



UNIVERSITY OF  
PLYMOUTH

# ACADEMIC PARTNERSHIPS PROGRAMME QUALITY HANDBOOK 2024 - 2025

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## FdSc Sports Therapy

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## Welcome and Introduction

Welcome to FdSc Sports Therapy delivered at Exeter College. We are delighted that you have chosen to study with us for the next two years. The specialist programme for Sports Therapy integrates academic learning and the development of practical skills to provide the necessary skills for Sports Therapy and enable progression on to an honour's degree as well as employment.

The degree incorporates standard professional practice requirements including therapy related skills and practice, ethical foundations of practice and the conventional knowledge base of pathological, physiological, psychological, biomechanical analysis of performance, injury treatment, rehabilitation and prevention of injury. It is accredited by and leads to the opportunity to apply for membership of, the Sports Therapy Organisation (STO).

The Sports Therapy Foundation Degree at Exeter College has been running for over 12 years where it has developed and moved with the scientific evidence and changes within the field. The programme has recently been approved with the University of Plymouth to aid in the development and enhance the structure and running of the course. As Sports Therapy is a rapidly growing industry, this course will be perfect to help you grow and become a strong therapist before completing your BSc Top-Up.

There will be a student representative for each tutor group on the programme, where they are invited to attend regular programme meetings to give feedback. We have developed the programme from your feedback over the years and these sessions are essential for growth of Sports Therapy. We work closely with the University of Plymouth during these processes.

You will take part in active "real life" clinics in both years of your studies, and you are required to participate in additional placement activities. There are placement opportunities that we can support you with, and some of these in the past have included working with Exeter Chiefs RFC and Exeter City FC. You will also be given the opportunity to attend sporting events with Exeter City Community Trust. When you embark in to your second year of study, you will be assigned to a Sports Academy at the college where you will be their designated Sports Therapist for the year.

Previous students on the programme have given the following feedback:

Stephanie Beck (2015-2017)

"I loved the small group numbers which allowed us to have more interaction with the lecturers and have much more time to ask questions about anything I didn't understand; this teaching was in depth and engaging. I was given a variety of opportunities to work with different sports teams, athletes, and the general public, with hands on practical techniques, rehabilitation and treatment plans. I gained experience in the clinical setting which helped with confidence when going into the real world."

#### Becci Bond Student (2017-2019)

“I started FdSc Sports Therapy at Exeter College in September 2017 as a mature student; I had been out of education for almost 11 years and this was a massive step for me to take, and a decision I have not regretted. The lecturers are passionate about what they teach with thorough knowledge of their subject area and are patient in their approach in ensuring each individual student has a good understanding of what they are being taught. Also, the lecturers ensure a relaxed learning environment and are approachable should you have any difficulties or questions, whilst also making learning enjoyable as there is a lot to study and understand within the course. The college has great ties with Exeter Chiefs Rugby Club, as well as the College Academy sports, which has provided a practical ‘on-the-job’ learning experience whilst also allowing skills and knowledge learnt in a classroom setting to be applied in to a real-life situation; and I have been lucky enough to be selected for my hard work on the course to help as a student Sport Therapist at the College Nationals in Nottingham this year.”

#### James Ashforth Student (2018-2020)

“For me, the teaching really stood out. Whether it was in the classroom, clinic, or gym the lecturers made the lessons engaging and relevant. Furthermore, they were supportive and always on hand to answer queries or to lend extra help to students ensuring everyone achieved a firm understanding of the subject. The practical experiences and opportunities offered throughout the course, were diverse and practical based, which helped me to develop my knowledge and skills in sports therapy.”

This programme has been designed to equip you with the skills and knowledge base required to work in your chosen specialism or other graduate opportunities. It is also a platform from which you can undertake additional vocational and academic qualifications.

This Programme Quality handbook contains important information including:

- The approved programme specification
- Module records

Note: The information in this handbook should be read in conjunction with the current edition of:

- Your Programme Student Handbook which contains student support-based information on issues such as finance and studying at HE available on Moodle
- Your Module Guide available on Moodle
- Your University of Plymouth Student Handbook available at:  
<https://www.plymouth.ac.uk/your-university/governance/student-handbook>

# Programme Specification

## 1. FdSc

**Final award title** FdSc Sports Therapy

**UCAS code:** BC36

**HECOS:** 100475 Sports Therapy

## 2. **Awarding Institution:** University of Plymouth

**Teaching institution(s):** Exeter College

## 3. **Accrediting body(ies)** Not Applicable

## 4. **Distinctive Features of the Programme and the Student Experience**

A student-centred approach to a contemporary practical based course where learners are involved early on in their studies for providing Sports Massage and Sports Therapy treatments to a variety of clients in our very own clinical suite. A range of external placement opportunities are offered, for example working with Exeter Chiefs RFC, Exeter City FC and with local private practices at sporting events such as the Great West Run. Students are offered the opportunity to work alongside our Elite Sports Academies in year two of their studies to gain pitch-side experience. Students will build a strong portfolio of evidence of their work-based learning over the two years of study to support with the academic side of the course. Opportunities will be offered to the students to do CPD courses such as Emergency First Aid and Rock Tape Level 1 and Level 2 at additional costs; allowing them to be part of the “Rock Doc Register”.

Delivery of content is offered in a practical manner as often as possible to allow students to apply the theory to their practice. Lessons are also delivered using a variety of technology and are made to be industry specific. A variety of assessment methods are applied throughout modules, with a slightly higher emphasis on practical exams. The course enables students to develop as critical thinkers and apply contemporary thinking and research within the industry to their studies and practice. The delivery of the programme supports students to develop their employability skills and address issues of sustainability within the sector.

Exeter College is an accredited training provider with the Sports Therapy Organisation (STO). As such, the programme outcomes meet industry specific competencies which allow students to work towards obtaining full membership after successfully completing the FdSc Sports Therapy award.

## 5. Relevant QAA Subject Benchmark Group(s)

- Foundation Degree Characteristics Statement 2015
- Events, Hospitality, Leisure, Sport and Tourism QAA Subject Benchmark Statement November 2019

## 6. Programme Structure

### Full Time Option:

Module Code	Year of Study	Level of Study	Module Title	Credits	Compensatable
EXCE1151	1	4	Introduction to Physiology for Sports Therapy	20	Y
EXCE1152	1	4	Manual Therapy Techniques	20	
EXCE1153	1	4	Fundamentals of Strength and Conditioning	20	Y
EXCE1154	1	4	Functional Anatomy	20	
EXCE1155	1	4	Clinical Practice 1	20	
EXCE1156	1	4	Introduction to Assessment and Treatment	20	
EXCE2021	2	5	Musculoskeletal Examination and Treatment of Injury	20	
EXCE2022	2	5	Research Project in Sports Therapy	20	Y
EXCE2023	2	5	Movement Analysis in Sports Therapy	20	Y
EXCE2024	2	5	Clinical Practice 2	20	
EXCE2025	2	5	Rehabilitation for Sports Injury and Health Conditions	20	
EXCE2026	2	5	Pathology and Physiology for Sports Therapists	20	

