



**UNIVERSITY OF
PLYMOUTH**

PROGRAMME QUALITY HANDBOOK 2025-26

FdSc Sports Therapy and Injury Rehabilitation

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WELCOME AND INTRODUCTION

Welcome to the Foundation Degree in Sports Therapy & Injury Rehabilitation.

This foundation degree has been designed to provide you with the necessary skills, knowledge & confidence to succeed as a practising sports therapist.

In 2013 the Foundation Degree secured accreditation and membership with the Sports Therapy Organisation (STO) who are the UK's premier membership organisation for Professional Sports Injury and Soft Tissue Therapists. As a non-profit organisation, the STO works with industry and sports governing bodies to maintain high standards of practice and professional identity.

Previous graduate students have obtained successful employment with professional sports teams (including Plymouth Argyle, Plymouth Raiders and The Malta Football Association) or set-up their own successful practice.

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 Institution & University Student Handbook which contains student support based information on issues such as finance and studying at HE

- Your Module, Teaching, Learning and Assessment Guide

o available on your programme VLE

- Plymouth University's Student Handbook

o available at:

<https://www.plymouth.ac.uk/your-university/governance/student-handbook>

1. Programme Specification

This Programme Specification contains no information pertaining and/or referring to individual members of staff and therefore is appropriate to be employed as a public document.

Programme Details

Awarding Institution:	University of Plymouth
Teaching Institution:	City College Plymouth
Accrediting Body:	Plymouth University
Language of Study:	English
Mode of Study:	Full Time / Part Time
Final Award:	Foundation Degree (FdSc)
Intermediate Award:	Certificate of Higher Education (CertHE)
Programme Title:	FdSc Sports Therapy & Injury Rehabilitation
UCAS Code:	C604
JACS Code:	C630
Benchmarks:	QAA FDQB Foundation Degree Qualification Benchmark (2010), Informed by QAA HLSTQB Hospitality, Leisure, Sport and Tourism Qualification Benchmark (2008) ¹
Date of Programme Approval:	April 2014

Brief Description of the Programme

The following is the definitive, approved description of this programme that both clarifies this programme's position within City College Plymouth and Plymouth University's respective portfolios and provides material that may be directly used for promotion of the programme

Accredited by the Sports Therapy Organisation, this foundation degree helps students develop the practical skills and knowledge to confidently succeed in all areas of injury management and athlete care. Learners will develop extensive knowledge of injury assessment, aetiology & epidemiology, human anatomy and kinesiology, functional movement screening, sports nutrition, injury prevention training and rehabilitation programme design. Learners will be able to develop and refine their newly acquired skills, including injury assessment & diagnosis, sports massage, manual therapy & soft tissue/joint mobilisation and electrotherapy through a supervised student-led sports injury clinic where they will have access to a range of sports injuries and conditions in various populations. Learners are also introduced to areas of strength & conditioning and exercise coaching to broaden their skills & understanding of the various disciplines of a dynamic and multi-skilled sports medicine team to improve employability prospects.

Details of Accreditation by a Professional/Statutory Body (if appropriate)

This Foundation degree is accredited by the Sports Therapy Organisation (STO) who are the UK's premier membership organisation for Professional Sports Injury and Soft Tissue Therapists. As a non-profit organisation, the STO works with industry and sports governing bodies to maintain high standards of practice and professional identity. The STO have been consulted and are in full support of the new programme presentation.

Exceptions to Plymouth University Regulations

(Note: Plymouth University's Academic Regulations are available internally on the intranet: <https://staff.plymouth.ac.uk/extexam/academicregs/intranet.htm>)

N/A

Programme Aims

The programme will deliver:

1. Appropriate vocational skills, knowledge and understanding of sports therapy disciplines that meet industry-based standards & demand.
2. Practical skills and competence of appropriate sports therapy & injury rehabilitation techniques encompassing manual and electro-therapy for injury assessment, treatment and rehabilitation.
3. Sports therapists who are capable of working individually and/or collaboratively with other sports & health care professionals and non-specialist audiences to communicate effectively and disseminate best practice.
4. Methods of enquiry in the sports therapy/rehabilitation field to evaluate & utilise the evidence-based research.
5. A reflective experience of the working environment and professional nature of sports therapy through work-based learning opportunities.
6. Sports therapists who are able to identify the limitations of their knowledge and to encourage commitment to continued professional development to maintain safe practice.
7. A critical approach to problem solving in relation to sports therapy/rehabilitation practice and areas of study.

Programme Intended Learning Outcomes (ILO)

By the end of this programme the student will be able to:

1. Understand detailed injury pathology inclusive of aetiology, epidemiology, predisposing factors and biomechanics of sports injuries.
2. Demonstrate a thorough understanding of human anatomy and kinesiology with a detailed comprehension of the muscular, skeletal and nervous system.
3. Assess a range of sporting injuries and apply appropriate injury management through the use of soft tissue techniques, mobilisation and electrotherapy.
4. Demonstrate an understanding and practical competence of strength & conditioning practices and exercise coaching/instruction.
5. Demonstrate professionalism and competence in a clinical environment through communication skills, empathy and subject knowledge.
6. Critically reflect on their own effectiveness as a sports therapy professional.
7. Implement effective rehabilitation exercises for a range of sports injuries.

8. Demonstrate an ability to work with others, including sports participants/athletes and other appropriate professionals.
9. Plan and implement research projects related to the sports therapy industry.

Distinctive Features

The following provides a definitive and approved list of elements that may be used to both conceptualise and promote the market position of this programme:

Teaching staff have extensive knowledge and experience in the management of sports injuries, rehabilitation and strength conditioning. This range of multi-disciplinary expertise ensures students not only become skilled and competent sports injury specialists, but develop a range of complementary skills & knowledge to improve employability prospects. Students gain invaluable industry-based work experience through a student-led sports injury clinic and a minimum of 100 hours clinical practice (including 1 external placements and clinic). The sports injuries clinic enables students to practice and refine their skills portfolio as they undertake all aspects of injury management and rehabilitation under the supervision of an experienced sports therapy lecturer.

Previous students have progressed to successfully study a BSc (Hons) Health and Fitness at the University of Plymouth or a range of sports science top-up degrees such as sports therapy. Additionally, some students have extended their academic journey to post-graduate study including MSc qualifications in sports science-related topics or PGCE after completion of a top-up BSc at Plymouth University and are now pursuing promising careers in teaching. Other graduating students have set-up entrepreneurial self-employed sports injuries practices or have secured employment in professional sports such as Plymouth Argyle FC and the Malta Football Association.

All lecturers operate an 'open door' policy to support learners academically and pastorally throughout their student journey. Finally, the sports therapy provision is constantly updating facilities and equipment to ensure that the learning experience is contemporary and enjoyable.

