

Module code: MOD006515	Version: 2 Date Amended: 14/Jan/2020
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1. Module Title
Functional Rehabilitation

2a. Module Leader
Piotr Golaszczyk

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
5

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc (Hons) Strength & Conditioning with Rehabilitation		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Strength and conditioning coaches and sports therapist are often responsible for large portions of the rehabilitation of athletes from injury. In this module you will be introduced to rehabilitation theory and will gain the knowledge and understanding to plan, implement and deliver progressive exercise programmes. Through a combination of lectures and practicals, this module focusses on the early and intermediate stages of recovery from injuries sustained in sports and exercise setting. From the acute inflammatory stage where you will learn to manage the injury, through to the recovery of functional losses, you will cover rehabilitation of upper and lower limbs and spine. Moving from non-weightbearing to weight-bearing exercise, you will learn how to increase strength, endurance, range of motion and proprioception. You will also be taught the use of ambulation aids (such as crutches), gait retraining, taping, strapping and compression bandaging. At the end of this module the patient will be beginning to progress towards sport-specific conditioning/reconditioning and higher velocity movement, this will lead to further apply the basic concepts learned in a follow-on level 5 module. This module supports the learning at level 6 covering late stage rehabilitation and return to play, closing the rehabilitation loop.

Teaching will be two thirds practical, one third lectures, allowing you to gain hands-on practical experience of the rehabilitation process, as well as the underlying theory.

6b. Outline Content

- Treatment of injuries in the early and intermediate stages of rehabilitation
- Progression of rehabilitation programme based on pathophysiology, presenting signs and symptoms
- Group rehabilitation exercises
- Flexibility, joint ROM and lever turning forces
- Strength and endurance
- Proprioception and balance
- Ambulation aids and gait retraining
- Taping, strapping, compression bandaging

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Sport and Exercise Sciences Labs (Compass House)

7. Learning Outcomes (threshold standards)

No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Differentiate different treatment modalities for early and intermediate stages of sports rehabilitation
2	Intellectual, practical, affective and transferrable skills	Demonstrate appropriate treatment skills for the early and intermediate stage of sports rehabilitation

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2025/6	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	12	1-2	Lecture 1-hr per week x 12 weeks
Other teacher managed learning	24	1-2	Seminar or practical for 2-hr per week x 12 weeks
Student managed learning	114	1-2	Production of assessments and self-directed background reading for learning sessions.
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Practical	1-2	70 (%)	Fine Grade	30 (%)
Seen practical assessment of a rehabilitation session with oral viva (2000-word equivalent).					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1-2	30 (%)	Fine Grade	30 (%)
Booklet of rehab treatment options (1000 - word equivalent).					

<p>In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).</p> <p>In addition, students are required to:</p> <p>(a) achieve the qualifying mark for each element of fine graded assessment as specified above</p> <p>(b) pass any pass/fail elements</p> <p>[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]</p>
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