**Part Time Option:**

<b>Module Code</b>	<b>Year of Study</b>	<b>Level of Study</b>	<b>Module Title</b>	<b>Credits</b>	<b>Compensatable</b>
EXCE1156	1	4	Introduction to Assessment and Treatment	20	
EXCE1152	1	4	Manual Therapy Techniques	20	
EXCE1153	1	4	Fundamentals of Strength and Conditioning	20	Y
EXCE1154	1	4	Functional Anatomy	20	
EXCE1155	2	4	Clinical Practice 1	20	
EXCE1151	2	4	Introduction to Physiology for Sports Therapy	20	Y
EXCE2026	2	5	Pathology and Physiology for Sports Therapists	20	
EXCE2022	2	5	Research Project in Sports Therapy	20	Y
EXCE2023	3	5	Movement Analysis in Sports Therapy	20	Y
EXCE2024	3	5	Clinical Practice 2	20	
EXCE2025	3	5	Rehabilitation for Sports Injury and Health Conditions	20	
EXCE2021	3	5	Musculoskeletal Examination and Treatment of Injury	20	

## 7. Programme Aims

The programme has been designed to develop academic, clinical and professional skills required for a Sports Therapist. Students who gain the award of FdSc Sports Therapy will have demonstrated many of the vital qualities required to work effectively in this sector such as intellectual abilities, reflective practice, academic and practical skills. The programme is intended to:

1. ensure that all of those who complete the programme are safe and competent to practice Sports Therapy autonomously
2. develop autonomous knowledge, understanding and industry specific skills of Sports Therapy, rehabilitation and health conditions
3. prepare students practically and academically, including cognitive and intellectual skills, in the field of Sports Therapy consistent with the Sports Therapy Organisation or relevant professional body
4. prepare students to respond to the changes of Sports Therapy and Science, including the awareness of life-long learning and CPD importance
5. advance independence, employability and reflective skills related to Sports Therapy and enhancing understanding of evidence-based practice
6. develop, analyse and understand appropriate methodologies in an applied setting encouraging active independent learning
7. develop transferrable skills to enable the students for a successful future in studying, and employment within Sports Therapy and Sports Science

From the outset, the students will have opportunities to work at a high level, particularly through integration and application of theory into practice and through the fulfilment of professionally based learning outcomes. The programme aims to support the student in achieving their full potential by incorporating reflection on work-based learning into module assessments or demonstrating critical analysis and interpretation of work based evidence, e.g. observations. They are supported in this by academic tutors. At Level 5 there is opportunity to demonstrate independent learning through specific investigation in the form of an independent research project and clinical practice modules.



## **8. Programme Intended Learning Outcomes**

### **8.1. Knowledge and understanding**

On completion of the programme, the student will be able to:

- 1) Describe and explain the underpinning physiology and anatomy in relation to Sports Therapy
- 2) Demonstrate a sound level of knowledge and understanding of key concepts and scientific principles associated with Sports Therapy using appropriate terminology in a theoretical and practical setting
- 3) Recognise ethical issues in current areas of Sports Therapy with an ability to discuss these in relation to personal beliefs and values
- 4) Clarify and discover the role of the Sports Therapist in relation to other health care professionals
- 5) Demonstrate an understanding of injury signs and symptoms, and common risk factors

### **8.2. Cognitive and intellectual skills**

On completion of the programme, the student will be able to:

- 1) Identify, describe and demonstrate fundamental Sports Therapy skills and principles
- 2) Explain and demonstrate competency of a range of assessment methods for Sports Therapists
- 3) Compare and Critically analyse evidence-based practice and research in relation to Sports Therapy
- 4) Evaluate human movement and mechanism in relation to Sports Therapy and Injury

## **8.2. Key and transferable skills**

On completion of the programme, the student will be able to:

- 1) participate and self-manage the use of a range of learning resources in relation to Sports Therapy
- 2) evaluate and reflect on their own strengths and weaknesses within a Sports Therapy setting
- 3) manage and take responsibility for their own learning in a variety of settings with appropriate support
- 4) design and understand the principles of planning a business

## **8.3. Employment related skills**

On completion of the programme, the student will be able to:

- 1) communicate effectively in a variety of formats appropriate to Sports Therapy
- 2) work autonomously and effectively with other professionals in a range of Sports Therapy settings
- 3) reflect and evaluate on practice and experience within Sports Therapy and research
- 4) Demonstrate and apply appropriate and recent industry related innovations in Sports Therapy practice
- 5) apply professional work ethic and consider Sports Therapy specific ethical issues
- 6) apply effective business planning skills

#### **8.4. Practical skills**

On completion of the programme, the student will be able to:

- 1) operate in predictable, defined contexts using a range of specified Sports Therapy techniques
- 2) act with autonomy using evidence-based practice as an effective Sports Therapist
- 3) identify risk factors and perform prevention methods and rehabilitation techniques for a variety of injuries
- 4) evaluate a variety of sports injuries and utilise a range of Sports Therapy techniques to meet the clients' needs
- 5) provide advanced Sports Therapy techniques and advice for sports injuries and health conditions

## 9. Admissions Criteria, including APCL, APEL and Disability Service arrangements

All applicants must have GCSE (or equivalent) Maths and English at Grade 4/C or above.

Entry Requirements for FdSc Sports Therapy	
A-level/AS-level	Normal minimum entry requirements are equivalent to 64 UCAS points.
BTEC National Diploma/QCF Extended Diploma	Candidates are interviewed before an offer is made. Equivalent to 64 UCAS points at a minimum.
Access to Higher Education at level 3	Candidates are interviewed before an offer is made. Pass or higher grade for Access to HE Diploma
Welsh Baccalaureate	Candidates are interviewed before an offer is made. Equivalent to 64 UCAS points
Scottish Qualifications Authority	Candidates are interviewed before an offer is made. Equivalent to 64 UCAS points
Irish Leaving Certificate	Candidates are interviewed before an offer is made. Equivalent to 64 UCAS points
APEL / APCL possibilities	Prior experience within the industry with a minimum of Level 3 qualifications in Sports massage or equivalent. Candidates are interviewed before an offer is made.
Disclosure and Barring Service Required	DBS check required (student funded)

Students on the course can apply for STO student membership during their studies, at which there is a small membership fee. Having student membership will then allow students to gain discounted insurance through a 3<sup>rd</sup> party insurance company. *An example of this in 2019/2020 the cost for student membership is £24 per annum, and for student insurance the fee is £15 per annum.*

Details can be found at: <https://www.sportstherapyorganisation.net/member-benefits>

## 10. Progression Routes

On completion of the FdSc Sports Therapy programme, the automatic progression route is to Level 6 of BSc (Hons) Sports Therapy at the Exeter College.

## 11. Non Standard Regulations

N/A

## 12. Transitional Arrangements

N/A

## Appendices

- Programme Specification Mapping (UG) – core/elective modules
- Programme Specification Mapping (PGT)

### 13. Work-Based Learning

WBL is an essential element of Foundation Degrees and therefore needs to be detailed here.