Student Numbers

The following provides information that should be considered nominal, and therefore not absolutely rigid, but is of value to guide assurance of the quality of the student experience, functional issues around enabling progression opportunities to occur, and staffing and resource planning:

Approximate minimum student numbers per stage = 10

Target student numbers per stage = 30

Approximate maximum student numbers per stage = 40

Progression Route(s)

Approved 'progression route(s)' are those where successful achievement in this programme enables direct alignment to join a stage of another programme. This is an approach employed primarily for Foundation Degree students to 'top-up' to complete a Bachelor degree, but may be employed for other award types.

This is in part an automated admissions criterion and therefore progression may be impacted on by availability of a position on the progression award; however progression opportunity, if not available in the first year of application, is guaranteed within 3-years.

Progression arrangements with institutions other than Plymouth University carry an increased element of risk. It is necessary for the delivering partner institution to obtain formal agreement from that institution to guarantee progression for existing students on the programme. For progression to Plymouth University, should there be the need to withdraw the progression route programme(s) then either this will be delayed to provide progression or appropriate solutions will be found. This arrangement is guaranteed for existing students that complete their programme of study with no suspensions or repeat years and who wish to progress immediately to the University.

BSc (Hons) Sports Rehabilitation (with Sports Therapy) – Plymouth University (City College Plymouth)

BSc (Hons) Health and Fitness – Plymouth University

The contribution of marks from prior levels of study to the progression award is governed by University regulations.

Admissions Criteria

Qualification(s) Required for Entry to this Programme:	Details:
Level 2: - Key Skills requirement / Higher Level Diploma: and/or - GCSEs required at Grade C or above:	Key Skills Communication Level 3 Key Skills AoN Level 3 Mathematics, English and Science.
Level 3: at least one of the following: - A Levels required to meet AS/A2/UCAS Points Tariff: 120 - Advanced Level Diploma: - BTEC National Certificate/Diploma: - HNC/D: - VDA: AGNVQ, AVCE, AVS: - Access to HE or Year 0 provision: - International Baccalaureate: - Irish / Scottish Highers / Advanced Highers:	Equivalent to 120 UCAS points or higher Equivalent to 120 UCAS points or higher Pass or higher Pass or higher Minimum of Grade E Pass or higher Pass or higher Pass or higher
Work Experience:	Industry related work experience will be considered on an individual basis.
Other non-standard awards or experiences:	Industry related qualifications/certificates will be considered on an individual basis.
APEL / APCL possibilities:	Prior Experiential Learning and Prior Certificated Learning will be considered and accredited in line with Plymouth University policy. Click here to enter text.
Interview / Portfolio requirements:	interviews MAY be required by the admissions tutor Click here to enter text.
Independent Safeguarding Agency (ISA) / Criminal Record Bureau (CRB) clearance required:	No

Academic Standards and Quality Enhancement

The Programme Manager and their Programme Committee will follow Plymouth University's current annual monitoring process for partnership programmes to complete evaluation of and planning for maintaining and improving quality and standards. This process may be refined over time, yet is constant in its focus on the production, maintenance and use of a programme level Action Plan, which is an auditable document for Plymouth University's standards and quality assurance responsibilities.

Elements of this process include engaging with stakeholders. For this definitive document it is important to define:

Subject External Examiner(s): all modules are parented by this programme and therefore covered by this programme's external examiner. Modules PSCFD121 Anatomy of Human Movement, PSCFD229 Research Design and PSCFD230 Sports Nutrition are common modules shared with Strength Conditioning and Sports Coaching, and may be utilized by either external examiner.

Additional stakeholders specific to this programme: Students, graduates, employers, academic delivery team, management team.

Programme Structure for FdSc Sports Therapy & Injury Rehabilitation

Stage 1 Full Time				Stage 2 Full Time			
Module Code	Module Title	No. of Credits	Core / Optional	Module Code	Module Title	No. of Credits	Core / Optional
PSCFD121	Anatomy of Human Movement	20	Core	PSCFD229	Research Design	20	Core
STFD131	Pathophysiology of Sports Injuries	20	Core	PSCFD230	Sports Nutrition	20	Core
STFD132	Clinical Assessment of Sports Injuries	20	Core	STFD237	Functional Anatomy for Sports Therapy	20	Core
STFD133	Treatment & Management of Sports Injuries	20	Core	STFD238	Sports Therapy Clinical Practice	20	Core
STFD134	Strength Conditioning & Injury Prevention	20	Core	STFD241	Applied Manual Therapy & Injury Management	20	Core
STFD135	Sports Massage & Manual Therapy	20	Core	STFD240	Injury Rehabilitation & Reconditioning	20	Core

Programme Structure for FdSc Sports Therapy & Injury Rehabilitation

Stage 1 Part Time			
Module Code	Module Title	Credits	Core/Optional
PSCFD121	Anatomy of Human Movement	20	Core
STFD130	Sports Massage and Manual Therapy	20	Core
STFD131	Pathophysiology of Sports Injuries	20	Core
STFD134	Strength Conditioning and Injury Prevent	20	Core
Stage 2 Part Time			
STFD132	Clinical Assessment of Sports Injuries	20	Core
STFD133	Treatment and Management of Sports Injuries	20	Core
STFD237	Functional Anatomy for Sports Therapy	20	Core
STFD239	Advanced Manual Therapy and Injury Management	20	Core
Stage 3 Part Time			
PSCFD229	Research Design	20	Core
PSCFD230	Sports Nutrition	20	Core
STFD238	Sports Therapy Clinical Practice	20	Core
STFD240	Injury Rehabilitation and Reconditioning	20	Core

Exposition and Mapping of Learning Outcomes, Teaching & Learning and Assessment

Developing graduate attributes and skills, at any level of HE, is dependent on the clarity of strategies and methods for identifying the attributes and skills relevant to the programme and the where and how these are operationalized. The interrelated factors of Teaching, Learning and Assessment and how these are inclusive in nature are fundamentally significant to these strategies and methods, as are where and how these are specifically distributed within the programme.

