

Soft Tissue and Exercise Principles

Module Code:	PAR4005-C
Academic Year:	2018-19
Credit Rating:	30
School:	School of Allied Health Professions and Midwifery
Subject Area:	Physiotherapy and Rehabilitation
FHEQ Level:	FHEQ Level 4
Module Leader:	Miss Claire Graham

Additional Tutors:

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	50
Tutorials	35
Laboratory	5
Directed Study	173.6
Other (DO NOT USE)	36
Examinations DO NOT USE	0.3

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 2 (Feb - May)

Module Aims

To develop appropriate massage and soft tissue skills and understand how to appropriately and effectively implement and document these skills. To develop movement analysis techniques leading identifying 'normal' and 'abnormal' movement and identifying possible precursors for injury and basic movement re-education principals. Identify what is meant by

professional ethics and recognise dignity, respect, equity and diversity and health and safety issues.

Outline Syllabus

Manage indications, cautions and contraindications of selected soft tissue techniques. Management of client consultations and record keeping including medical history and case notes. Use a clinical notation system to record and review a series of treatments. Demonstrate the application of sports massage and other soft tissue techniques including: pre and post-event sports massage, muscle energy techniques, soft tissue release, deep, tissue massage, reciprocal inhibition, trigger points, taping techniques, facilitated lengthening. Use clinical reasoning and critical analysis to select and evaluate the effectiveness of appropriate soft tissue techniques. Reflective practice and its role in professional development and goal and action planning. Postural and movement analysis skills relevant to a sport rehabilitator. How to appropriately and effectively carry these out and interpret findings. Gain an appreciation of posture and movement re-education. How these can be used in conjunction with the interpretation of the findings of posture/movement analysis to improve efficiency and reduce injury risk. Professional ethics and Code of Practice. Moral, cultural and ethical issues affecting Sport Rehabilitator practice including issues of culture and diversity, dignity and respect and consent.

Module Learning Outcomes

On successful completion of this module, students will be able to...

- 1 1.1 Demonstrate knowledge of variety of Soft Tissue Techniques relevant to practice of a SR. 1.2 Demonstrate clear understanding of dignity, respect, diversity & consent issues specifically relating to clinical practice as SR. 1.3 Demonstrate knowledge of exercise & movement analysis & how to interpret findings. 1.4 Demonstrate knowledge of posture/movement analysis. 1.5 Demonstrate understanding of exercise principles & techniques & how can be applied by SR. 1.6 Show appreciation of psychosocial issues in relation to SR intervention. 1.7 Identify moral ethical & prof issues relevant to SR intervention
- 2 2.1 Demonstrate a variety of soft tissue techniques relevant to the role of a Sports rehabilitator. How to appropriately & effectively apply these & justify treatment choices using clinical reasoning. 2.2 Demonstrate movement analysis & re-education skills relevant to the role of a sports rehabilitator. 2.3 Discuss evidence-based sport rehabilitator practice.
- 3 3.1 Effectively use written & verbal communication skills. 3.2 Develop problem-solving skills. 3.3 Competently use information technology skills. 3.4 Develop study skills. 3.5 Develop interpersonal skills. 3.6 Develop reflective practice. 3.7 Develop an appreciation of equality and diversity

Learning, Teaching and Assessment Strategy

A blended learning approach will be used, including a range of delivery methods (LO 1.1-1.6) will be developed through the use of key lectures, case based scenarios & technology enabled learning, (LO 2.1, 2.2, 3.1 - 3.5) will be addressed through the use of seminars, tutorials, practicals & technology enabled learning. Directed study based on a case scenario & self-directed study which includes reading key texts & web resources to achieve all module outcomes. In addition students will undertake practice hours that will contribute to a soft

tissue techniques portfolio addressing the learning outcomes (LO 1.1, 1.2, 1.6, 1.7, 2.1, 3.1, 3.2 & 3.5, 3.6, 3.7). Assessment 1 addresses the following learning outcomes (LO 1.1, 1.2, 1.6, 1.7, 2.1, 2.3, 3.1, 3.2, 3.3, 3.4, 3.5, 3.6). Assessment 2 addresses the following learning outcomes (LO 1.2, 1.3, 1.4, 1.5, 2.2, 2.3, 3.1, 3.2, 3.4, 3.5).

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Presentation	Movement analysis & intervention with justification		50%	Yes
Summative	Coursework	Portfolio record of practical experience	0 hours	50%	No

Legacy Code (if applicable)

HP-P404T

Reading List

To view Reading List, please go to [rebus:list](#).