

BRITISH COLLEGE OF
BCOM
OSTEOPATHIC MEDICINE



UNIVERSITY OF
PLYMOUTH

PROGRAMME QUALITY HANDBOOK 2018-2019

Post Graduate Certificate in Osteopathic Sports Care

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1. Welcome and Introduction to Post Graduate Certificate in Osteopathic Sports Care

Welcome to the PgCert in Osteopathic Sports Care delivered by the British College of Osteopathic Medicine.

This is the Course Handbook for the PgCert in Osteopathic Sports Care. All the staff in the British College of Osteopathic Medicine and the University of Plymouth's Academic Partnerships Faculty of Health¹, Education and Society² warmly welcomes you to BCOM. There is a considerable amount of information contained in this Handbook, some of which will be of greater relevance to you as you work through the course than it is at the start of your course of studies at BCOM. We recommend that you read this Course Handbook through carefully **now** in order to save yourself time. Keep it safe: you will need to use it through your course. The answers to most of the questions you will want to ask about your Course are in here. You should note that, occasionally, in order to improve the Course, the details in this Handbook may be amended or revised and these amendments will be published on the College intranet, Osteonet, as will the full Handbook.

BCOM has developed this programme in partnership with Osteopathic Sports Care Association (OSCA). OSCA operates an Internship programme for osteopaths (primarily, recent graduates who are interested in osteopathic sports care). The feedback from the Interns and the Head of OSCA's Internship programme has driven the content of the modules. The proposed programme was also discussed with BCOM's final year students and applicants, who had expressed an interest in working with sports clubs upon graduation.

The PgCert in Osteopathic Sports Care course provides osteopaths a structured pathway that leads to a formal qualification. The course is delivered over 12 to 18 months and will provide knowledge and skills required for the management of sporting injuries within clinical practice and on-field.

A wide range of osteopathic approaches will be included and the faculty comprises of experienced osteopaths who work within the sports care field.

This programme has been designed to equip you with the skills and knowledge base required to work in your chosen specialism or other graduate opportunities. It is also a platform from which you can undertake additional vocational and academic qualifications.

¹ Based at the Plymouth University Campus: Drake Circus, Plymouth. PL4 8AA.

² Liaison tutor: Mr Alec Rickard.

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
 - o available on Osteonet (the college intranet)
- Your Module, Teaching, Learning and Assessment Guide
 - o available on Osteonet (the college intranet)
- Plymouth University's Student Handbook
 - o available at:
<https://www.plymouth.ac.uk/your-university/governance/student-handbook>

2. Programme Specification

Awarding Institution:	University of Plymouth
Partner Institution and delivery site (s):	British College of Osteopathic Medicine (BCOM)
Accrediting Body:	General Osteopathic Council
Language of Study:	English ³
Mode of Study:	Full time
Final Award:	Masters in Osteopathy (integrated masters)
Intermediate Award:	N/A
Programme Title:	Masters in Osteopathy
UCAS Code:	B81
JACS Code:	B310
Benchmarks:	Framework for Higher Education Qualifications (FHEQ), Subject Benchmark Statement: Osteopathy 2015 Osteopathic Practice standards
Date of Programme Approval:	12/15

³ Unless otherwise approved through Plymouth University's Academic Development and Partnerships Committee

1. Brief Description of the Programme

This course is aimed at osteopaths who wish to enhance their ability to deal with osteopathic sports care. The emphasis will be on developing clinical and academic skills. The three modules include concepts of osteopathic sports care, exercise and rehabilitation and the osteopathic management of sports injuries. A wide range of osteopathic approaches will be included and the faculty comprises experienced osteopaths who work within the sports care field.