Ordered by graduate attributes and skills, the following table provides a map of the above plus an exposition to describe and explain the ideas and strategy of each. Therefore, subsequent to the initial completion for approval, maintenance of this table as and when programme structure changes occur is also important:

Level: 4					
Definitions of Graduate Attributes and Skills Relevant to this Programme	Teaching and Learning Strategy / Methods	Prog Aims	Prog intended Learning Outcomes	Range of Assessments	Related Core Modules
<p>Knowledge / Understanding:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: Lectures, Guided Study, Revision Activities</p> <p>Secondary/Supplementary: Seminars, Workshops</p>	1, 2, 3, 4, 5, 6, 7	1, 2, 3, 4, 5, 6, 8	In-Class Test, Practical Assessment, Report, Essay, Presentation, Viva, Case Study	PSCFD121, STFD135, STFD131, STFD132, STFD133, STFD134

<p>An exposition for embedding Knowledge and Understanding through Teaching & Learning and Assessment at this level of the programme:</p> <p>Given the nature of this proposed degree, subject knowledge and assessment will be embedded throughout the programme. All level 4 modules incorporate fundamental knowledge and understanding through various methods of teaching such as lectures, guided revision and revision tasks. Levels of understanding and learning will be evident through a range of different assessment types. Underpinning and fundamental subject knowledge will be expanded on in level 5.</p>					
<p>Cognitive and Intellectual Skills:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: Guided study, practical tasks, lectures, seminars Secondary/Supplementary: Workshops, group tasks</p>	<p>1, 2, 3, 4, 5, 6, 7</p>	<p>1, 3, 4, 5, 6, 8</p>	<p>In-Class Test, Practical Assessment, Report, Essay, Presentation, Viva, Case Study</p>	<p>PSCFD121, STFD135, STFD131, STFD132, STFD133, STFD134</p>
<p>An exposition for embedding Cognitive and Intellectual Skills through Teaching & Learning and Assessment at this level of the programme:</p> <p>Throughout this degree cognitive and intellectual skills will be taught and used throughout all modules. It is important for learners' to be able to think critically & solve problems, and will be evident in several modules that encompass injury assessment, diagnosis and injury management strategies. These skills and challenges will aim to stretch the knowledge and understanding of basic concepts/theories of injury management and encourage learners' to start to examine literature/practices with a more critical and approach.</p>					

<p>Key Transferable Skills:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: Lectures, practical activities, workshops, guided study Secondary/Supplementary: Seminars, group Tasks</p>	<p>1, 2, 3, 5, 6, 7</p>	<p>1, 3, 4, 5, 6, 8</p>	<p>Report, Practical, Essay, Presentation, Case Study</p>	<p>PSCFD121, STFD135 STFD131, STFD132 ,</p>
<p>An exposition for embedding Key Transferable Skills through Teaching & Learning and Assessment at this level of the programme: Throughout many modules there will be an element of group work, collaboration of ideas and discussion which will aim to enhance interpersonal and communication skills of learners which can be transferred into any area of social and work-related life. Additionally, due to the nature of the subject area many modules involve a requirement to develop writing skills and IT competencies. Finally, due to the interpersonal nature and progressive aim of the subject, learners' will be continually encouraged to reflect upon personal practice/achievement and action plan for the future, therefore becoming more a reflective practitioner.</p>					
<p>Employment Related Skills:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: Practical activities, lectures, Secondary/Supplementary: Workshops, group tasks</p>	<p>1, 2, 3, 4, 5, 6, 7</p>	<p>1, 2, 3, 4, 5, 6, 8</p>	<p>Practical Assessment, Case Studies, Presentations</p>	<p>PSCFD121, STFD135, STFD131, STFD132, STFD133, STFD134</p>
<p>An exposition for embedding Employment Related Skills through Teaching & Learning and Assessment at this level of the programme: Every module of this degree has been carefully designed and updated to correlate the requirements of governing bodies and industry expectations & standards. Each module provides additional skill sets/knowledge that provides Level 4 students with an introduction to the sports therapy industry. Many of the assessments within these modules have been designed to demonstrate day-to-day undertakings of a practicing sports therapist and improve post-graduate employability prospects.</p>					

<p>Practical Skills:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: Practical Activities, WBL/WRL Secondary/Supplementary: Workshops, Lectures</p>	1, 2, 3, 5, 7	2, 3, 4, 5, 8	Practical Assessment, Case Studies	STFD135, STFD132, STFD133, STFD134
<p>An exposition for embedding Practical Skills through Teaching & Learning and Assessment at this level of the programme: The subject is practical in nature and therefore a vast amount of the content is delivered in a practical setting. These practical activities compliment the more theory based information covered in other modules. Where possible, practical activities are involved in modules which is crucial to the effective delivery of content, understanding of subject knowledge and also suits the generally preferred hands-on learning style exhibited by sports minded students.</p>					

Level: 5					
Definitions of Graduate Attributes and Skills Relevant to this Programme	Teaching and Learning Strategy / Methods	Prog Aims	Prog intended Learning Outcomes	Range of Assessments	Related Core Modules
<p>Knowledge / Understanding:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p>					

By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Lectures, guided study, revision tasks Secondary/Supplementary: Forum discussions, seminars	1, 2, 3, 4, 5, 6, 7	1, 2, 3, 4, 5, 6, 7, 8, 9	In-Class Test, Practical Assessment, Report, Presentation, Verbal, Case Study.	PSCFD229, PSCFD230, STFD237, STFD238, STFD241, STFD240
An exposition for embedding Knowledge and Understanding through Teaching & Learning and Assessment at this level of the programme: To ensure that previously covered content is not forgotten about during Year 2 topics will be frequently revisited and expanded upon to further develop learners' knowledge and understanding of Level 4 topics. Students will expand on previous knowledge also study new and more advanced areas of sports therapy during level 5 study. Students will be expected to take more ownership of their learning and undertake more reading/research to support this development (self-directed, independent study). Additionally, guided study tasks will enhance knowledge and understanding.					
Cognitive and Intellectual Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Lectures, guided study, seminars Secondary/Supplementary: Workshops, group Tasks	1, 2, 3, 4, 5, 6, 7	1, 3, 4, 5, 6, 7, 8, 9	In-Class Test, Practical Assessment, Report, Presentation, Verbal, Case Study.	PSCFD229, PSCFD230, STFD237, STFD238, STFD241, STFD240
An exposition for embedding Cognitive and Intellectual Skills through Teaching & Learning and Assessment at this level of the programme: Throughout this degree cognitive and intellectual skills will be taught and used throughout various modules. At Level 5 learners will be expected to develop a more critical approach to topics and problem solving. This will be particularly evident during WBL where students will be required to interpret, diagnose and design treatment plans to real case study scenarios. Students will be encouraged to analyse and challenge practices whilst developing informed and plausible ideas of their own. Lecture content will be discussed critically and various guided study, group work and workshop activities will aid this process.					
Key Transferable Skills:					