FHEQ level: Level 4				
WBL Activity	Prog Intended LO	Related Modules	Assessed LO	Range of Assessments
Sports Therapy Placement	8.1.2, 8.1.3, 8.2.1, 8.2.2, 8.3.3, 8.4.1, 8.4.3, 8.4.5	Clinical Practice 1	LO1, LO2, LO3, LO4	Portfolio coursework to demonstrate evidence of placements and evidence of 80 hours of practice
<p><b>An explanation of this map:</b></p> <p>The course is a very practical based and applied programme design. This allows students to be continuously working in relevant environments and applying the skills in a theory and practical manner. The lessons are taught by staff that have worked or still work within the industry and are able to bring in specific industry examples. The assessments allow a variety of written and practical methods which reflect on work-based learning. With placement opportunities, this allows for specific work-based learning to take place and therefore enhance employability skills alongside the degree level of study.</p>				
FHEQ level: Level 5				
WBL Activity	Prog Intended LO	Related Modules	Assessed LO	Range of Assessments
Sports Therapy Placement	8.1.2, 8.1.3, 8.2.2, 8.2.4, 8.3.2, 8.3.4, 8.4.1, 8.4.5, 8.4.6, 8.5.3, 8.5.4, 8.5.5	Clinical Practice 2	LO1, LO2, LO3, LO4	An assignment task to evident the in-depth knowledge relating to LO1, and portfolio coursework to demonstrate evidence of placements and evidence of 120 hours of practice relating to LO2, LO3 and LO4
<p><b>An explanation of this map:</b></p> <p>The course is a very practical based and applied programme design. This allows students to be continuously working in relevant environments and applying the skills in a theory and practical manner. The lessons are taught by staff that have worked or still work within the industry and are able to bring in specific industry examples. The assessments allow a variety of written and practical methods which reflect on work-based learning. With placement opportunities, this allows for specific work-based learning to take place and therefore enhance employability skills alongside the degree level of study.</p>				

**Appendix 1: Programme Specification Mapping (UG): module contribution to the meeting of Programme Intended Learning Outcomes**  
**CORE MODULES: tick those Programme Intended Learning Outcomes the module contributes to through its assessed learning outcomes.**

Core Modules		Programme Intended Learning Outcomes contributed to (for more information see Section 8)																				Compensation Y/N	Assessment Element(s) and weightings [use KIS definition] E1- exam E2 – clinical exam T1- test C1- coursework A1 – generic assessment P1 - practical					
		8.1 Knowledge & understanding					8.2 Cognitive & intellectual skills				8.3 Key & transferable skills				8.4 Employment related skills						8.5 Practical skills							
		1	2	3	4	5	1	2	3	4	1	2	3	4	1	2	3	4	5	6	1			2	3	4	5	
Level 4	EXCE1151	x								x				x													Y	C1 – 50%,T1 – 50%
	EXCE1152		x	x				x	x					x				x									N	C1 – 30%.P1 – 70%
	EXCE1153		x		x		x	x	x			x		x		x											Y	C1 – 50%,T1 – 50%
	EXCE1154	x	x				x			x				x						x							N	C1 – 50%,P1 – 50%
	EXCE1155		x	x			x	x					x		x		x										N	C1 – 100%,A1 – P/F
	EXCE1156		x			x	x	x	x				x			x	x			x		x	x				N	C1 – 50%,P1 – 50%
Level 4 LOs		x	x	x	x	x	x	x	x	x		x		x		x	x	x		x		x	x					
Level 5	EXCE2021	x			x	x	x	x	x		x		x		x	x	x		x	x						N	C1 – 30%,P1 – 70%	
	EXCE2022			x				x		x				x		x		x			x					Y	C1 – 100%	
	EXCE2023				x			x		x	x					x					x					Y	C1 – 50%,T1 – 50%	
	EXCE2024		x	x		x		x		x	x	x	x				x	x			x	x	x			N	C1 – 100%,A1 – P/F	
	EXCE2025		x		x		x			x				x	x			x		x	x		x	x			N	C1 – 40%,P1 – 60%
	EXCE2026	x	x	x			x	x	x	x		x		x	x	x	x	x						x		N	C1 – 60%,P1 – 40%	
Level 5 LOs		x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x			
Confirmed Award LOs																												

# Module Records

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

<b>MODULE CODE:</b> EXCE1151	<b>MODULE TITLE:</b> Introduction to Physiology for Sports Therapy	
<b>CREDITS:</b> 20	<b>FHEQ LEVEL:</b> 4	<b>HECOS CODE:</b> 100475 Sports Therapy
<b>PRE-REQUISITES:</b> n/a	<b>CO-REQUISITES:</b> n/a	<b>COMPENSATABLE:</b> Yes

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will provide basic introduction to the study of the systems within the body on a physiological level, in relation to Sports Therapy. It provides a platform to enable students to develop an understanding between the physiological responses to Sports Therapy.

<b>ELEMENTS OF ASSESSMENT</b> <i>[Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a></i>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	50%	<b>P1</b> (Practical)	0%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	50%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

**MODULE AIMS:**

- Study the major systems of the body including muscle structure, the skin, the nervous system, the lymphatic system, the cardiovascular system and the endocrine system
- Apply the major systems of the body to Sports Therapy specific treatments such as Sports Massage or specific training protocols
- Demonstrate how the systems of the body interlink with each other in relation to regulation, training effects and Sports Therapy treatments



**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

Assessed Module Learning Outcomes	Award/ Programme Learning Outcomes contributed to
1. Identify and describe the structure and function of major systems of the body in relation to Sports Therapy	8.1.1, 8.4.1
2. Describe regulation and feedback of major systems of the body in relation to Sports Therapy	8.1.1, 8.3.1, 8.4.1
3. Describe the effects of training and performance on the major systems of the body in relation to Sports Therapy	8.1.1, 8.3.1, 8.4.1

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2020	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Lewis Geran

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- The basic principles of physiology and its importance in Sports Therapy
- The structure and function of the major systems in the body relating to Sports Therapy – including muscle physiology, the skin, the nervous system, the endocrine system, and the lymphatic system
- How manual therapy techniques affect the body systems
- How the major systems interlink and are regulated
- Training effects of the major body systems and understanding how this is important within Sports Therapy

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	35	Delivery of informative lesson by the teacher
Seminars	10	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

### **SUMMATIVE ASSESSMENT**

<b>Element Category</b>	<b>Component Name</b>	<b>Component Weighting</b>
Written exam		0%
Test	In-class written test to meet LO1	100%
Coursework	Essay to meet LO2 and LO3	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)	Written assignment task for LO1	100%
Coursework	Written assignment task for LO2, LO3	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

To be completed when presented for Minor Change approval and/or annually updated	
<b>Updated by:</b> Lewis Geran 22/08/24	<b>Approved by:</b> Ali Hill 22/08/24

### Reading List

Asghar, A., and Singh, B. (2019) *Concise Anatomy and Physiology: for Paramedical, Nursing, Pharmacy and physiotherapy Students*. UK: Medtech

Ehrman, J. K., Kerrigan, D. J., and Keteyian, S. J. (2018) *Advanced Exercise Physiology: Essential Concepts and Applications*. USA: Human Kinetics.