3. Details of Accreditation by a Professional/Statutory Body

This Post Graduate Certificate in Osteopathic Sports Care does not give graduates eligibility to apply for registration with the General Osteopathic Council. Applicants will be registered with either the General Osteopathic Council or appropriate registering bodies in the country/ies where they practice Osteopathy

2. 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>)

None

3. Programme Aims

The programme will deliver:

- A1: Theoretical aspects and concepts of osteopathic sports care, including exercise and rehabilitation
- A2: Osteopathic diagnostic reasoning and rationale behind treatment and management of sporting injuries
- A3: Clinical decision making and complex skills of analysis
- A4: Autonomy, independence and reflective skills for self appraisal.

A5: Appropriate clinical skills for osteopathic management of sporting injuries.

A6: Research in osteopathic sports care

4. Programme Intended Learning Outcomes (ILO)

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

ILO1: knowledge and understanding

Demonstrate a systematic understanding of specialist clinical knowledge in specific areas of practice in osteopathic sports care

Demonstrate critical awareness of current issues and/or new insights in osteopathic sports care

ILO2: cognitive and intellectual skills

Demonstrate an analytical approach to evidence which informs osteopathic sports care practice

Demonstrate logical and systematic thinking to make reasoned conclusions and judgements during management of osteopathic sports care.

ILO3: transferable skills

Demonstrate effective communication skills whilst interacting with patients, colleagues other healthcare professionals, coaches and club representatives.

manage time, prioritise workloads and recognise and manage personal emotions and stress

Demonstrate a well-rehearsed inter-personal skill and mature clinical decision-making ability required in an autonomous practice and during collaboration with other healthcare practitioners and individuals involved with patients with sports related injuries.

ILO4: employment

Demonstrate the ability to carry out high quality osteopathic sports care practice with due regard to legal, ethical and professional guidelines.

Demonstrate professional and personal skills required for provision of multi and inter –disciplinary care of sporting injuries.

ILO5: practical

Demonstrate the ability to assess and treat sports injuries using wide range of techniques

Formulate a treatment and osteopathic management plan to meet patients' needs

Maintain clear and accurate case-records.

5. Distinctive Features

PG Cert Osteopathic Sports Care course provides osteopaths a structured pathway that leads to a formal qualification. The course will provide knowledge and skills required for management of sporting injuries within clinical practice and on-field. A wide range of osteopathic approaches will be included and the faculty comprises of experienced osteopaths who work within the sports care field.

6. Admissions Criteria

Qualification(s) Required for Entry to this Programme:	Details:
<p>Level 2:</p> <p>1. Key Skills requirement / Higher Level Diploma:</p> <p>and/or</p> <p>2. GCSEs required at Grade C or above:</p>	<p>N/A</p>
<p>Level 3: at least one of the following:</p> <p>3. AS/A Levels</p> <p>4. Advanced Level Diploma:</p> <p>5. BTEC National Certificate/Diploma:</p> <p>6. VDA: AGNVQ, AVCE, AVS:</p> <p>7. Access to HE or Year 0 provision:</p> <p>8. International Baccalaureate:</p> <p>9. Irish / Scottish Highers / Advanced Highers:</p>	<p>N/A</p>
<p>Work Experience:</p>	<p>All students must be working as osteopaths</p>
<p>Other HE qualifications / non-standard awards or experiences:</p>	<p>All students must be working as osteopaths, and be registered with the GOsC (or the equivalent in their country). They must hold M.Ost, BSc Ost, DO, or equivalent. Students must be in possession of a valid First –Aid Certificate.</p>

APEL / APCL⁴ possibilities:	None
Interview / Portfolio requirements:	Applicants will be interviewed.
Independent Safeguarding Agency (ISA) / Criminal Record Bureau (CRB) clearance required:	Students wishing to attend children's or vulnerable adult's sports clubs will be required to have Enhanced DBS check.

10. Academic Standards and Quality Enhancement

Subject External Examiner(s):

The external examiner proposed for this programme is a Registered Physiotherapist and Osteopath. He has MSc in Sports Physiotherapist and has extensive experience of providing osteopathic sports care during international sporting events.

Tim Allardyce (Subject and Award external examiner)

Module Code	Module Name
BCOM7004	Concepts of Osteopathic Care
BCOM7005	Exercise and Rehabilitation
BCOM7006	Osteopathic Management of Common Sporting Injuries

Additional stakeholders specific to this programme:

Students: Students will be engaged with Programme Committee meetings, and through annual student feedback.

