

Module code: MOD006517	Version: 2 Date Amended: 14/Jan/2020
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1. Module Title
Rehabilitation for Performance

2a. Module Leader
Keith Burnett

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

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

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

In a competitive sporting environment, it is not enough just to regain function (e.g. walking or running). To be prepared to withstand the rigors of competitive sport an athlete must be reconditioned, and the risk of re-injury reduced before returning to play. Building on the early and intermediate stages of rehabilitation, functional movement and strength and conditioning covered earlier in the course, this module deals with the late and pre-discharge stages of rehabilitation. Having gone through the early and intermediate stages of rehabilitation and regained function, this module starts the conditioning of the patient for return to play. You will learn to create progressive, sport-specific exercise programmes covering flexibility/Range of Motion (ROM), endurance, strength, speed, skill and coordination. We will progress from non-contact to full contact training, more advanced movements such as change of direction, and the introduction of elements of spontaneity. You will also learn the principles and practices of pre-discharge examinations, and the psychological aspects of the injury and rehabilitation process. The delivery of this module will be through both lectures (one-third) and practical's (two-thirds), this will help you develop the key communication and practical coaching skills required as an exercise professional to effectively rehabilitate individuals, allowing them to return to performance sport.

6b. Outline Content

- Principle and practice for treatment of injuries in the late and pre-discharge stages of rehabilitation
- Progression and regression of rehabilitation programme based on pathophysiology, presenting signs and symptoms
- Flexibility, joint ROM, strength and endurance
- Coordination and skill
- Change of direction and spontaneous movement
- Psychology of injury
- Pre-discharge assessment

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	Critically differentiate different treatment modalities for late and pre-discharge stages of sports rehabilitation
2	Intellectual, practical, affective and transferrable skills	Demonstrate appropriate treatment skills for the late or pre-discharge stage of sports rehabilitation
3	Intellectual, practical, affective and transferrable skills	Critically appraise personal practice in the delivery of sports rehabilitation techniques

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	1-3	Lecture 1-hr per week x 12 weeks
Other teacher managed learning	24	1-3	Seminar or practical for 2-hr per week x 12 weeks
Student managed learning	114	1-3	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	2-3	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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