

Module Details	
Module Title	Evidencing Rehabilitation in Sport and Health
Module Code	PAR5013-B
Academic Year	2020/1
Credits	20
School	School of Allied Health Professions and Midwifery
Subject Area	Physiotherapy and Rehabilitation
FHEQ Level	FHEQ Level 5
Pre-requisites	N/A
Co-requisites	N/A

Contact Hours	
Type	Hours
Online Lecture (Asynchronous)	25
Practical Classes or Workshops	26
Tutorials	10
Directed Study	139

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Academic Year

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.

Learning Outcomes

Outcome Number	Description
01	Evaluate the evidence base underpinning recognised rehabilitation principles and strategies.
02	Select appropriate rehabilitation management strategies based on critical analysis of the evidence base.
03	Assess how health, disability and cultural diversity impacts on rehabilitation practice.
04	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.
05	Use appropriate technology and equipment and outcome measures to support rehabilitation in all settings and populations.
06	Competently identify and assess risk and management of risk in the rehabilitation setting.
07	Effectively communication and teaching skills (patients and professionals).
08	Apply appropriate analysis of research to inform clinical reasoning and practice.
09	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

A blended approach will be taken to the delivery of the module content. 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 is an individual presentation assessing learning outcomes 1,2,4,5,7,8,10.

Assessment 2 is a short individual reflective coursework assessing learning outcomes 3, 6 and 9.

Mode of Assessment				
Type	Method	Description	Length	Weighting
Summative	Coursework	Reflective assignment to support presentation.	N/A	40%
Summative	Presentation	Presentation of a DVD/patient leaflet/guideline/poster	30 mins	60%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

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