Module Code SPTC06

Version 2

Module Title Soft Tissue Techniques

Credits 20

Valid From 01-Sep-14 to 31-Aug-19

Status Validated

Subject Board SPT

Academic level 4

Study period Semester X

Prerequisites and co-requisites N/A

Associated programmes (Compulsory)

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<td>V</td>
<td>Sports Therapy (Exeter College)</td>
<td>Compulsory</td>
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Not available to students taking/having taken N/A

Content (Indicative)

The syllabus will typically include:

- Practical identification of muscles, joints and significant bony landmarks
- A practical application of soft tissue techniques based on theoretical underpinning knowledge
- Postural assessment and analysis
- Identifying dysfunction and corrective strategies in static and dynamic movements which cause postural misalignments
- Heat Therapy and Cryotherapy within a sporting environment for injury management
- Taping and strapping techniques for injury management
- Identify basic principles of subjective and objective assessments, using ‘SOAP’ guidelines

Teaching and Learning Experience

Module Leader: Tammy Emmins

Modes of delivery: Lectures, Practical Lectures, Seminars, Independent Study

Module Learning Outcomes (LOs)

On successful completion of this module students will be expected to be able to:

1. Practically demonstrate safe and effective soft tissue techniques within a range of sporting environments showing the underpinning theoretical knowledge

September 2014
2. Demonstrate an effective postural analysis
3. Recognise contraindications, ethical considerations and patient confidentiality within a clinical/ sports environment
4. Demonstrate and describe the safe and effective use a range of injury management techniques within different sporting contexts
5. Demonstrate subjective and objective assessment using SOAP

Assessment (Compulsory)

* Not anonymously marked

<table>
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<tr>
<th>Assessment task</th>
<th>Load (e.g. wordage)</th>
<th>Weighting (as a percentage)</th>
<th>Learning outcomes assessed</th>
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<tbody>
<tr>
<td>Practical Exam</td>
<td>1 ½ hours</td>
<td>60%</td>
<td>1, 2, 4, 5</td>
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<td>Presentation</td>
<td>15 mins</td>
<td>40%</td>
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Indicative reading (Compulsory)

Books

Journals
British Journal of Sports Medicine
Journal of Orthopaedic and Sports Physical Therapy
Journal of Sports Therapy (available online: jst.ucb.ac.uk)
Physical Therapy in Sport
Physiotherapy in Sport

Websites
www.cid.ch/DAVID/mainmenu.html
www.newscientist.com/home.ns
www.PRI-online.org (Introduction to Physiotherapy Research International)
www.sportsinjuryclinic.net