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| Module Title: | Soft Tissue Manual Therapy |
| Language of Instruction: | English |
| Credits: | 5 |
| NFQ Level: | 6 |
| Module Delivered In | 2 programme(s) |
| Teaching & Learning Strategies: | This module will be delivered via a one-hour lecture and three one-hour practicals per week for one term. Students may access the material via Blackboard in advance to encourage active learning. Students will be required to examine and discuss case histories in an interactive manner which will assist the student develop lateral thinking skills and broaden their scope of thinking. This style of learning will be carried out through group discussion and problem solving. The practical component will allow students to develop the required practical competencies, attitudes and behaviours appropriate for managing a patient case. They will also develop a methodological approach for progression of treatment |
| Module Aim: | To progress the understanding of the students clinical assessment techniques, to identify impairments and teach the student to plan and implement appropriate clinical manual interventions and progression of soft tissue treatments where appropriate |
| Learning Outcomes | |
| <i>On successful completion of this module the learner should be able to:</i> | |
| LO1 | Describe the rationale behind soft tissue manual therapy and be competent in selecting and implementing techniques appropriately |
| LO2 | Describe how to assess and treat soft tissue |
| LO3 | Perform specific soft tissue techniques in the treatment of Neuromusculoskeletal dysfunction and impairment. Instruct, illustrate, implement and progress a patients programme |
| Pre-requisite learning | |
| Module Recommendations | |
| <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i> | |
| No recommendations listed | |
| Incompatible Modules | |
| <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i> | |
| No incompatible modules listed | |
| Co-requisite Modules | |
| No Co-requisite modules listed | |
| Requirements | |
| <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i> | |
| Successful completion of First Year. | |

Module Content & Assessment

| Indicative Content |
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| Theory/Practical 1.1 Appreciation and recognition of the value of the inflammatory healing process and appropriate timing for manual intervention techniques. |
| Theory/Practical 1.2 Recognition and appreciation of the guidelines for the use of and contraindications for manual therapy interventions. |
| Theory/Practical 1.3 Sports massage: pre and post and inter event massage techniques and their uses. |
| Theory/Practical 1.4 Consolidation and progression of massage techniques incorporating myofascial techniques. |
| Theory/Practical 1.5 Deep connective tissue massage, friction applications and specific soft tissue mobilisation techniques. |
| Theory/Practical 1.6 Stretching techniques: Implementation and progression incorporating Muscle energy techniques, Proprioceptive Neuromuscular Facilitation (PNF) and basic stretching techniques. |
| Theory/Practical 1.7 Problems, aims and short and long-term goals of treatment plan. |

| Assessment Breakdown | % |
|-----------------------|--------|
| Continuous Assessment | 30.00% |
| Practical | 70.00% |

| Continuous Assessment | | | | |
|-----------------------|-------------------------------|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Case Studies | Case study or short questions | 1 | 30.00 | n/a |

No Project

| Practical | | | | |
|-----------------------------|--|-------------------|------------|-----------------|
| Assessment Type | Assessment Description | Outcome addressed | % of total | Assessment Date |
| Practical/Skills Evaluation | A practical viva exam where the student will be examined on the rationale and use of manual therapy and the practical application of specific techniques | 1,2,3 | 70.00 | Sem 1 End |

No End of Module Formal Examination

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

| Workload: Full Time | | |
|----------------------------|--------------------|--|
| <i>Workload Type</i> | <i>Frequency</i> | <i>Average Weekly Learner Workload</i> |
| Lecture | 12 Weeks per Stage | 1.00 |
| Laboratory | 12 Weeks per Stage | 3.00 |
| Estimated Learner Hours | 15 Weeks per Stage | 5.13 |
| Total Hours | | 125.00 |

Module Delivered In

| Programme Code | Programme | Semester | Delivery |
|----------------|---|----------|-----------|
| CW_SASRA_B | Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy | 4 | Mandatory |
| CW_SAPHS_C | Higher Certificate in Science in Physiology and Health Science | 4 | Mandatory |