<p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: Practical activities, workshops, guided study Secondary/Supplementary: Lectures, group Tasks</p>	1, 2, 3, 5, 6, 7	1, 3, 4, 5, 6, 7, 8	Report, Practical, Essay, Presentation, Case Study	PSCFD229, PSCFD230, STFD238, STFD240
<p>An exposition for embedding Key Transferable Skills through Teaching & Learning and Assessment at this level of the programme: Throughout many modules there will be an element of group work which will aim to enhance interpersonal and communication skills of learners which can be transferred into any walk of life. Additionally, due to the nature of the subject area many modules involve a requirement to develop IT based skills, multi-media skills and writing skills. Finally, due to the interpersonal nature and progressive aim of the subject learners' will be constantly required to reflect upon personal practice/achievement and action plan for the future, therefore developing a more reflective practitioner.</p>					
<p>Employment Related Skills:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: WBL, practical tasks Secondary/Supplementary: Lectures, workshops</p>	1, 2, 3, 4, 5, 6, 7	1, 2, 3, 4, 5, 6, 7, 8, 9	Practical Assessment, Case Studies, Presentations	PSCFD229, PSCFD230, STFD237, STFD238, STFD241, STFD240
<p>An exposition for embedding Employment Related Skills through Teaching & Learning and Assessment at this level of the programme: Module content at level 5 continues to parallel industry demand and further prepares learners employment or entrepreneurial endeavours. Many of the assessments within these modules have been designed to demonstrate day-to-day undertakings of a practicing sports therapist and improve post-graduate employability prospects. This is particular evident during WBL aspects of the programme where students are required to operate a student-led sports injury clinic and perform all the essential tasks expected of a graduate sports therapists on real clients/athletes. Students will also receive full membership of the STO (Sports Therapy Organisation) who regulate sports therapy standards and practices in the UK.</p>					

<p>Practical Skills:</p> <p>For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18</p> <p>By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%</p>	<p>Primary: WBL, practical tasks Secondary/Supplementary: Workshops, lectures, seminars</p>	1, 2, 3, 5, 7	2, 3, 4, 5, 7, 8	Practical Assessment, Practical Coursework, Case Studies, Investigative Reports.	STFD237, STFD238, STFD241
<p>An exposition for embedding Practical Skills through Teaching & Learning and Assessment at this level of the programme: The subject is practical in nature and therefore a vast amount of the content is delivered in a practical and environment. These practical activities compliment the more theory based information covered in other modules. Where possible, practical activities are involved in modules which is crucial to the effective delivery of content, understanding of subject knowledge and also suits the generally preferred hands-on learning style exhibited by sports minded students</p>					

Work Based/Related Learning

WBL is an essential element of Foundation Degrees and therefore needs to be detailed here. However, for all types of HE programmes there should be an element of employability focus through, at least, Work Related Learning, and therefore the following is applicable for all:

Level: 5					
WBL/WRL Activity:	Logistics	Prog Aim	Prog Intended LO	Range of Assessments	Related Core Module(s)
<p>Sports Injuries Clinic: Student-led sports injury/therapy clinic to real clientele.</p>	<p>Year 2 learners will operate an on-site entrepreneurial sports injuries clinic where they will be responsible for injury assessment & diagnosis, treatment and</p>	1, 2, 3, 5, 6, 7	1, 3, 5, 6, 7, 8, 9	Case Study Presentation/Portfolio	STFD238

	management of real case study clients/athletes (minimum 50 hours).				
Work-Based Learning: Learners 'shadow' more qualified professionals in the work environment (minimum 30 hours).	Year 2 learners must complete WBL placements with 2 (or more) experienced sports injuries professional such as sports therapists, physiotherapists, chiropractors, etc. (minimum of 25 hours per placement).	1, 2, 3, 5, 6, 7	1, 3, 5, 6, 7, 8	Case Study Presentation/Portfolio	STFD238

BUCS Sports Therapy: Providing voluntary sports therapy provision for British University & Colleges Sports events and championships.	Year 2 learners voluntarily attend the 3-day BSA BUCS championship and provide sports therapy/massage treatments to all participants. Following positive feedback from BUCS this year, they wish to expand this service to other BUCS event in 2014/15.	1, 2, 3, 5, 6	1, 3, 6, 7, 8, 9	Programme Design, Case Study Presentation/Portfolio	STFD238
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Professional Links: Sports therapy/massage for the Plymouth Raiders.	Year 2 students (potentially suitable year 1 students also) will be selected to work alongside senior staff in providing sports therapy provision for the Plymouth Raiders.	1, 2, 5	1, 2, 3, 7, 8	Case Study Presentation/Portfolio	STFD238
<p>An exposition to explain this map:</p> <p>It is important that WBL/WRL is embedded into this degree to develop industry-related skills and a professional approach to practice. The majority of WBL/WRL within this programme involves learners' treating/assisting with real athletes or paying clientele under the supervision of the lecturing staff or experienced and qualified professionals. . Elements of WBL/WRL are involved in many modules and help develop learners' practical/vocational skills, communication skills, enhance knowledge, and reinforce understanding of professionalism and successful practice.</p>					

PLYMOUTH UNIVERSITY MODULE RECORD

2. Module Records

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

MODULE CODE: PSCFD121	MODULE TITLE: Anatomy of Human Movement
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CREDITS: 20	FHEQ Level: 4	JACS CODE: C600
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

Anatomy of movement is a module based around the understanding of how the skeletal, muscular and nervous systems interact to provide movement for athletic performance. The module examines the structure and function of these systems whilst incorporating elements of movement principles (kinesiology).

ELEMENTS OF ASSESSMENT

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	40 %	P1	
E2 (OSCE)		C2		P3	
T1 (in-class test)	60 %	A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to develop upon learners existing knowledge of the human body. The main focus is upon the structure, function and interaction of the musculo-skeletal system during exercise and training. The module also aims to develop a foundation of knowledge to build upon in future modules in relation to human movement (kinesiology) and neural muscular control. Scientific report writing skills will be developed to demonstrate understanding of some of these topics.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Accurately recall anatomical knowledge of the musculo-skeletal system.
2. Analyse movement principles in relation to specified sports/exercise techniques.

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3. Use scientific report writing skills to determine key mechanisms of the nervous system in relation to athletic performance.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	SCHOOL/PARTNER :	City College Plymouth
DATE(S) OF APPROVED CHANGE:	.	TERM:	All Year

Additional notes (for office use only):

PLYMOUTH UNIVERSITY MODULE RECORD

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Lucy Rothwell	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Movement principles/kinesiology
- Musculo-skeletal system
- Nervous system
- Neural-musculo-skeletal interaction
- Report writing skills development

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Practical Workshop	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T	Musculoskeletal Anatomy and Movement: In-Class Test	100%	ALO1; AL02
Coursework	C1	Science of Stretching: Report	100%	ALO3
Practice	P_			

Updated by: Lucy Rothwell	Date: June 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

PLYMOUTH UNIVERSITY MODULE RECORD

Behnke, R. (2021) *Kinetic Anatomy, 4th Ed.* Champaign, USA: Human Kinetics.

Biel, A. (2019). *Trail Guide to the Body, 6th Ed.* Boulder: Books of Discovery.