General Osteopathic Council

Osteopathic Sports Care Association

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⁴ Accredited Prior Experiential Learning and Accredited Prior Certificated Learning

4. Programme Structure⁵

The following structure diagram(s) provides the current structure for this programme:

FHEQ Level: 7 For: PgCert Osteopathic Sports Care Part Time							
P/T Route Year	When in Year? (i.e. autumn, spring etc)	Structure as Agreed at Programme Approval			Revised Structure (when required)		
		Core or Option Module	Credits	Module	Core or Option Module	Credits	Module
Part Time	All Year	Core	20	Concepts of Osteopathic Sports Care (BCOM 7004)	Insert when amended	Insert when amended	Insert when amended
Part Time	All Year	Core	20	Exercise and Rehabilitation (BCOM 7005)			
Part Time	All Year	Core	20	Osteopathic Management of Sports Injuries (BCOM 7006)			

⁵ The provided table includes only a single line. This should be multiplied by copying and pasting to produce the correct number of modules for the level of the programme. For ease of consideration and clarity, please include a separate table for each level by again copying and pasting this table. Colour coding/ shading may be used to differentiate between new modules and existing approved modules shared with other programmes.

11. Explanation and Mapping of Learning Outcomes, Teaching & Learning and Assessment⁶

FHEQ level: 7					
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>A systematic understanding of knowledge and a critical awareness of new insights in osteopathic sports care .</p> <p>By the end of this level of this programme</p>	<p>Primary:</p>	<p>A1: Theoretical aspects and concepts of osteopathic sports care, including exercise and rehabilitation</p> <p>A2:</p>	<p><u>ILO1:</u> knowledge and understanding Demonstrate a systematic understanding of specialist clinical knowledge in specific areas of practice in osteopathic sports care</p> <p>Demonstrate critical awareness of current issues and/or new insights in osteopathic sports care</p>	<p>Coursework</p>	<p>BCOM7004 BCOM7005 BCOM7006</p>

⁶ For programmes containing more than one FHEQ level of study, i.e. a bachelor programme with levels 4, 5 & 6, a separate map must be provided for each level. The table should be copied and pasted to enable this.

<p>the students will be able to demonstrate for a threshold pass: Anatomical , biomechanical, physiological principles related to health, disease and their significance in osteopathic sports care and management of sports injuries, including exercise and rehabilitation</p> <p>Osteopathic techniques and their application in sports care to enable the practitioner to determine which technique is appropriate for the patient</p>	<p>Didactic lectures Tutorials Seminars Secondary/Supplementary: None</p>	<p>Osteopathic diagnostic reasoning and rationale behind treatment and management of sporting injuries A5: Appropriate clinical skills for osteopathic management of sporting injuries. A6: Research in osteopathic sports care</p>			
<p>An explanation for embedding Knowledge and Understanding through Teaching & Learning and Assessment at this level of the programme: A combination of didactic lectures, seminar, practical demonstration and tutorials will be used to deliver the lecture material. The learning outcomes will be assessed through written coursework and Individual Structured Clinical Examinations (ISCE's). Students reflection on work-based experience will be assessed through a Reflective Log.</p>					
<p>Cognitive and Intellectual Skills:</p> <p>By the end of this level of this programme</p>	<p>Primary:</p>	<p>A3: Clinical</p>	<p>ILO2: cognitive</p>	<p>Course work</p>	<p>BCOM70</p>

