

Module Title:	Advanced Rehabilitation and Performance Programming 1
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	1 programme(s)
Teaching & Learning Strategies:	This module will be delivered via one hour lecture and two hours practical per week over 15 weeks. Students may be required to access material via blackboard in advance of the lecture and practicals to encourage active learning. Group and peer learning will be facilitated during the preparation of assignments, presentations and practicals. Any course-related issues or questions that may arise will be discussed at lectures and practicals. Course lecture summaries, course calendar, announcements and other course related material will be available on Blackboard, a virtual learning environment. Digital resources will be used as practicable. The practical component will allow students to -develop the required technical competencies, attitudes and behaviours -develop problem solving abilities and group skills -promote deep learning via application of prior knowledge to a problem and analysis of results thus generating new knowledge
Module Aim:	To encompass all aspects of rehabilitation of the injured sports person. To assess, evaluate, plan and construct a suitable rehabilitation programme for that patient
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate the ability to plan, modify and progress a corrective exercise programme according to the principles of rehabilitation and needs of the patient
LO2	Implement a corrective exercise programme, relevant to the phases of rehabilitation and needs of the patient
LO3	Apply the theories of corrective exercise prescription to a number of common pathological conditions
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>	
No requirements listed	

Module Content & Assessment

Indicative Content
Theory Definitions and special considerations for injury rehabilitation; Phases of Rehabilitation; Basic components of therapeutic exercise programmes; Return to play criteria;
Practical Practical implementation of therapeutic exercise programmes; Rehabilitation of specific pathological conditions;

Assessment Breakdown	%
Continuous Assessment	60.00%
End of Module Formal Examination	40.00%

Continuous Assessment				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Other	Continuous assessment may include submission of course work and practical demonstrations	1,2,3	60.00	n/a

No Project

No Practical

End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Exam	1,2,3	40.00	End-of-Semester

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
Practicals	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	5.93
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	5	Mandatory