Floyd, R. (2021). *Manual of Structural Kinesiology, 21st Ed.* New York: McGraw-Hill.

Tortora, G. & Grabowski, S. (2016) *Principles of Anatomy & Physiology, 15th Ed.* New York: Wiley & Sons

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD135	MODULE TITLE: Sports Massage & Manual Therapy
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CREDITS: 20	FHEQ Level: 4	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This practical-based module introduces the basic principles of massage such as treatment mediums, massage techniques, contraindications to massage and health & safety. Massage and manual therapy skills will be developed to include effective pre-event, post-event, treatment and training massages.

ELEMENTS OF ASSESSMENT

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1		P1	100 %
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This aim of this module is to provide learners with the practical skills necessary to perform a range of soft tissue therapies including pre & post event, treatment and training massage. Learners will be able to use practical massage skills acquired in this module to develop progressive manual therapy techniques in 'applied manual therapy & injury management' and 'sports therapy clinical practice' modules.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Demonstrate basic massage movements and evaluate their physiological effects on the body.
2. Perform effective manual therapy treatment for case study scenario.
3. Demonstrate appropriate soft tissue therapy techniques safely and professionally.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
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PLYMOUTH UNIVERSITY MODULE RECORD

DATE OF IMPLEMENTATION: 09/2014	SCHOOL/PARTNER : City College Plymouth
DATE(S) OF APPROVED CHANGE:	TERM: All Year

Additional notes (for office use only):

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Liam Houlton	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Massage and soft tissue manual therapy
- Contraindications to massage
- Understand the physiological effects of massage on the body
- Neuromuscular techniques and connective tissue massage
- Manual therapy treatments for athletes

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/one-to-one support	4	
Practical Workshops	16	
Total	200	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc)

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T			
Coursework	C1			
Practice	P-	Pre/post event massage.	40%	ALO1
		Case study treatment	60%	ALO2; ALO3

PLYMOUTH UNIVERSITY MODULE RECORD

Updated by: Liam Houlton	Date: July 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Braun, M.B. & Simonson, S. (2013) *Introduction to Massage Therapy*, 3rd Edition. USA: Williams & Wilkins.

Fritz, S. (2013) *Sports and Exercise Massage: Comprehensive Care in Athletics, Fitness and Rehabilitation*, 2nd Edition. Missouri: Elsevier Mosby.

Paine, T. (2023) *The complete guide to sports massage*, 4th Edition. London: A & C Black.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD131	MODULE TITLE: Pathophysiology of Sports Injuries
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CREDITS: 20	FHEQ Level: 4	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This module explores a range of musculoskeletal injuries and conditions. Aetiology, signs & symptoms, epidemiology, biomechanics, predisposing factors of sports injuries and stages of soft tissue repair will be reviewed to help develop a broad knowledge of acute & chronic injury pathophysiology.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions*

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	60 %	P1	40 %
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to introduce learners to a range of musculoskeletal injuries and conditions. Students will develop a clear understanding of a range of injuries and be able to evaluate the relevant evidence-based literature to explain the pathophysiology, aetiology, epidemiology and biomechanics of sports injuries & conditions.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Analyse the pathophysiology of a range of sports injuries.
2. Demonstrate an accurate knowledge of musculoskeletal anatomy pertinent to sports injuries.
3. Evaluate the aetiology, epidemiology and biomechanics of injuries associated with sport.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	SCHOOL/PARTNER :	City College Plymouth

PLYMOUTH UNIVERSITY MODULE RECORD

DATE(S) OF APPROVED CHANGE:	TERM: All Year
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Additional notes (for office use only):

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Lucy Rothwell	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Pathophysiology of acute and chronic sports injuries
- Signs and symptoms of sports injuries
- Stages of soft tissue repair
- Aetiology and epidemiology of sports injuries
- Predisposing factors and the biomechanics of sports injuries

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/one-to-one support	8	
Assignment Workshops	12	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T			
Coursework	C1	Understanding tendinopathy	100%	ALO2 and ALO3
Practice	P_	Presentation of sports injuries	100%	ALO1

Updated by: Lucy Rothwell	Date: June 2025	Approved by: .Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Biel, A. (2019). *Trail Guide to the Body*, 6th Ed. Boulder: Books of Discovery.

Bruckner, P. and Khan, K. (2018). *Clinical Sports Medicine*. 5th Edition. Australia: McGraw-Hill.

Jones, G. and Wilson, E. (2019). *The BMA Guide to Sports Injuries*. 2nd Edition. London: Dorling Kindersley

Nordin, M. and Frankel, V. (2021). *Basic biomechanics of the musculoskeletal system*, 5th Ed. Philadelphia: Lippincott Williams & Wilkins.

Peterson, L. and Renstrom, P. (2019.) *Sports Injuries: their prevention & treatment*, 3rd Ed. London: Dunitz.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD132	MODULE TITLE: Clinical Assessment of Sports Injuries
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CREDITS: 20	FHEQ Level: 4	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This module introduces a range of clinical assessments in order to evaluate and accurately diagnose sports injuries & conditions. Areas of clinical assessment include: musculoskeletal joint and muscle strength assessment, neurological dermatomes & myotomes testing, posture, gait and examination of myofascial anatomy trains.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions*

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C 1		P 1	100 %
E2 (OSCE)		C 2		P 3	
T1 (in-class test)		A 1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to develop learners' knowledge of injury assessment to accurately and confidently diagnose a range sports injuries and conditions. The content and practical delivery of this module is strongly aimed at developing skill-based practitioner skills fundamental to effective sports injury diagnosis and management.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Demonstrate practical knowledge of musculoskeletal assessment
2. Perform accurate injury assessment for case study scenarios
3. Accurately record and analyse injury & musculoskeletal assessment outcomes

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	SCHOOL/PARTNER :	City College Plymouth

PLYMOUTH UNIVERSITY MODULE RECORD

DATE(S) OF APPROVED CHANGE:	TERM: All Year
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Additional notes (for office use only):

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Lucy Rothwell	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Joint goniometry
- Musculoskeletal and special tests
- Neurological dermatomes and myotomes testing
- Myofascial anatomy trains
- Clinical consultation and record keeping

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Practical Workshops	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E_			
	T_			
Coursework	C1			
Practice	P_	Case study assessment: Lower body	50%	ALO1; ALO2; ALO3
		Case study assessment; Upper body	50%	ALO1; ALO2; ALO3

PLYMOUTH UNIVERSITY MODULE RECORD

			Total = 100%	
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Updated by: Lucy Rothwell	Date: June 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Magee, D.J. (2021) *Orthopedic physical assessment, 7th Ed.* Canada, Elsevier Saunders.

