

Module Code	RISH01
Version	1
Module Title	Rehabilitation in Sport and Exercise - Clinical Experience
Credits	20
Valid From	01/09/17 – 31/08/23 (<i>to start running: 2019/20</i>)
Status	Validated
Subject Board	STY
Academic Level (FHEQ)	6
Study Period	X
Prerequisites and co-requisites	N/A
Associated programmes	BSc (Hons) Sport Therapy BSc (Hons) Rehabilitation in Sport & Exercise
Not available to students taking/having taken	N/A

Content (Indicative)

The module content will:

- Clinical Diagnostics and Treatment: the clinical diagnosis of sport and exercise related injuries.
- Clinical application of treatment techniques.
- Evaluation of treatments and treatment planning for the management of injuries.
- Overview of diagnostic investigations that can be used in injury evaluation of bone, joint, ligament and muscle injury
- Emergency trauma - pitch side

Teaching and Learning Experience

20 credits = 200 learning hours

Lectures, practicals, tutorials and seminars = 20 hours

Clinical Hours - 200 hours

Module Learning Outcomes (MLOs)

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

1. Be able to demonstrate applied knowledge and practical competence in Musculoskeletal evaluation;
2. Be able to clinically assess and evaluate the treatment outcomes of common sporting
3. Be able to demonstrate systematic understanding of the principles of treatment and rehabilitation;
4. Appropriate manual therapy techniques for the management of vertebral and peripheral joint disorders and pathologies and their safe application
5. Be able to deploy accurately established techniques of analysis and enquiry of diagnostic investigations, their role and appropriateness in injury evaluation;
6. Be able to have completed a minimum of 200 signed hours of clinical experience,

- including critical reflective arguments
7. Pass the Intermediate care RFU level 2 Sport Course

Assessment

Assessment task	Load (eg wordage)	Weighting (as a percentage)	Learning outcomes assessed
Practical Exam (not marked anonymously)	up to 4000 words (or equivalent)	80%	1, 2, 3, 4, 5
Course Work (not marked anonymously)	up to 1000 words (or equivalent)	20%	6, 7
Clinical Hours	NA	p/f	6

Non-condonable – all assessments must be passed

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.
- Comfort, P. & Abrahamson, E. (2010) *Sports Rehabilitation and Injury Prevention*. Chichester; John Wiley and Sons.
- 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.
- Magee, D.J., Zachazewski, J.E. & Quillen, W.S. (2007) *Scientific Foundations and Principles of Practice in Musculoskeletal Rehabilitation*. St Louis, Missouri: 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>