

MODULE DESCRIPTOR

Module Title

Sport And Exercise Rehabilitation

Reference	HS4137	Version	2
Created	April 2024	SCQF Level	SCQF 10
Approved	June 2021	SCQF Points	15
Amended	May 2024	ECTS Points	7.5

Aims of Module

The module aims to develop the students' comprehension of rehabilitation processes and the professional contribution made by sport and exercise science.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Deconstruct the rehabilitation process and relevant policies.
- 2 Critically discuss the role of sport and exercise science within an interdisciplinary approach to rehabilitation.
- 3 Develop safe and effective rehabilitation strategies for an allocated case study.

Indicative Module Content

Rehabilitation process and policy; time frames; healing process; tissue damage; function and performance; pain management; outcomes measures; goal setting; observational analysis; technical coaching; documentation and reporting; interdisciplinary communication; multi-stakeholder partnerships to support sustainable development.

Module Delivery

Lectures and online resources supported by tutorials and practical workshops.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	24	N/A
Non-Contact Hours	126	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type: Coursework Weighting: 100% Outcomes Assessed: 1, 2, 3
 Description: Pre-record Presentation

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Grades based on the grading proforma.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	F
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stage 3 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 JOYCE, D. & LEWIDON, D., 2016. Sports Injury Prevention and Rehabilitation: Integrating medicine and science for performance solutions. Oxon: Routledge.
- 2 Journal of Sport Rehabilitation.