Myers, T.W. (2020) *Anatomy Trains, 4th Ed.* London: Elsevier.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD133	MODULE TITLE: Treatment & Management of Sports Injuries
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CREDITS: 20	FHEQ Level: 4	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This module introduces concepts of sports injuries treatment & management. Pitch-side first-aid & athlete care, soft tissue therapy, taping/strapping and electrotherapy will explore a broad range of effective and evidence-based clinical treatment methods.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions*

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	50 %	P1	50 %
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to provide learners with the knowledge and practical skills to safely treat a range of sports injuries. Students will be able to demonstrate effective practitioner skills in treating sports injuries through manual therapy techniques, sports taping/bracing and electrotherapy. Students will be able to use these skills to form the fundamentals of sports injuries management which will be further enhanced during 'advanced manual therapy & injury management'.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Apply taping/strapping correctly for a range of sports injuries.
2. Correlate pathophysiology and stages of injury with effective treatment methods.
3. Analyse the evidence based literature to identify effective manual and electrotherapy treatment protocols.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	SCHOOL/PARTNER :	City College Plymouth

PLYMOUTH UNIVERSITY MODULE RECORD

DATE(S) OF APPROVED CHANGE:	TERM: All Year
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Additional notes (for office use only):

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Liam Houlton	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Athletic care and treatment principles
- Kinesiological and athletic taping
- Ultrasound, TENS and interferential therapy
- Critical analysis of treatment methods and modalities

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Practical Workshop	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T1			
Coursework	C1	Electrotherapy and manual therapy critique: Report	100%	ALO2; ALO3
Practice	P-	Sports injury taping: Practical	100%	ALO1

Updated by: Liam Houlton	Date: July 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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PLYMOUTH UNIVERSITY MODULE RECORD

Recommended Texts and Sources:

Denegar, C., Saliba, E. and Saliba, S. (2010). *Therapeutic Modalities for Musculoskeletal Injuries*, 2nd Ed. Champaign: Human Kinetics.

MacDonald, R. (1997) *Taping techniques*. London: Butterworth Heinemann.

Norris, C. (2011). *Managing Sports Injuries: Guide for Students and Clinicians*. USA: Churchill Livingstone/Elsevier.

Peterson,,L. and Renstrom, P. (2001). *Sports Injuries: their prevention & treatment*, 3rd Ed. London: Dunitz.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD134	MODULE TITLE: Strength Conditioning & Injury Prevention
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CREDITS: 20	FHEQ Level: 4	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This module provides students with an insight into some of the fundamental aspects of strength & conditioning. Learners will be introduced to concepts of fitness such as strength, power, agility, plyometrics and core training. Sports needs analysis, programme design, coaching skills and injury prevention strategies will also inform the module.

ELEMENTS OF ASSESSMENT					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1		P1	100%
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to provide learners with an understanding of strength & conditioning concepts and their application to sports therapy practice. Knowledge of fitness training and programme design will help form the basis of exercise prescription for sports performance, injury prevention and rehabilitation. An understanding of strength & conditioning practices will help the learners operate more holistically within a multi-disciplinary sports medicine team.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Demonstrate practical competence of fundamental strength & conditioning exercises.
2. Demonstrate effective coaching and communication skills.
3. Design, implement and explain the contents of a sports specific warm-up/injury prevention session.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	SCHOOL/PARTNER :	City College Plymouth

PLYMOUTH UNIVERSITY MODULE RECORD

DATE(S) OF APPROVED CHANGE:	TERM: All Year
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Additional notes (for office use only):

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Cameron Donkin	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Fundamentals of training principles
- Strength, power, agility and plyometric training
- Programme design
- Needs analysis and exercise prescription
- Warm-up and injury prevention strategies
- Long-term athlete development plan

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Practical Workshops	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E_			
	T1			
Coursework	C1			
Practice	P	Movement Pattern Progressions	40%	ALO1; ALO2
		Warm Up: Design and Delivery	60%	ALO2; ALO3

PLYMOUTH UNIVERSITY MODULE RECORD

Updated by: Cameron Donkin	Date: June 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Andrews, J., Harrelson, G. and Wilk, K. (2012). *Physical Rehabilitation of the Injured Athlete, 4th Ed.* Philadelphia, USA: Elsevier.

Baechle, T. and Earle, R. (2008). *Essentials of Strength & Conditioning, 3rd Ed.* Leeds: Human Kinetics.

Boyle, M. (2004). *Functional Training for Sports.* Leeds: Human Kinetics.

Foran, B. (2001). *High-Performance Sports Conditioning.* Leeds: Human Kinetics.

Whiting, W. and Rugg, S. (2006) *Dynatomy: Dynamic Human Anatomy.* Champaign, USA: Human Kinetics.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: PSCFD229	MODULE TITLE: Research Design
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CREDITS: 20	FHEQ Level: 5	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR: This module enables learners to identify a range of different research methods, processes and considerations which are central in conducting a research project in their specialist field.

ELEMENTS OF ASSESSMENT					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	100 %	P1	
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:
FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:
The aim of the module is to develop learners' understanding of how an effective research project is designed and implemented. A further aim is for learners to demonstrate an ability to analyse statistics gathered from a research project.

ASSESSED LEARNING OUTCOMES: (additional guidance below)
At the end of the module the learner will be expected to be able to:

1. Design a logical and appropriate research project that focuses on the sport and exercise field in relation to the concepts of research.
2. Critically analyse the research approach used by authors in the sport and exercise field.
3. Demonstrate skills in statistical analysis and data interpretation with regards to research project results.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2016	SCHOOL/PARTNER :	City College Plymouth
DATE(S) OF APPROVED CHANGE:		TERM:	All Year

PLYMOUTH UNIVERSITY MODULE RECORD

Additional notes (for office use only):

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: 2025-26

NATIONAL COST CENTRE: 108

MODULE LEADER: Liam Houlton

OTHER MODULE STAFF: N/A

SUMMARY of MODULE CONTENT

- Critique of research approaches used in literature of specialist field.
- Planning research and proposal writing.
- Planning and progress monitoring.
- Statistical analysis methods.

SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E_ T_			
Coursework	C1	Journal critique	30%	ALO2
		Research Report	70%	ALO1; ALO3
Practice	P_			

Updated by:
Liam Houlton

Date:
June 2025

Approved by:
Hollie Galpin-Mitchell

Date:
August 2025

Recommended Texts and Sources:

Pallant, J. (2010). *SPSS Survival Manual: A step by step guide to data analysis using SPSS*. Buckingham, UK: Open University Press

PLYMOUTH UNIVERSITY MODULE RECORD

Thomas, J., Nelson, J. and Silverman, S. (2011). *Research Methods in Physical Activity 6th Ed.*
Champaign, USA: Human Kinetics

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: PSCFD230	MODULE TITLE: Sports Nutrition
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CREDITS: 20	FHEQ Level: 5	JACS CODE: B490
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This module examines the fundamental principles of sports nutrition and the physiological effects various nutrients have on the human body. A range of dietary strategies and nutritional ergogenic aids will be investigated and concludes with a critical analysis of an athlete's dietary regime.

