic.net/sport-injuries>