Hall, S., Stephens, J., Smith, C. F., Datta, S. T., and Xiu, P. (2018) *Crash Course Anatomy and Physiology*. 5<sup>th</sup> ed. UK: Elsevier.

Pocock, G., Richards, C. D., and Richards, D. A. (2017) *Human Physiology*. 5<sup>th</sup> ed. UK: OUP Oxford.

Tortora, G. J. and Derrickson, B. (2019) *Introduction to the Human Body*. USA: John Wiley & Sons, Inc.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE1152

**MODULE TITLE:** Manual Therapy Techniques

**CREDITS:** 20

**FHEQ LEVEL:** 4

**HECOS CODE:** 100475 Sports Therapy

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** N

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will provide an intense level of Sports Massage, understanding the indication and contra-indications for treatment. It will allow students to gain an introductory level of assessment prior to Sports Massage and therapy techniques, understanding the effects and reasons of treatment. The module will also introduce other manual therapy techniques such as Muscle Energy Techniques and Soft Tissue Release, providing a strong platform for progression as a Sports Therapist.

<b>ELEMENTS OF ASSESSMENT</b> <i>[Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a></i>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	30%	<b>P1</b> (Practical)	70%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

### MODULE AIMS:

- Demonstrate safely and effectively sports massage treatments, and other manual therapy treatments such as Muscle Energy Techniques and Soft Tissue Release
- Understand the contraindications and indications for manual therapy techniques for a variety of scenarios such as clinical and pitch side environments
- Be confident in demonstrating pre-assessment methods for manual therapy treatments and understanding the reasoning behind choice of treatment

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Recognise and describe a variety of contraindications and indications to providing manual therapy techniques	8.1.3, 8.2.2
2. Demonstrate subjective and objective assessments for manual therapy techniques for a sports therapist	8.1.2, 8.2.2, 8.2.4
3. Practically demonstrate safely and effectively sports massage for a variety of sporting contexts	8.4.1, 8.4.5
4. Practically demonstrate safely and effectively a range of manual therapy techniques, including soft tissue release and muscle energy techniques	8.4.1, 8.4.5

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2020	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Miles Carrigan

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:** N/A

### **Summary of Module Content**

- Practically identify soft tissue structures and anatomical landmarks
- Practical application of manual therapy techniques, including sports massage
- Sports massage treatments for pre, post and maintenance massage scenarios
- Stretching techniques, including muscle energy techniques and soft tissue release for different areas of the body
- Contraindications and indications to manual therapy techniques
- Subjective and objective assessments for manual therapy techniques
- Clinical reasoning for different treatments

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	40	Delivery of informative lesson by the teacher, including practical
Seminars	5	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment task to meet LO1	100%
Practical	Practical assessment to meet LO2, LO3, and LO4	100%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Assignment task to meet LO1	100%
Practical	Practical assessment to meet LO2, LO3, and LO4	100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

<b>Updated by:</b> Miles Carrigan Date: 22 <sup>nd</sup> August 2024	<b>Approved by:</b> Tammy Emmins Date: 22 <sup>nd</sup> August 2024
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## Reading List

Jones, M, A., and Rivett, D, A. (2019) *Clinical Reasoning in Musculoskeletal Practice*. 2<sup>nd</sup> ed. UK: Elsevier.

Petty, N, J., and Barnard, K. (2017) *Principles of Musculoskeletal Treatment and Management, Volume 2: A Handbook for Therapists*. 3<sup>rd</sup> ed. UK: Elsevier.

Sanderson, M (2012) *The soft tissue release handbook: reducing pain and improving performance*. Chichester: Lotus Publishing.



## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD. *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.***

**MODULE CODE:** EXCE1153

**CREDITS:** 20

**PRE-REQUISITES:** n/a

**MODULE TITLE:** Fundamentals of Strength and Conditioning

**FHEQ LEVEL:** 4

**CO-REQUISITES:** n/a

**HECOS CODE:** 100433 Sport and Exercise Sciences

**COMPENSATABLE:** Yes

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will provide an introductory level of the physiology, and biomechanics involved within strength and conditioning and relate specifically to Sports Therapy providing an understanding of exercise protocols interlinking with sports rehabilitation and prehabilitation. Baseline measurements of fitness tests and monitoring procedures will be investigated on a practical and theoretical level in relation to strength and conditioning.

<b>ELEMENTS OF ASSESSMENT</b> <i>[Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a></i>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	50%	<b>P1</b> (Practical)	0%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	50%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** n/a

**MODULE AIMS:**

- Demonstrate a sound understanding of strength and conditioning in relation to physiology and specifically within Sports Therapy, relating to rehabilitation and prehabilitation
- Comfortably design and implement training programmes whilst maintaining effectiveness and safety throughout
- Analyse and monitor testing and procedures in relation to strength and conditioning in a practical manner and relate to Sports Therapy

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate the fundamental scientific principles of strength and conditioning with relation to Sports Therapy	8.1.2, 8.1.4, 8.2.1, 8.4.1
2. Demonstrate an understanding of safe practice within strength and conditioning environments	8.2.4, 8.4.1
3. Design and evaluate the principles of training design and periodisation relating to prehabilitation in Sports Therapy	8.3.3, 8.4.3
4. Design and analyse effective testing and monitoring procedures in relation to strength and conditioning in Sports Therapy	8.2.2, 8.2.4

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnership
<b>DATE OF IMPLEMENTATION:</b> 01/09/2020	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025

**MODULE LEADER:** Ali Hill

**NATIONAL COST CENTRE:** 106

**OTHER MODULE STAFF:**

<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- An introduction to the physiology and biomechanics underpinning strength and conditioning within Sports Therapy
- An introduction to testing and monitoring procedures within strength and conditioning
- An introduction to the exercise physiology related to testing and monitoring procedures
- Analysis of periodisation and training design
- An introduction to safe practice in the gym and other environments, including lifting techniques of the Olympic lift and compound lifts

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	35	Delivery of informative lesson by the teacher, including practical
Seminars	10	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test	In-class written test to meet LO1 and LO2	100%
Coursework	Report to meet LO3 and LO4	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)	Written assignment task to meet LO1 and LO2	100%
Coursework	Written assignment task to meet LO2 and LO3	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

<b>Updated by:</b> Ali Hill Date: 22 <sup>nd</sup> August 2024	<b>Approved by:</b> Tammy Emmins Date: 22 <sup>nd</sup> August 2024
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## Reading List

Comfort, P., Jones, P, A., and McMahon, J, J. (2018) *Performance Assessment in Strength and Conditioning*. UK, Oxon: Routledge.

Jeffreys, I and Moody, J. (2016) *Strength and Conditioning for Sports Performance*. Oxon: Routledge.

Turner, A. (2018) *Routledge Handbook of Strength and Conditioning: Sport-specific Programming for High Performance*. UK, Oxon: Routledge.