<p>the students will be able to demonstrate for a threshold pass:</p> <p>Integrate information from a variety of sources in order to generate differential diagnosis for subsequent testing.</p> <p>Develop and apply clinical reasoning strategies and be able to with research justify these strategies.</p> <p>Utilise problem solving both clinically and show autonomy and originality , this will include solutions to ethical and legal issues in a professional clinical setting.</p>	<p>Didactic lectures Tutorials Seminars Secondary/Supplementary: None</p>	<p>decision making and complex skills of analysis. A4: Autonomy, independence and reflective skills for self appraisal. A5: Appropriate clinical skills for osteopathic management of sporting injuries. A6: Research in osteopathic sports care</p>	<p><u>and intellectual skills</u> Demonstrate an analytical approach to evidence which informs osteopathic sports care practice</p> <p>Demonstrate logical and systematic thinking to make reasoned conclusions and judgements during management of osteopathic sports care.</p>	<p>ISCE</p>	<p>04 BCOM70 05 BCOM70 06</p>
<p>An explanation for embedding Cognitive and Intellectual Skills through Teaching & Learning and Assessment at this level of the programme:</p>					
<p>Key Transferable Skills:</p> <p>By the end of this level of this programme the students will be able to demonstrate for a threshold pass:</p>	<p>Primary: Didactic lectures Tutorials</p>	<p>A4: Autonomy, independence</p>	<p><u>ILO3:</u> <u>transferable skills</u></p>	<p>Coursework and Learning Log</p>	<p>BCOM70 04 BCOM70</p>

<p>Effective communication with patients, coaches and other healthcare providers.</p> <p>Reflective self evaluative skills</p> <p>Ability to build effective professional relationships</p> <p>Time management</p> <p>Ability to respond and manage change effectively.</p> <p>Analytical problem solving skills for use in a variety of settings.</p>	<p>Seminars Secondary/Supplementary: None</p>	<p>nce and reflective skills for self appraisal.</p>	<p>Demonstrate effective communication skills whilst interacting with patients, colleagues other healthcare professionals, coaches and club representatives.</p> <p>. manage time, prioritise workloads and recognise and manage personal emotions and stress</p> <p>Demonstrate a well-rehearsed inter-personal skill and mature clinical decision-making ability required in an autonomous practice and during collaboration with other healthcare practitioners and individuals</p>	<p>05 BCOM70 06</p>
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			involved with patients with sports related injuries		
<p>Employment Related Skills:</p> <p>By the end of this level of this programme the students will be able to demonstrate for a threshold pass:</p> <p>Osteopathic techniques and their application in sports care to enable the practitioner to determine which technique is appropriate for the patient</p> <p>Reflective self evaluative skills</p> <p>Anatomical , biomechanical, physiological principles related to health, disease and their significance in sports and osteopathic sports care</p>	<p>Primary: Didactic lectures Tutorials Seminars Secondary/Supplementary: None</p>	<p>A1: Theoretical aspects and concepts of osteopathic sports care A2: Osteopathic diagnostic reasoning and rationale behind treatment and management decisions in osteopathic sports care A3: Clinical decision making and complex skills of analysis. A4: Autonomy, independence and reflective skills for self appraisal. A5: Appropriate clinical skills for osteopathic management of sporting injuries.</p>	<p><u>ILO4:</u> <u>employment</u> Demonstrate the ability to carry out high quality osteopathic sports care practice with due regard to legal, ethical and professional guidelines.</p> <p>Demonstrate professional and personal skills required for provision of multi and inter – disciplinary care of sporting injuries..</p>	<p>Course work and Learning Log</p>	<p>BCOM7004 BCOM7005 BCOM7006</p>

<p>Practical Skills:</p> <p>As above</p>			<p><u>ILO5: practical</u> Demonstrate the ability to assess and treat sports injuries using wide range of osteopathic techniques</p> <p>Formulate a treatment and osteopathic management plan to meet patients' needs</p> <p>Maintain clear and accurate case-records.</p>	<p>ISCE</p>	<p>BCOM70 04 BCOM70 05 BCOM70 06</p>
<p>An explanation for embedding Practical Skills through Teaching & Learning and Assessment at this level of the programme:.</p>					

12. Work Based/Related Learning⁷

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:

FHEQ level: Level 7					
WBL/WRL Activity:	Logistics	Prog Aim	Prog Intended LO	Range of Assessments	Related Core Module(s)
Shadowing/Observing experience practitioners osteopathic sports care	BCOM in liaison with The Osteopathic Sports Care Association will assist students to make arrangements with local practitioners so that students can observe. OSCA, through its Internship programme has list of practitioners who are willing to receive Interns' and other osteopaths and osteopathic students interested in sports care	A2, A3 AND A5	ILO2, ILO3, ILO4 AND ILO5	Learning Log	BCOM7004 BCOM7005 BCOM7006

⁷ The provided table includes only a single line. This will need replicating for each WBL/WRL activity (I.e, placements / real-world industry provided problems to solve / visits / trade shows etc). Additionally, the table should be replicated for each stage of the programme for clarity.

The course at BCOM aims to equip the students with the skills that they will need to provide osteopathic sports care to sporting individuals. The skills that are taught and assessed cover both practical and theoretical subjects.

The general procedures and regulations for assessment are consistent with the University regulations and with the General Osteopathic Council's Osteopathic Practice Standards requirements for practice. External Examiners and The University externally verify the assessment process.

Work Based Learning

It is expected that all registered osteopaths who enrol on this programme will be in clinical practice and some may be providing osteopathic sports care.

Students will also be required to undertake 50 hours of in work-based learning by shadowing/observing clinicians providing sports care within both confined clinical environment and on-field. Students will be required to submit a work-based learning log confirming the learning opportunities during the observation/shadowing. The learning log will be assessed with an outcome of either Pass/Fail.

BCOM in liaison with Osteopathic Sports Care Association (OSCA) will assist each candidate to arrange work-based learning with a local practitioner with experience of providing sports care.

OSCA has an established 'Internship programme' for recent graduates and for experience osteopaths who have developed a special interest in providing sports care and as such has experience of arranging work-based learning with osteopaths, Physiotherapists, Chiropractors and sports medicine doctors.

Example of work-based learning Log form

Candidates are required to gain 50 hours of work-based experience and record the type of activity and learning opportunities on this form.

Candidate number: _____

Date of Submission: _____

<i>Date</i>	<i>Name and profession of the practitioner observed</i>	<i>Venue</i>	<i>Hours</i>	<i>Activities observed</i>	<i>Reflection on the activities observed</i>	<i>Practitioner's Signature</i>

5. 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:	BCOM 7004	MODULE TITLE:	Concepts of Osteopathic Sports Care
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CREDITS: 20	FHEQ Level: 7	JACS CODE: B310
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PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Yes
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SHORT MODULE DESCRIPTOR: *(max 425 characters)*

The module provides in depth understanding of key issues (relating to osteopathic sports care) such as law, ethics, inter professional liaison, case history taking and Health and Safety in sports care.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions]*

WRITTEN EXAMINATION		COURSEWORK		PRACTICAL	
E1 (Examination)		C1 (Coursework)	70%	P1 (Practical)	
E2 (Clinical Examination)	30%	A1 (Generic Assessment)			
T1 (Test)					

SUBJECT ASSESSMENT PANEL Group to which module should be linked: Osteopathy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

1. An extension of critical awareness of the role of osteopathy in treatment and management of common sporting injuries.
2. Critical review and interpretation of the case-history presented by a sporting individual.
3. Critical review of pitch side/ on-field management of common sporting
4. A further understanding of the importance of multi-disciplinary team work and legal issues in sports care.

ASSESSED LEARNING OUTCOMES: *(additional guidance below)*

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

1. Evaluate the extent to which osteopaths can play a more diverse role in providing care to sporting individuals in a primary multidisciplinary care.
2. Critically review the legal and ethical issues relating to treatment of sports injuries' including Health and Safety legislation and good practice.
3. To extend the practitioner's existing skills of case history taking and apply them to sports related injuries

DATE OF APPROVAL:	12/2015	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	05/2016	SCHOOL/PARTNER:	BCOM
DATE(S) OF APPROVED CHANGE:	Click here to	TERM/SEMESTER:	All Year

enter a
date.

