

University of the West of Scotland

Module Descriptor

Session: 2023/24

Title of Module: Injury Prevention and Reconditioning			
Code: SPOR10049	SCQF Level: 10 (Scottish Credit and Qualifications Framework)	Credit Points: 20	ECTS: 10 (European Credit Transfer Scheme)
School:	School of Health and Life Sciences		
Module Co-ordinator:	Colin Brow		
Summary of Module			
<p>The aim of this module is to provide students -within their scope of practice- with relevant and contemporary knowledge and understanding of musculoskeletal injuries which occur within real-world sport, exercise and physical activity. Students will expand upon their previous knowledge obtained in sports, health and conditioning based modules.</p> <p>The knowledge and attributes acquired in this module should present exercise, sports and physical activity-based students with critically reflective attributes to modify their practices to reduce the risk of injury and dysfunction for individuals and teams. Students will also gain applied knowledge and understanding towards a safer return to physical activity and sport for individuals (post medical clearance) and reduce risk(s) of injury and re-injury. Thus, aiming for full sporting return to previous physical activity participation levels via education, working with medical teams and problem solving.</p> <p>On completion of this module students will be:</p> <ul style="list-style-type: none">• Academically ready to deal with real-world problem solving and challenges imposed upon their working environments.• A work ready individual who accepts responsibility within their scope of practice and Duty of Care for safer working practice(s). <p>This module will assist the student in the development of key 'I am UWS Graduate attributes' to allow those who successfully engage and complete this module to be:</p> <p>Universal</p> <ul style="list-style-type: none">• Critical thinkers• Emotionally intelligent• Collaborative			

Work ready:

- Problem solver
- Motivated
- Enterprising

Successful:

- Innovative
- Resilient
 - Transformational

Module Delivery Method

Face-To-Face	Blended	Fully Online	HybridC	Hybrid 0	Work-Based Learning
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

See Guidance Note for details.

Campus(es) for Module Delivery

The module will **normally** be offered on the following campuses / or by Distance/Online Learning: (Provided viable student numbers permit) (tick as appropriate)

Paisley:	Ayr:	Dumfries:	Lanarkshire:	London:	Distance/Online Learning:	Other:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Add name

Term(s) for Module Delivery

(Provided viable student numbers permit).

Term 1	Term 2	Term 3
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes: (maximum of 5 statements)

At the end of this module the student will be able to:

L1	Demonstrate a critical understanding of the principals of musculoskeletal injury prevention (reduction of risks) in sport, physical activity and exercise.
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L2	Critically analyse the factors associated with the aetiology and of common sporting injuries which may develop during physical activity
L3	Critically evaluate the efficacy of reconditioning and training modifications aimed at prevention of injuries and/or re-injury.
L4	Consider an evidence-based injury prevention or reconditioning intention with the aim of preventing an injury and/or reinjury.
Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	During completion of this module, there will be an opportunity to achieve core skills in:
Knowledge and Understanding (K and U)	<p>SCQF Level 10</p> <p>Demonstrate knowledge that covers and integrates most of the principled areas, features, boundaries, terminology and conventions of the subject discipline.</p> <p>Demonstrate a critical understanding of the principal theories and concepts</p>
Practice: Applied Knowledge and Understanding	<p>SCQF Level 10</p> <p>Using a range of the principal skills, practices and/or materials associated with this subject discipline.</p> <p>Practicing in a range of professional level contexts that include a degree of unpredictability and/ or specialism.</p>
Generic Cognitive skills	<p>SCQF Level 10</p> <p>Critically reviewing and consolidating knowledge, skills and practices.</p> <p>Offering professional insights, interpretations and solutions to problems</p> <p>Demonstrating some originality and creativity in dealing with professional issues.</p>
Communication, ICT and Numeracy Skills	<p>SCQF Level 10</p> <p>Communicating with professional level peers senior colleagues and specialists.</p>
Autonomy, Accountability and Working with others	<p>SCQF Level 10</p> <p>Working effectively, under guidance, in a peer relationship with qualified practioners.</p>

	<p>Exercising autonomy and intuitive in professional duties and while working with others.</p> <p>Practicing in ways which show awareness of own and other roles and responsibilities.</p> <p>Recognise the limits of these codes and seek guidance where appropriate.</p>	
Pre-requisites:	Before undertaking this module the student should have undertaken the following:	
	Module Code:	Module Title:
	Other:	
Co-requisites	Module Code:	Module Title:

*Indicates that module descriptor is not published.

Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	Student Learning Hours (Normally totalling 200 hours): (Note: Learning hours include both contact hours and hours spent on other learning activities)
Laboratory/Practical Demonstration/Workshop	20
Asynchronous Class Activity	16
Independent Study	164
	Hours Total 200
**Indicative Resources: (eg. Core text, journals, internet access)	

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

Houglum PA (2016); Therapeutic Exercise for Musculoskeletal Injuries; 2nd Edition; Human Kinetics.

Norris C (2004); Sports Injuries. Butterworth and Heineman.

Please ensure the list is kept short and current. Essential resources should be included, broader resources should be kept for module handbooks / Aula VLE.

Resources should be listed in Right Harvard referencing style or agreed professional body deviation and in alphabetical order.

(*N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the [Student Attendance and Engagement Procedure](#): Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

Attendance at classes online and on campus.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: [UWS Equality, Diversity and Human Rights Code](#).

Please ensure any specific requirements are detailed in this section. Module Co-ordinators should consider the accessibility of their module for groups with protected characteristics..

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	Sport, Exercise and Health
Assessment Results (Pass/Fail)	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>

School Assessment Board	Sport and Exercise
Moderator	tbc
External Examiner	E Bradley
Accreditation Details	N/A
Changes/Version Number	

Assessment: (also refer to Assessment Outcomes Grids below)
Assessment 1 Written coursework
Assessment 2 Practical Portfolio
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Assessment Outcome Grids (See Guidance Note)

Component 1							
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Learning Outcome (4)	Learning Outcome (5)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Written Coursework		X	X			50%	

Component 2							
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Learning Outcome (4)	Learning Outcome (5)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Practical Portfolio	X			X		50%	
Combined Total for All Components						100%	