Turner, A., and Comfort, P. (2017) *Advanced Strength and Conditioning*. UK, Oxon: Routledge.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE1154

**MODULE TITLE:** Functional Anatomy

**CREDITS:** 20

**FHEQ LEVEL:** 4

**HECOS CODE:** 100475 Sports Therapy

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** No

**SHORT MODULE DESCRIPTOR:** (max 425 characters)

This module has an overview to body structure including the skeletal system and muscular system. There is a heavy emphasis of practical application of anatomy, and therefore developing palpation skills and understanding how anatomy plays an important role in Sports Therapy. In depth understanding of muscular origin, insertions and actions are encouraged to enhance the Sports Therapist for progression.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	50%	<b>P1</b> (Practical)	50%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

### MODULE AIMS:

- To have a greater understanding of the gross anatomy and human structure, relating to Sports Therapy and how to apply it practically
- To identify soft tissue structure and the location within the body in detail relating to Sports Therapy
- Confidently identify muscle origin, insertions and actions, and applying it in a practical manner
- Explain the different types of joints within the body and relate to Sports Therapy

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate a sound practical understanding and application of surface anatomy and anatomical landmark systems	8.1.2, 8.2.1, 8.4.1
2. Describe the human structure with reference to the musculoskeletal system	8.1.1
3. Explain the anatomy and structure of a synovial joint	8.1.1
4. Apply the knowledge of gross anatomy to movement	8.2.4, 8.5.1

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2020	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024 / 2025  
**MODULE LEADER:** Lewis Geran

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- Gross anatomy of human structure in relation to anatomical landmarks (skeletal and muscular); including palpations of bony landmarks
- Function of skeletal and muscular systems in relation to sporting movement
- Origin, Insertions and Actions of the major muscles in the body
- Features of joints, including ligaments and movements
- Types of muscular contractions including isometric, concentric and eccentric; with a practical application

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	35	Delivery of informative lesson by the teacher, including practical
Seminars	10	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>



## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment to meet LO2 and LO3	100%
Practical	Practical assessment to meet LO1 and LO4	100%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Assignment to meet LO2 and LO3	100%
Practical	Practical assessment to meet LO1 and LO4	100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Lewis Geran  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024

## Reading List

Biel, A., and Dorn, R. (2014) *Trail Guide to the Body: How to Locate Muscles, Bones and More*. 5<sup>th</sup> ed. USA: Lippincott Williams & Wilkins.

Drake, R. L., Vogl, A. W., and Mitchell, A. W. M. (2015) *Gray's Anatomy for Students*. 3<sup>rd</sup> ed. USA: Churchill Livingstone, Elsevier.

Gunn, C. (2017) *Bones and Joints: A Guide for Students*. 7<sup>th</sup> ed. UK: Elsevier.

Soames, R. W., Palastanga, N., and Tibbitts, R. (2018) *Anatomy and Human Movement: Structure and Function*. 7<sup>th</sup> ed. USA: Churchill Livingstone, Elsevier.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE1155

**MODULE TITLE:** Clinical Practice 1

**CREDITS:** 20

**FHEQ LEVEL:** 4

**HECOS CODE:** 100475 Sports Therapy

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** No

**SHORT MODULE DESCRIPTOR:** (max 425 characters)

This module involves a student led clinic with “real life” clients. The module allows development of all manual therapy and assessment skills learnt in other modules to be put in to practice. It provides a great platform for building confidence and knowledge of the skills learnt. It allows a greater understanding of how ethical considerations and safety elements can be applied in a specific environment.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	100%	<b>P1</b> (Practical)	0%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	Pass/Fail		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

### MODULE AIMS:

- To complete suitable practical Sports Therapy placement hours with reflection
- To be confident in assessing and treating with clinical reasoning on a variety of clients in a safe and effective manner
- To be able to maintain professionalism in a variety of environments and situations
- To consider ethical issues and make suitable decisions

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate effective musculoskeletal assessment with a range of clients	8.1.2, 8.2.1, 8.2.2, 8.3.3
2. Demonstrate manual therapy techniques with a range of clients	8.2.1
3. Maintain professional work ethic in line with health and safety, college and governing body guidelines	8.1.3, 8.4.1, 8.4.5
4. Complete evidence of a minimum of 60 hours Sports Therapy practice	8.4.3

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2020	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024 / 2025  
**MODULE LEADER:** Miles Carrigan

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:** Lewis Geran  
<http://www.plymouth.ac.uk/staff/rboden>

### **Summary of Module Content**

- Take bookings for clients such as staff, students and members of public for treatment
- Carry out practical manual therapy techniques in real situations
- Assess clients via subjective and objective assessments
- Consider ethical implications and considerations within a clinical setting
- Qualified member of staff to support students in their treatments and encourage self-directed learning

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	5	Delivery of informative lesson by the teacher, including practical
Clinical Practice Sessions	25	Clinical Practice - Real Life situations of running a sports therapy clinic at the college
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	105	Students to self-study and complete assignments in own time
External Placement	80	Students to complete a minimum of 80 hours placement
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Portfolio coursework to meet LO1, LO2, and LO3	100%
Practical		0%
Clinical Examination		0%
Generic Assessment	Evidence of 80 hours of clinical practice/placement LO4	Pass/Fail

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Portfolio coursework to meet LO1, LO2, and LO3	100%
Practical		0%
Clinical Examination		0%
Generic Assessment	Evidence of 80 hours of clinical practice/placement LO4	Pass/Fail
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Miles Carrigan  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

## Reading List

Joyce, D. (2016) *Sports Injury Prevention and Rehabilitation*. UK: Routledge

Ward, K. (2017) *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation*. UK: Routledge.

Zulak, D. (2016) *Clinical Assessment for Massage Therapy: A practical guide*. UK: Handspring Publishing Limited.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE1156

**MODULE TITLE:** Introduction to Assessment and Treatment

**CREDITS:** 20

**FHEQ LEVEL:** 4

**HECOS CODE:** 100475 Sports Therapy

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** No

**SHORT MODULE DESCRIPTOR:** (max 425 characters)

This module introduces common injuries within sport, their signs and symptoms and the risk factors. The module provides a practical application of basic assessment of joint and tissue in the body, progressing on to taping, strapping and thermotherapy and cryotherapy treatments. The module content will provide a base understanding and platform for progression in to diagnostic testing and treatment methods as a Sports Therapist.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	50%	<b>P1</b> (Practical)	50%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** n/a

### MODULE AIMS:

- Demonstrate a clear understanding of common sports injuries, their signs and symptoms and the risk factors within sport
- Practically demonstrate assessment in relation to Sports Therapy in a safe and effective manner prior to treatment planning and delivery
- Apply taping and strapping for general support, following injury and to influence movement patterns
- Demonstrate a clear understanding and effective application of hot and cold treatment for sports and activities



**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Identify signs and symptoms of injury and the risk factors involved in common injuries	8.1.5, 8.5.3
2. Describe and explain the application and effects of cryotherapy and thermotherapy treatments	8.2.1, 8.4.3, 8.4.4, 8.5.1, 8.5.4,
3. Perform and record a variety of objective assessments in relation to Sports Therapy	8.1.2, 8.2.2, 8.2.3, 8.3.3
4. Practically demonstrate the application of a variety of taping and strapping methods	8.2.1, 8.4.4, 8.5.1, 8.5.4

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2020	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Tammy Emmins

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- Common signs and symptoms of sports injuries, identifying the common risk factors
- Cryotherapy and thermotherapy treatment, demonstrating the theory behind application and effectiveness
- Introduction to objective assessments, screening and clinical measurements, such as FMS, Y Balance, Postural Assessment, Janda Techniques, Palpations, Range of Movement, and Goniometer Measurements
- Taping and strapping methods that can be applied for prevention, injury and movement patterns

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	15	Delivery of informative lesson by the teacher, including practical
Seminars / Practical	25	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	155	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment task to meet LO1 and LO2	100%
Practical	Practical assessment to meet LO3 and LO4	100%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Assignment task to meet LO1 and LO2	100%
Practical	Practical assessment to meet LO3 and LO4	100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024

## Reading List

Jones, M, A., and Rivett, D, A. (2019) *Clinical Reasoning in Musculoskeletal Practice*. 2nd ed. UK: Elsevier.