ELEMENTS OF ASSESSMENT					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	100 %	P1	
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aims of this module are to examine the fundamental principles of sports nutrition. Students will be able to reference the evidence-based literature to critique a range of dietary strategies and nutritional ergogenic aids in relation to sports performance, exercise recovery and sports specificity.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Identify the basic principles of nutrition and dietary manipulation.
2. Evaluate a range of ergogenic aids in relation to sports performance and exercise recovery.
3. Critically analyse a sports persons' dietary practice in relation to their performance goal.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2016	SCHOOL/PARTNER :	City College Plymouth

PLYMOUTH UNIVERSITY MODULE RECORD

DATE(S) OF APPROVED CHANGE:	TERM: All Year
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Additional notes (for office use only): [Click here to enter text.](#)

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Cameron Donkin	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Macro and micro nutrients
- Exercise, metabolism and energy balance
- Dieting
- Investigation of the potential ergogenic effects of various sports supplements
- Critical analysis of dietary/nutrient intakes

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Assignment Workshops	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T			
Coursework	C1	Ergogenic aid website	40%	ALO2
		Nutrition case study	60%	ALO1; ALO3
Practice	P_			

Updated by: Cameron Donkin	Date: June 2025	Approved by: Hollie Galpin-Mitchell	Date: <u>August 2025</u>
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PLYMOUTH UNIVERSITY MODULE RECORD

Recommended Texts and Sources:

Burke, L. (2007). *Practical Sports Nutrition*. Champaign, USA: Human Kinetics.

Jeukendrup, A. and Gleeson, M. (2010). *Sports Nutrition 2nd Ed.* Champaign, USA: Human Kinetics.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD237	MODULE TITLE: Functional Anatomy for Sports Therapy
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CREDITS: 20	FHEQ Level: 5	JACS CODE: C600
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

- A natural progression from 'anatomy of human movement' to develop a greater understanding of functional human anatomy & physiological adaptations to exercise. The musculoskeletal and neuromuscular system will be explored in-depth to include comprehensive knowledge of muscle actions, origins, actions & nerve innervations. Additional systems of the body and their physiological adaptations to exercise are also studied to develop a broad understanding of functional anatomy for sports therapy practice.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions*

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1		P1	40 %
E2 (OSCE)		C2		P3	
T1 (in-class test)	60 %	A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module will build upon invaluable musculoskeletal knowledge attained in 'anatomy of human movement'. Students will develop a more comprehensive understanding of the musculoskeletal and neuromuscular system and be able to apply this essential knowledge to sports therapy practices. Understanding of physiological adaptations to exercise will help to develop a broad knowledge of functional anatomy and physiology within sports.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

- Demonstrate a comprehensive knowledge of muscle actions, origins, insertions and nerve innervations
- Evaluate the structure and function of the muscular, skeletal, nervous, lymphatic, cardiovascular, respiratory and endocrine system
- Demonstrate an understanding of anatomical and physiological adaptations to exercise

PLYMOUTH UNIVERSITY MODULE RECORD

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2016	SCHOOL/PARTNER :	City College Plymouth
DATE(S) OF APPROVED CHANGE:		TERM:	All Year

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Liam Houlton	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Muscular, skeletal, nervous, lymphatic, cardiovascular, respiratory and endocrine system
- Muscle actions, origins, insertions and nerve innervations
- Anatomy trains
- Movement analysis of sports and rehabilitation exercises
- Physiological adaptations to strength/anaerobic/aerobic exercise

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Workshops	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
		In-class test	100%	ALO2; ALO3
Coursework	C1			
Practice	P_	Musculoskeletal exploration	100%	ALO1

PLYMOUTH UNIVERSITY MODULE RECORD

Updated by: Liam Houlton	Date: July 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Biel, A. (2010). *Trail Guide to the Body, 4th Ed.* Boulder: Books of Discovery.

Floyd, R. (2011). *Manual of Structural Kinesiology, 18th Ed.* New York: McGraw-Hill.

Tortora, G. and Grabowski, S. (2003). *Principles of Anatomy & Physiology, 10th Ed.* New York: Wiley & Sons.

Wilmore, J., Costill, D, and Kenney, W. (2008) *Physiology of Sport and Exercise 4th Ed.* Illinois, USA: Human Kinetics.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD238	MODULE TITLE: Sports Therapy Clinical Practice
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CREDITS: 20	FHEQ Level: 5	JACS CODE: C600
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: N
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SHORT MODULE DESCRIPTOR:

This module requires students to contextualise the theoretical knowledge and practical skills acquired throughout the course through a student-led sports injuries clinic. Learners will demonstrate the skills required of a successful practicing sports therapist, such as clinic management, injury assessment, accurate consultation and record keeping, treatment & management of sports injuries and rehabilitation exercise prescription with 'real' clients.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions*

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	100 %	P1	Pass/Fail
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module aims to prepare students for all aspects of becoming a successful sports therapist through invaluable first-hand experience of industry-related practice. Learners will enhance critical thinking and communication skills and refine practical-based competencies evidenced by a comprehensive case studies portfolio and 100 hours clinical practice.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Demonstrate competency in conducting a thorough consultation, assessment and treatment of a variety of injuries in order to enhance recovery through 100 hours sports therapy clinical practice/work-based learning.
2. Develop and refine practical sports therapy and injury rehabilitation skills.
3. Demonstrate the ability to work independently and in a team, communicating in styles appropriate for a variety of professional purposes & audiences.
4. Critically evaluate your own personal development plan (PDP), continual professional development (CPD) and entrepreneurship in relation to sports therapy practice.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
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PLYMOUTH UNIVERSITY MODULE RECORD

DATE OF IMPLEMENTATION: 09/2016	SCHOOL/PARTNER : City College Plymouth
DATE(S) OF APPROVED CHANGE:	TERM: Other

Additional notes (for office use only): You must complete a minimum of 100 hours clinical practice (including 70 hours CCP sports injury clinic and 30 hours external or additional placement) to pass the module.

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Liam Houlton	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Consultation techniques and accurate record keeping
- Assessment and special tests for injury diagnosis
- Use of electrotherapy modalities and manual therapy & mobilization
- Progressive exercise prescription for injury recovery/rehabilitation
- Case studies portfolio/presentation (100 hours minimum: including 70 hours CCP sports injury clinic and 30 hours external placement)

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Supervision	90	
Directed Reading/Revision	60	
Tutorial/One-to-one support	30	
Practical Workshops	20	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E_			
	T_			
Coursework	C1	Sports injuries portfolio (case report)	100%	ALO1; ALO2; ALO3; ALO4

PLYMOUTH UNIVERSITY MODULE RECORD

Practice	P1		Pass/Fail	ALO1; ALO2; ALO3; ALO4
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Updated by: Liam Houlton	Date: July 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Bahr, R. and Maehlum, S. (2004). *Clinical Guide to Sports Injuries*. USA: Human Kinetics.

