

MODULE DESCRIPTOR

MODULE TITLE	COMMON SPORTS INJURIES & INJURY PREVENTION		
MODULE CODE	XS2031 (L5)	CREDIT VALUE	20/10 ECTS
SCHOOL	SCHOOL OF SCIENCE		

MODULE AIMS

The aims of the module are to:

- Provide the strength and conditioning practitioner with an understanding of common sports injury pathologies, and their own potential role in later stage management of these injuries, whilst working as part of the athlete support team.
- To provide the strength & Conditioning Coach with the understanding and skills to develop preventative /prehab programmes aimed at helping to reduce the risk of injury.

MODULE CONTENT

The module will cover areas of soft tissue injury and management, as well as mechanism of injury and risk factors. Injuries looked at will include the spine and upper and lower limbs, with the key emphasis being on those injuries/pathologies where appropriate strength and conditioning interventions could minimise occurrence and risk.

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Effectively discuss a range of common sports related injury pathologies and their management
2. Effectively discuss and reason common presenting signs and symptoms of common sports related injuries in the athlete
3. Justify the use of appropriate conditioning exercises aimed at preventing and decreasing risk of common sports related injuries
4. Discuss and evaluate a variety of screening methods aimed at identifying potential injury risk in the athlete.

TEACHING METHODS

The module will utilise a mix of practical, lectures and tutorials. Case studies and video presentations and examples of current research will be used to facilitate learning and understanding of specific injuries including mechanism of injury and surgical intervention. Outside of the classroom students will be directed to appropriate digital media via Blackboard to support this learning.

Students will be expected to apply some of their existing knowledge of strength & conditioning exercises to rationalise their (exercise) role or potential role in injury prevention.

Formative presentations will also be used to allow students the opportunity to research a specific topic and present back to the class. This will allow students to get feedback on their knowledge and understanding and use of literature/evidence.

Case studies will also be used to allow students the opportunity to conduct a needs analysis approach to the athlete when considering injury prevention protocols.

Practical sessions will allow students to demonstrate and practice specific aspects of the module including screening tests, prevention protocols and return to competition progressions.

ASSESSMENT METHODS

This module is assessed through a Written Assignment (100%).