Petty, N, J., and Barnard, K. (2017) *Principles of Musculoskeletal Treatment and Management, Volume 2: A Handbook for Therapists*. 3rd ed. UK: Elsevier.

Ward, K. (2017) *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation*. UK: Routledge.

Zulak, D. (2016) *Clinical Assessment for Massage Therapy: A practical guide*. UK: Handspring Publishing Limited.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE2021      **MODULE TITLE:** Musculoskeletal Examination and Treatment of Injury  
**CREDITS:** 20      **FHEQ LEVEL:** 5      **HECOS CODE:** 100475 Sports Therapy  
**PRE-REQUISITES:** n/a      **CO-REQUISITES:** n/a      **COMPENSATABLE:** No

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will have a heavy emphasis on how to assess peripheral joints including orthopaedic diagnostic testing. A deeper understanding of the anatomical structures in relation to assessment and diagnosis will be covered to provide a suitable justification of treatment. A range of modalities for Sports Therapy treatment will be covered theoretically and practically with evidence-based research applied.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	30%	<b>P1</b> (Practical)	70%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

### MODULE AIMS:

- To practically demonstrate injury diagnosis including orthopaedic testing and functional movement in relation to Sports Therapy
- To be confident in justifying and apply treatment methods for injury
- Demonstrate a sound understanding of the anatomy, structure and function of musculoskeletal problems
- To be able to apply evidence-based theory and practice of a range of therapeutic modalities, including electrotherapy treatments

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Effectively and safely demonstrate peripheral joint assessment including orthopaedic diagnostic testing	8.1.5, 8.2.1, 8.2.2, 8.4.1, 8.4.5, 8.5.2
2. Demonstrate effective knowledge of functional anatomy in relation to assessment and diagnosis of injury	8.1.1, 8.1.5, 8.2.1, 8.3.3
3. Safely demonstrate advanced manual therapy techniques and other relevant modalities on musculoskeletal injury	8.2.1, 8.3.1, 8.4.5, 8.5.1, 8.5.2
4. Critically evaluate a range of modalities for musculoskeletal injury	8.1.4, 8.2.1, 8.2.3, 8.4.3, 8.4.4, 8.5.1

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2021	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Tammy Emmins

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- Joint assessments of peripheral joints including orthopaedic diagnostic testing
- The anatomy concerned with musculoskeletal assessment, such as muscles, ligaments and tendons
- Advanced soft tissue and manual therapy techniques to a range of injury scenarios as per diagnostic findings
- The theory and practical application of a range of modalities such as electrotherapy, taping and strapping and overall management of injury

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	25	Delivery of informative lesson by the teacher, including practical
Seminars	20	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test	Practical assessment to meet LO1, LO2 and LO3	100%
Coursework	Essay assignment to meet LO4	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Essay to meet LO4	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test	Practical assessment to meet LO1, LO2 and LO3	100%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024



## Reading List

Brunker, P., Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R., and Khan, K. (2017) *Clinical Sports Medicine*, 5th ed. Australia: McGraw-Hill education Pty Ltd.

Lee, T. C., and Mukundan, S. (2014) *Netter's Correlative Imaging: Neuroanatomy*. USA: Churchill Livingstone, Elsevier.

Sanderson, M (2012) *The soft tissue release handbook: reducing pain and improving performance*. Chichester: Lotus Publishing.

Schleip et al. (2012) *Fascia: the tensional network of the human body: the science and the clinical applications in manual and movement therapy*. London: Churchill Livingstone.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE2022

**MODULE TITLE:** Research Project in Sports Therapy

**CREDITS:** 20

**FHEQ LEVEL:** 5

**HECOS CODE:** 100962 Research Skills

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** Yes

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will be an introduction to basic research skills and developing report writing skills. The module will support with future progression on to Level 6 or further research. Skills that will be encouraged include methodology planning, writing and delivery, data analysis and critical evaluation of results in relation to literature. The module allows the students to choose a topic of their choice in relation to Sports Therapy.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	100%	<b>P1</b> (Practical)	0%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** n/a

**MODULE AIMS:**

- To confidently plan a small research project taking in ethical considerations and propose the idea in relation to current literature
- To understand how to design and carry out appropriate methodologies of primary research in relation to Sports Therapy
- Apply analysis of data and provide future recommendations of research due to the outcomes
- Be able to reflect upon the research carried out and the outcomes of the study in relation to current literature

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate the ability to prepare, plan and initiate a small research project relating to Sports Therapy	8.1.3
2. Design and carry out a small research project in relation to Sports Therapy, including ethical considerations	8.1.3, 8.3.1, 8.4.1, 8.4.5, 8.5.2
3. Critically analyse the research project providing future recommendations in relation to current literature	8.2.3, 8.3.1, 8.5.2
4. Reflect and critically evaluate the outcomes of the research carried out	8.2.3, 8.3.1, 8.4.3

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2021	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Tammy Emmins

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- Advanced research skills and ethical considerations in relation to primary research
- Statistical analysis such as descriptive data, t-test and correlation analysis for a specific project idea and data collection
- Structuring a literature review and research project, including methods, results and discussion
- Reflect and analyse individual performance and research outcomes

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	10	Delivery of informative lesson by the teacher, including practical
Seminars	5	Group discussions and activities led by the teacher
Tutorials	30	One to one, or small group sessions to support individual learner
Self-directed study	155	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Proposal to meet LO1 Research project to meet LO2, LO3, LO4	20% 80% <b>100%</b>
Practical		0%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Proposal to meet LO1 Research project to meet LO2, LO3, LO4	20% 80% <b>100%</b>
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024

## Reading List

Bergin, T. (2018) *An Introduction to Data Analysis: Quantitative, Qualitative and Mixed Methods*. SAGE Publications.