Additional notes (for office use only): For delivering institution's HE Operations or Academic Partnerships use if required

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: 2018-19

NATIONAL COST CENTRE: N/A

MODULE LEADER: MR SIMEON MILTON

OTHER MODULE STAFF: MR MANOJ MEHTA

SUMMARY of MODULE CONTENT

Role of osteopathy in a multidisciplinary primary care provision within a sporting environment
Case-history taking for sport related injuries
Health and Safety and legal issues in sport.
Role of the Osteopath in pitch-side/on-field management of sporting injuries

SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]

Scheduled Activities	Hours	Comments/Additional Information
Lecture	20	
Guided Independent Study	130	
Work based learning within sports care environment (to be arranged by the student)	50	A list will be provided by the college and Osteopathic Sports care Association
Total	<u>200</u>	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc)

Category	Element	Component Name	Component Weighting	Comments include links to learning objectives
Exam	E	ISCE	100%	Learning outcome 3
	T			
Coursework	C	1000 word Written assignment	100%	Learning outcomes 1,2
Practical	P			

Updated by:
FH & MM

Date:
30/08/2018

Approved by:
M Mehta

Date:
07/07/2017

Recommended Texts and Sources:

Auweele Y, Cook E, Parry J: Ethics and Governance in Sport. Routledge

Bird, S.R. et al. (1997) *Sports injuries - causes, diagnosis, treatment and prevention*. Cheltenham: Stanley Thornes.

Bruckner, P., Khan, K. Et al (2012) *Bruckner and Khan's Clinical Sports Medicine (4th ed.)*. 4th edition
London: McGraw-Hill.

Gardiner S, Boyes. S et al. (2011) *Sports Law*. Routledge; 4 edition

McKone, W.L. (1997) *Osteopathic Athletic Health Care: Principles and Practice*. London: Chapman & Hall

McNamee. M, Moller.V (2013) *Doping and Anti-Doping Policy in Sport: Ethical, Legal and Social Perspectives (Ethics and Sport)*. Routledge

O'Byrne, J.M. and Devitt, B.M. (2010) *Sports Emergencies: Management scenarios*. Edinburgh: Churchill Livingstone.

Routledge Handbook of Sports Therapy, Injury Assessment and Rehabilitation (2015) ed. Keith Ward. Routledge International Handbooks.

Journals

Clinics in Sports Medicine

Exercise and Sports Science Reviews

British Journal in Sports Medicine

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

MODULE CODE:	BCOM 7005	MODULE TITLE:	Exercise and Rehabilitation
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CREDITS: 20	FHEQ Level: 7	JACS CODE: B310
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PRE-REQUISITES:	CO-REQUISITES: None	COMPENSATABLE: YES
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SHORT MODULE DESCRIPTOR: *(max 425 characters)*

The module provides understanding of physiology and the principles of exercise and rehabilitation in sports and bio-mechanics of common sporting injuries.

ELEMENTS OF ASSESSMENT *Use HESA KIS definitions]*

WRITTEN EXAMINATION		COURSEWORK		PRACTICAL	
E1 (Examination)		C1 (Coursework)	70%	P1 (Practical)	
E2 (Clinical Examination)	30%	A1 (Generic Assessment)			
T1 (Test)					

SUBJECT ASSESSMENT PANEL Group to which module should be linked: Osteopathy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

1. A further understanding of the physiology of exercise and tissue healing during rehabilitation process
2. A further understanding of the biomechanics and mechanisms of common sporting injuries.
3. A further understanding of the principles of pre & post rehabilitation for common sporting injuries
4. Principles and practice of sports taping

ASSESSED LEARNING OUTCOMES: *(additional guidance below)*

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

1. Discuss the physiology of exercise and tissue healing.
2. Critically review the mechanisms of common sporting injuries.
3. To extend the practitioner's existing skills of formulating rehabilitation programmes for common sporting injuries.
4. Demonstrate competency in sports taping

