

Evidencing Rehabilitation in Sport and Health

Module Code:	PAR5013-B
Academic Year:	2018-19
Credit Rating:	20
School:	School of Allied Health Professions and Midwifery
Subject Area:	Physiotherapy and Rehabilitation, Sport Rehabilitation
FHEQ Level:	FHEQ Level 5
Module Leader:	Mr Michael Hellowell

Additional Tutors:
Jamie Moseley

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	25
Practical classes and	26
Tutorials	10
Directed Study	139

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Academic Year (Sept - May)

Module Aims

To further develop the students understanding and application of the principles of rehabilitation in sport and health including the application of strength training, conditioning and therapeutic exercise. To further advance the students' knowledge and application of management modalities in the rehabilitation setting in sport and health. To examine how this knowledge is developed, valued and judged using research tools and develop the ability to critically appraise research and use this to inform clinical reasoning.

Outline Syllabus

Development of critical analysis skills specifically using evidence from the field of rehabilitation. Application and analysis of recognised training and conditioning principals to the functional rehabilitation of patients, and to improve the health and wellbeing in individuals of all ages. Motivation and compliance of patients in the rehabilitation setting. Pre-participation physical examination and baseline assessment. Electrotherapy and cryotherapy related to rehabilitation. Equality & diversity in sport, health & wellbeing. Time management, prioritisation and establishing safe practice in line with HCPC standards. Application of technology to develop teaching and rehabilitation materials.

Module Learning Outcomes

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

- 1 Evaluate the evidence base underpinning recognised rehabilitation principles and strategies
- 2 Select appropriate rehabilitation management strategies based on critical analysis of the evidence base
- 3 Assess how health, disability and cultural diversity impacts on rehabilitation practice
- 4 Apply the principles of strength, proprioceptive and functional training and conditioning to patients in the sport settings and in the maintenance of health and well-being in diverse populations.
- 5 Use appropriate technology and equipment and outcome measures to support rehabilitation in all settings and populations.
- 6 Competently identify and assess risk and management of risk in the rehabilitation setting
- 7 Effectively communication and teaching skills (patients and professionals).
- 8 Apply appropriate analysis of research to inform clinical reasoning and practice.
- 9 Apply reflective processes to the development of own learning and knowledge in developing as a Sport Physiotherapist.
- 10 Competently use technology to support learning

Learning, Teaching and Assessment Strategy

Research Informed key lectures will deliver core content providing the students with the opportunity to acquire knowledge related to rehabilitation in sport and health. This will be support by small group discussions, seminar presentations and problem based scenarios to enable students to develop their knowledge base and apply this to the sporting environment (LO 1-3,). Practical workshops will enable the student to enhance skill acquisition (LO 4-6). Technology will be used to support learning and to provide access to online resources, lecture notes, reflective portfolio and external links to relevant websites. (LO 7-10). Directed study provides students with the opportunity to build on previous learning of anatomy, biomechanics, physiology, healing mechanisms, principles of strength /proprioception

training literature searches and critical appraisal (LO 1-3 & 7-10,)

Assessment 1 assesses learning outcomes, (LO 1,2,4,5,7,8,10 Assessment 2 assesses learning outcomes (LO 3, 6, 9)

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Presentation	Presentation of a DVD/patient leaflet/guideline/poster	30 minutes	60%	No
Summative	Coursework	Reflective assignment to support presentation.	0-1000 words	40%	Yes

Legacy Code (if applicable)

Reading List

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