Cresswell, J. W., and Creswell, J. D. (2018) *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. 5th ed. SAGE Publications

Smith, M, F. (2017) *Research Methods in Sport*. 2nd ed. United Kingdom: Sage Publications Ltd, London.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD. Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.**

**MODULE CODE:** EXCE2023

**MODULE TITLE:** Movement Analysis in Sports Therapy

**CREDITS:** 20

**FHEQ LEVEL:** 5

**HECOS CODE:** 100433 Sport and Exercise Sciences

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** Yes

**SHORT MODULE DESCRIPTOR:** (max 425 characters)

The module will aid students in the understanding of biomechanics in relation to Sports Therapy. The module will show an introduction to analysis of human movement, including lever systems, centre of gravity, and stability with practical applications. The module will also discover areas of Sports Therapy modalities such as magnetic therapy or rehabilitation and investigate the effects it has on movement.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	50%	<b>P1</b> (Practical)	0%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	50%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** n/a

**MODULE AIMS:**

- Further develop the ability to apply biomechanical principles to the analysis of human movement and relating to Sports Therapy
- Develop an understanding of kinetic and kinematic data to improve understanding of human movement
- To be able to apply Sports Therapy modalities and its effect on human movement, including the loads experienced by different structures in the human body

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate a sound understanding of underlying mechanical principles relevant to human movement	8.1.4
2. Critically evaluate and explain the underlying mechanical principles in relation to musculoskeletal anatomy	8.2.2, 8.2.4
3. Apply, in depth, biomechanical principles and critically evaluate current research in relation to sporting movement	8.2.4, 8.4.4
4. Critically analyse biomechanical findings of movement in relation to Sports therapy modalities	8.2.4, 8.3.1, 8.5.3

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2021	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:



## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Tammy Emmins

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> n/a

### **Summary of Module Content**

- Biomechanical principles of human movement: lever systems, centre of gravity, angular motion, linear motion, projectile motion and stability
- Relate the biomechanical principles to musculoskeletal anatomy
- Analysis of mechanical variables in human movement and sports performance, including gait analysis and force exerted in static positions and movement
- A variety of Sports Therapy modalities that could be applied to effect biomechanics, such as rehabilitation, prevention methods and magnetic therapy

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	20	Delivery of informative lesson by the teacher, including practical
Seminars	20	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	155	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test	Written test to meet LO1 and LO2	100%
Coursework	Report to meet LO3 and LO4	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)	Essay to meet LO1 and LO2	100%
Coursework	Report to meet LO3 and LO4	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024

## Reading List

Grimshaw, P., Cole, M., Burden, A., and Fowler, N. (2019) *Instant Notes in Sport and Exercise Biomechanics*. 2nd ed. Garland Science.

Hamill, J., Knutzen, K, M., and Derrick, R. (2014) *Biomechanical Basis of Human Movement*. 4th ed. Lippincott Williams and Wilkins.

Peters, D.M. and O'Donoghue, P. (2014) *Performance analysis of sport IX*. Abingdon: Routledge.

Watkins, J. (2014) *Fundamental biomechanics of sport and exercise*. London: Taylor & Francis.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE2024

**MODULE TITLE:** Clinical Practice 2

**CREDITS:** 20

**FHEQ LEVEL:** 5

**HECOS CODE:** 100475 Sports Therapy

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** No

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module is a practical based module, where student Sports Therapists will regularly treat a range of patients with different conditions, ranging from sporting injuries to occupational and health issues. The clinical session will run like a small business, developing business ideas and skills to prepare therapists for industry ideas of business planning.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	100%	<b>P1</b> (Practical)	0%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	Pass/Fail		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

**MODULE AIMS:**

- To provide an insight in to business design and planning in relation to Sports Therapy, including marketing and financial plans
- To gain extensive experience of treating a variety of patients with a range of problems, from sports injury to occupational problems, with professional support
- To actively seek external placement to gain further experience within different environments

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Design and critically evaluate a business plan for a chosen Sports Therapy business idea	8.3.3, 8.3.4, 8.4.6
2. Apply a professional work ethic in line with health and safety, college and your governing body guidelines	8.1.3, 8.3.3, 8.4.5
3. Demonstrate safe and effective injury diagnosis on a variety of patients and in different environmental settings	8.1.2, 8.1.5, 8.2.2, 8.2.4, 8.4.1, 8.5.3, 8.5.4
4. Critically reflect upon the application of a variety of Sports Therapy Techniques	8.3.2, 8.5.3, 8.5.4, 8.5.5

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2021	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Miles Carrigan

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden>

### **Summary of Module Content**

- Business ideas and creating a business plan in relation to Sports Therapy, including the key elements such as marketing and financial plans
- Take bookings of clients in to the clinical sessions where students will assess and provide suitable treatment with support from qualified staff
- Applying skills learnt in other modules to real life situations in a clinical environment
- Create a portfolio of evidence to build and demonstrate experience in a variety of settings
- Provide suitable placement opportunities for pitch side (with college sports academies) and sporting event work in addition to the clinic

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	5	Delivery of informative lesson by the teacher, including practical
Clinic Sessions	25	“Real life” patients for clinical sports therapy sessions
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	65	Students to self-study and complete assignments in own time, including external placement
External Placement	100	Students to complete a minimum of 120 hours placement
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment task to meet LO1 Portfolio of evidence and reflection to meet LO2, LO3 and LO4	30% 70% 100%
Practical		0%
Clinical Examination		0%
Generic Assessment	Provide evidence of 120 hours of placement	Pass/Fail

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		0%
Coursework	Assignment task to meet LO1 Portfolio of evidence and reflection to meet LO2, LO3 and LO4	30% 70% 100%
Practical		0%
Clinical Examination		0%
Generic Assessment	Provide evidence of 120 hours of placement	Pass/Fail
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Miles Carrigan  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

## Reading List

Bruckner, P., Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R., and Khan, K. (2017) *Clinical Sports Medicine*, 5th ed. Australia: McGraw-Hill education Pty Ltd.

Davis, D. (2016) *Creative Strategy and the Business of Design*. UK: How Design Books.

Gibbons, J. (2013) *Muscle energy techniques: a practical guide for physical therapists* Chichester: Lotus Publishing.

Herbert, R., Jamtvedt, G., Hagen, K, B., and Mead, J. (2011) *Practical Evidence-based Physiotherapy*. 2nd ed. London: Churchill Livingstone, Elsevier.



## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

<b>MODULE CODE:</b> EXCE2025	<b>MODULE TITLE:</b> Rehabilitation for Sports Injury and Health Conditions	
<b>CREDITS:</b> 20	<b>FHEQ LEVEL:</b> 5	<b>HECOS CODE:</b> 100475 Sports Therapy
<b>PRE-REQUISITES:</b> n/a	<b>CO-REQUISITES:</b> n/a	<b>COMPENSATABLE:</b> No

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will provide a structured approach to rehabilitation for a variety of injury scenarios and health conditions. It will place a strong emphasis on evidence-based practice and research of rehabilitation techniques and will carry a strong practical application of rehabilitation techniques in relation to specific injury scenario.