DATE OF APPROVAL:	12/2015	FACULTY/OFFICE:	Academic Partnerships
DATE OF IMPLEMENTATION:	05/2016	SCHOOL/PARTNER:	BCOM
DATE(S) OF APPROVED CHANGE:	Click here to enter a date.	TERM/SEMESTER:	All Year

Additional notes (for office use only): For delivering institution's HE Operations or Academic Partnerships use if required

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: 2018/19	NATIONAL COST CENTRE: N/A
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MODULE LEADER: Mr Mark Hines	OTHER MODULE STAFF: Mr Tom Hewetson
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<p>SUMMARY of MODULE CONTENT Physiology of exercise and rehabilitation Biomechanics and mechanisms of common sporting injuries Pre and post rehabilitation programmes for common sporting injuries Taping in sports</p>
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SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]		
Scheduled Activities	Hours	Comments/Additional Information
Lecture	20	
Guided Independent Study	130	
Work based learning within sports care environment (to be arranged by the student)	50	A list will be provided by the college and Osteopathic Sports Care Association
Total	<u>200</u>	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc)

Category	Element	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E	ISCE	100%	Learning outcome 4
	T			
Coursework	C	1000 Word Written assignment	100%	Learning outcomes 1,2,3
Practical	P			

Updated by: FH & MM	Date: 30/08/2018	Approved by: M Mehta	Date: 07/07/2017
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<p>Recommended Texts and Sources: American College of Sports Medicine and Johnson, E.P. (Ed.) (2000) <i>ACSM's Guidelines for Exercise Testing and Prescription</i>. 6th Edn. Philadelphia: Lippincott Williams & Wilkins. Anderson, B. and Anderson, J. (ill.) (2010) <i>Stretching: 30th Anniversary Edition</i>. Bolina, CA: Shelter Publications Hewetson, T.J. et al. (2010) <i>An Illustrated Guide to Taping Techniques (2nd ed.)</i>. 2nd edn. London: Mosby. Houglum, P.A. (2005) <i>Therapeutic Exercise for Musculoskeletal Injuries (2nd ed.)</i>. 2nd edn. Leeds: Human Kinetics. MacAuley, D. (ed.) (2013) <i>Oxford Handbook of Sport and Exercise Medicine (2nd ed.)</i>. 2nd edn. OXFORD: Oxford University Press.</p>

Macdonald, R. (2010) *Pocketbook of Taping Techniques*. Churchill Livingstone.

Norris, C.M. (2011) *Managing Sports Injuries: A Guide for Students and Clinicians (4th ed.)* London: Bailliere Tindall.

Wilmore, J.H., Costill, D.L. and Kenney, W.L. (2008) *Physiology of Sport and Exercise (4th ed.)* Leeds: Human Kinetics.

Journals

Clinics in Sports Medicine

Exercise and Sports Science Reviews

British Journal in Sports Medicine

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

MODULE CODE:	BCOM7006	MODULE TITLE:	Osteopathic Management of Sports injuries
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CREDITS: 20	FHEQ Level: 7	JACS CODE: B310
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PRE-REQUISITES:	CO-REQUISITES: None	COMPENSATABLE: no
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SHORT MODULE DESCRIPTOR: (max 425 characters)

The module will cover the principles and practice of osteopathic care for common sporting injuries. The module will also focus on the role of nutrition, drugs and psychology in sporting injuries.

ELEMENTS OF ASSESSMENT Use HESA KIS definitions]

WRITTEN EXAMINATION		COURSEWORK		PRACTICAL	
E1 (Examination)	%	C1 (Coursework)	100%	P1 (Practical)	%
E2 (Clinical Examination)	%	A1 (Generic Assessment)	Pass/Fail		
T1 (Test)	%				

SUBJECT ASSESSMENT PANEL Group to which module should be linked: Osteopathy

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

1. To enhance the understanding of Osteopathic principles and management of common sporting injuries
2. To enhance awareness of the effects of prescription drugs on exercise and sporting activities
3. To discuss the role of nutrition in exercise and sports
4. To discuss the influence of Psychological issues on performance during exercise and sports