Mulligan, B.R. (1999). *Manual Therapy 'NAGS', 'SNAGS', 'MWMS', 6th Ed.* New Zealand: Orthopaedic Physical Therapy products.

Prentice, W. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training, 5th Ed.* New York, USA: McGraw-Hill.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD241	MODULE TITLE: Applied Manual Therapy & Injury Management
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CREDITS: 20	FHEQ Level: 5	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR: This module builds upon manual therapy skills attained in year 1 through advanced manual therapy techniques such as peripheral & spinal mobilisation, electrotherapy and contemporary therapies. Injury assessment & treatment protocols will be revisited to include the addition of more advanced skills.

ELEMENTS OF ASSESSMENT					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1		P1	Pass / Fail
E2 (OSCE)		C2		P3	
T1 (in-class test)	100 %	A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:
FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module aims to increase learners' knowledge of assessment & treatment of sports injuries such as manual and electrotherapy attained in year 1. Skilled manual therapy techniques such as peripheral & spinal mobilisation will be developed with consideration to joint accessory movements that may be compromised by injury and/or immobilisation. Students will also be able to demonstrate a more comprehensive understanding of injury assessment, treatment and management and electrotherapy modalities.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Demonstrate peripheral & spinal mobilisation techniques safely & effectively.
2. Demonstrate a comprehensive understanding of injury pathophysiology and correlate with appropriate assessment & treatment methods for a range of sports injuries.
3. Demonstrate knowledge of manual therapy methods and electrotherapy modalities for effective injury management.

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
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PLYMOUTH UNIVERSITY MODULE RECORD

DATE OF IMPLEMENTATION: 09/2016	SCHOOL/PARTNER : City College Plymouth
DATE(S) OF APPROVED CHANGE:	TERM: All Year

Additional notes (for office use only): Practical assessment will be graded pass/fail in relation to safe & effective practical skills. The practical assessment must be successfully completed to pass the module.

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Liam Houlton	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Advanced manual therapy
- Peripheral and spinal mobilisation
- Electrotherapy methods and modalities
- Shockwave therapy
- Sports injury diagnosis and treatment
- Injury pathophysiology and injury management

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Assignment Workshops	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T1	Sports Therapy/Injury: ICT	100%	ALO2; ALO3

PLYMOUTH UNIVERSITY MODULE RECORD

Coursework	C1			
Practice	P_	Peripheral & spinal mobilisation: Practical	Pass/Fail	ALO1

Updated by: Liam Houlton	Date: July 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Magee, D.J. (2021) *Orthopedic Physical Assessment (Orthopedic Physical Assessment)*. 7th Ed. United Kingdom: Elsevier Health Sciences.

Mulligan, B.R. (2010) *Manual Therapy 'NAGS','SNAGS','MWMS'*, 6th Ed. New Zealand: Orthopaedic Physical Therapy products.

PLYMOUTH UNIVERSITY MODULE RECORD

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

MODULE CODE: STFD240	MODULE TITLE: Injury Rehabilitation & Reconditioning
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CREDITS: 20	FHEQ Level: 5	JACS CODE: C630
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Y
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SHORT MODULE DESCRIPTOR:

This model focuses on effective rehabilitation exercises following injury. Stages of injury & soft tissue repair, sports specificity, psychology of injury and return to fitness screening will inform progressive rehabilitation programme design. Strategies for exercise recovery/injury prevention will also be reviewed.

ELEMENTS OF ASSESSMENT

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		C1	60 %	P1	40 %
E2 (OSCE)		C2		P3	
T1 (in-class test)		A1			

SUBJECT ASSESSMENT PANEL Group to which module should be linked:

FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module will provide students with the knowledge and practical skills necessary to rehabilitate injured persons/athletes following injury and return them to their chosen sport or physical activity. Learners will be able to identify stages of injury and soft tissue and subsequently prescribe effective & progressive rehabilitation programmes inclusive of both physiological and psychological aspects of recovery.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Analyse principles of rehabilitation throughout the stages of injury & soft tissue repair
2. Produce a detailed and progressive rehabilitation plan with regard to injury & sports specificity
3. Analyse the effectiveness of contemporary injury rehabilitation strategies

DATE OF APPROVAL:	04/2014	FACULTY/OFFICE:	Academic Partnerships
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PLYMOUTH UNIVERSITY MODULE RECORD

DATE OF IMPLEMENTATION: 09/2016	SCHOOL/PARTNER : City College Plymouth
DATE(S) OF APPROVED CHANGE:	TERM: All Year

Additional notes (for office use only):

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: 2025-26	NATIONAL COST CENTRE: 108
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MODULE LEADER: Cameron Donkin	OTHER MODULE STAFF: N/A
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SUMMARY of MODULE CONTENT

- Stages of injury and soft tissue repair
- Rehabilitation exercise, electrotherapy and manual therapy prescription
- Open vs closed kinetic chain exercises
- Rehabilitation programme design
- Psychology of injury rehabilitation
- Recovery strategies - Contrast bathing, occlusion training, sauna/steam room and hydrotherapy
- Functional movement screening

SUMMARY OF TEACHING AND LEARNING

Scheduled Activities	Hours	Comments/Additional Information
Lead Lectures	60	
Directed Reading/Revision	120	
Tutorial/One-to-one support	4	
Assignment Workshops	16	
Total	200	

Category	E l e m e n t	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E_ T_			
Coursework	C1	Injury Rehabilitation Plan: 6 week plan	60%	ALO2

PLYMOUTH UNIVERSITY MODULE RECORD

Practice	P1	Rehabilitation practical	40%	ALO1; ALO3
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Updated by: Cameron Donkin	Date: June 2025	Approved by: Hollie Galpin-Mitchell	Date: August 2025
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Recommended Texts and Sources:

Andrews, J., Harrelson, G. and Wilk, K. (2012). *Physical Rehabilitation of the Injured Athlete, 4th Ed.* Philadelphia, USA: Elsevier.

Boyle, M. (2004). *Functional Training for Sports.* Leeds: Human Kinetics.

Prentice, W. (2011). *Rehabilitation Techniques for Sports Medicine and Athletic Training, 5th Ed.* New York, USA: McGraw-Hill.

Whiting, W. and Rugg, S. (2006). *Dynatomy: Dynamic Human Anatomy.* Champaign, USA: Human Kinetics.