<b>ELEMENTS OF ASSESSMENT</b> <i>[Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a></i>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	40%	<b>P1</b> (Practical)	60%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

**MODULE AIMS:**

- To be able to safely and effectively demonstrate management of injury and health conditions
- To design and apply rehabilitation for a variety of conditions in a variety of environments and scenarios
- Be able to evaluate evidence based practice for exercise based rehabilitation for injury and health conditions

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate and safely apply management of common Sports Injuries	8.1.2, 8.2.1
2. Design and implement specific rehabilitation and prehabilitation for common Sports Injuries	8.1.2, 8.4.1, 8.4.2, 8.4.5
3. Critically evaluate the application of specific exercise in relation to Health Conditions	8.1.4, 8.2.4, 8.5.1, 8.5.2, 8.5.4, 8.5.5

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2021	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Miles Carrigan

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> N/A

### **Summary of Module Content**

- How to design a rehabilitation programme and investigate the different structures
- Coaching rehabilitation to a variety of clients
- Management of sports injury and different conditions
- Exercise and rehabilitation for health conditions such as neuromuscular conditions and health related (e.g. cardiac, diabetes) conditions

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	25	Delivery of informative lesson by the teacher, including practical
Seminars	20	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>

## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Test		0%
Coursework	Assignment task to meet LO3	100%
Practical	Practical assessment to meet LO1 and LO2	100%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		0%
Coursework (in lieu of the original assessment)		
Coursework	Assignment task to meet LO3	100%
Practical	Practical assessment to meet LO1 and LO2	100%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024

## Reading List

Bruckner, P., Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R., and Khan, K. (2017) *Clinical Sports Medicine*, 5th ed. Australia: McGraw-Hill education Pty Ltd.

Lennon, S., Ramdharry, G., and Verheyden, G. (2018) *Physical Management for Neurological Conditions*, 4th ed. UK: Elsevier Ltd.

Pescatello, L. S., and Riebe, D. (2013) *ACSM's Guidelines for Exercise Testing and Prescription*. 9th ed. USA, Philadelphia: Lippincott Williams & Wilkins.

Ward, K. (2016) *Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation*. USA: Routledge.

## UNIVERSITY OF PLYMOUTH MODULE RECORD

**SECTION A: DEFINITIVE MODULE RECORD.** *Proposed changes must be submitted via Faculty/AP Quality Procedures for approval and issue of new module code.*

**MODULE CODE:** EXCE2026

**MODULE TITLE:** Pathology and Physiology for Sports Therapists

**CREDITS:** 20

**FHEQ LEVEL:** 5

**HECOS CODE:** 100475 Sports Therapy

**PRE-REQUISITES:** n/a

**CO-REQUISITES:** n/a

**COMPENSATABLE:** No

**SHORT MODULE DESCRIPTOR:** *(max 425 characters)*

This module will study the pathological response to injury with regards to tissue healing and relate to specific sporting injury. The module will include an investigation in to the neurological innervations of the body and how to apply this in Sports Therapy, providing a suitable platform to have a sound understanding of myotomes and dermatomes contributing to assessment of injury or dysfunction.

<b>ELEMENTS OF ASSESSMENT</b> [Use HESA KIS definitions] – see <a href="#">Definitions of Elements and Components of Assessment</a>					
<b>E1</b> (Examination)	0%	<b>C1</b> (Coursework)	60%	<b>P1</b> (Practical)	40%
<b>E2</b> (Clinical Examination)	0%	<b>A1</b> (Generic assessment)	0%		
<b>T1</b> (Test)	0%				

**SUBJECT ASSESSMENT PANEL to which module should be linked:** Sports Therapy

**Professional body minimum pass mark requirement:** N/A

**MODULE AIMS:**

- To have a greater understanding of the healing process and pathology of musculoskeletal injury from an acute stage to a chronic stage
- To be able to understand the importance of nerve innervations, their structure and how they relate to Sports Therapists
- To be able to practically identify the common nerve innervations of the peripheral joints
- To have a practical understanding of assessment of myotomes and dermatomes in relation to nerve innervations

**ASSESSED LEARNING OUTCOMES:** (additional guidance below; please refer to the Programme Specification for relevant award/ programme Learning Outcomes.

At the end of the module the learner will be expected to be able to:

<b>Assessed Module Learning Outcomes</b>	<b>Award/ Programme Learning Outcomes contributed to</b>
1. Demonstrate a sound knowledge and understanding of the healing processes of soft tissue for different sporting injuries	8.1.1, 8.2.3, 8.4.4
2. Analyse the use of innervations within Sports Therapy Practice applying to specific examples	8.1.1, 8.2.3 8.1.1, 8.2.1, 8.4.1, 8.4.5, 8.5.5
3. Identify common innervations of peripheral joints	8.1.2, 8.1.3, 8.2.2, 8.2.4, 8.3.2, 8.4.2, 8.4.3, 8.5.5
4. Effectively demonstrate assessment of myotomes and dermatomes	

<b>DATE OF APPROVAL:</b> December 2019	<b>FACULTY/OFFICE:</b> Academic Partnerships
<b>DATE OF IMPLEMENTATION:</b> 01/09/2021	<b>SCHOOL/PARTNER:</b> Exeter College
<b>DATE(S) OF APPROVED CHANGE:</b>	<b>SEMESTER:</b> All Year

Notes:

## **SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT**

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

**ACADEMIC YEAR:** 2024/2025  
**MODULE LEADER:** Tammy Emmins

**NATIONAL COST CENTRE:** 106  
**OTHER MODULE STAFF:**  
<http://www.plymouth.ac.uk/staff/rboden> n/a

### **Summary of Module Content**

- Theory of the pathology of injury, including the stages of tissue repair and things that might affect it
- Relating tissue repair to specific sporting injuries
- The structure of nerve innervations and the relation of nerves to pain and movement, and how this is related to Sports Therapy
- The practical identification of nerve innervations via dermatomes and myotomes applying to Sports Therapy

<b>SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]</b>		
<b>Scheduled Activities</b>	<b>Hours</b>	<b>Comments/Additional Information (briefly explain activities, including formative assessment opportunities)</b>
Lectures	30	Delivery of informative lesson by the teacher, including practical
Seminars	15	Group discussions and activities led by the teacher
Tutorials	5	One to one, or small group sessions to support individual learner
Self-directed study	150	Students to self-study and complete assignments in own time
<b>Total</b>	<b>200</b>	<b>(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)</b>



## SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		
Test		0%
Coursework	Essay to meet LO1 and LO2	100%
Practical	Practical assessment to meet LO3 and LO4	100%
Clinical Examination		0%
Generic Assessment		0%

## REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Written exam		
Coursework (in lieu of the original assessment)	Assignment task to meet LO3 and LO4	100%
Coursework	Essay to meet LO1 and LO2	100%
Practical		0%
Clinical Examination		0%
Generic Assessment		0%
Test		0%

### To be completed when presented for Minor Change approval and/or annually updated

**Updated by:** Tammy Emmins  
Date: 22<sup>nd</sup> August 2024

**Approved by:** Ali Hill  
Date: 22<sup>nd</sup> August 2024

## Reading List

Butler, D, S., and Moseley, G, L. (2013) *Explain pain*. 2nd ed. Australia: Noigroup Publications.

Ehrman, J, K., Kerrigan, D, J., and Keteyian, S, J. (2018) *Advanced Exercise Physiology: Essential Concepts and Applications*. USA: Human Kinetics

Tortora, G, J. and Derrickson, B. (2019) *Introduction to the Human Body*. USA: John Wiley & Sons, Inc.