ASSESSED LEARNING OUTCOMES: (additional guidance below)

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

1. Critically discuss the osteopathic management of common sporting injuries
2. Critically discuss the roles of Nutrition and Psychology in exercise and sports
3. Demonstrate an awareness of the indications and contra-indications of drugs in sport.
4. Critically discuss the role of osteopathy within interdisciplinary sports care of sporting individuals

DATE OF APPROVAL:	12/2015	FACULTY/OFFICE:	Academic
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		Partnerships
DATE OF IMPLEMENTATION:	05/2016	SCHOOL/PARTNER: BCOM
DATE(S) OF APPROVED CHANGE:	Click here to enter a date.	TERM/SEMESTER: All year

Additional notes (for office use only): For delivering institution's HE Operations or Academic Partnerships use if required

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: 2018/19	NATIONAL COST CENTRE: N/A
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MODULE LEADER: Mr Tom Hewetson	OTHER MODULE STAFF:
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SUMMARY of MODULE CONTENT

Osteopathic diagnosis and management of common sporting injuries
 Effects of drugs in exercise and sport
 Role on nutrition in Sports
 Psychological issues on performance during exercise and sports

SUMMARY OF TEACHING AND LEARNING [Use HESA KIS definitions]

Scheduled Activities	Hours	Comments/Additional Information
Lecture	20	
Guided Independent Study	130	
Work based learning t within sports care environment (to be arranged by the student)	50	A list will be provided by the college and Osteopathic Sports Care Association
Total	<u>200</u>	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc)

Category	Element	Component Name	Component Weighting	Comments include links to learning objectives
Written exam	E			
	T			
Coursework	C1	1000 Word Written assignment	100%	Learning outcomes 1,2, 3 & 4
A1 Assessment	A1	Learning Log (review of fieldwork/ observation)	PASS/FAIL	Learning outcomes 1 &4

Updated by: FH & MM	Date: 30/08/2018	Approved by: M Mehta	Date: 07/07/2017
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Recommended Texts and Sources:

Anderson, D.G. (ed.) (2003) *Head and Neck Injuries in Sports Medicine*. Philadelphia: WB Saunders. (Clinics in Sports Medicine, 22:3).

American Osteopathic Association and Chila, A. (Ed.) (2011) *Foundations of Osteopathic Medicine (3rd ed.)* Philadelphia: Lippincott Williams & Wilkins.

Benjamin, P.J. and Lamp, S.P. (2005) *Understanding Sports Massage (2nd ed.)*. Leeds: Human Kinetics

Bird, S.R. et al. (1997) *Sports injuries - Causes, Diagnosis, Treatment and Prevention*. Cheltenham: Stanley Thornes.

British Medical Association, Jones, G. and Wilson, E. (Eds.) (2010) *The BMA Guide to Sports Injuries*. London: Dorling Kindersley

Brotzman, S.B. and Mankske, R.C. (2011) *Clinical Orthopaedic Rehabilitation: An Evidence Based Approach (3rd ed.)* London: Mosby

Burke, L. and Deakin, V. (2010) *Clinical Sports Nutrition (4th ed.)* London: McGraw-Hill.

Denegar, C., Saliba, E. and Saliba, S. (2006) *Therapeutic Modalities for Musculoskeletal Injuries (2nd ed.)*. Leeds: Human Kinetics.

MacAuley, D. (Ed.) (2013) *Oxford Handbook of Sport and Exercise Medicine (2nd ed.)*. Oxford University Press.

Micheli, L.J. (Ed.) (2000) *Paediatric and Adolescent Sports Injuries: Diagnosis, Management and Prevention*. Philadelphia: W B Saunders. (Clinics in Sports Medicine, 19:4).

O'Byrne, J.M. and Devitt, B.M. (2010) *Sports Emergencies: Management scenarios*. Edinburgh: Churchill Livingstone.

Journals

Clinics in Sports Medicine

Exercise and Sports Science Reviews

British Journal in Sports Medicine