

**University of Plymouth
Academic Partnerships**

Truro & Penwith College

Programme Quality Handbook

FdSc Sports Therapy

2024 – 25

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WELCOME AND INTRODUCTION

Welcome and Introduction to FdSc Sports Therapy

Welcome to the FdSc Sports Therapy course. The programme has been running since 2012 and it is intended to develop not only your academic knowledge and skills but also your employability. It was designed to meet local employer need as well as student interest. Assessments for instance are often work related and use live briefs from employers. The programme is validated by University of Plymouth and underpinned by the QAA Quality Code.

The programme leader responsible for the course will be Mark Pascoe.

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 academic and in some instances professional vocational qualifications.

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 [University Centre Student Handbook](#) (on SharePoint) which contains information on issues such as finance, student support, careers, learning resources and studying at University Centre Truro and Penwith; the University of Plymouth Student Handbook <https://www.plymouth.ac.uk/your-university/governance/student-handbook>; and your Teaching, Learning and Assessment Handbook available on SharePoint.

Programme Specification

1. Award

Final Award Title: FdSc Sports Therapy

Level 4 Exit Award Title: Certificate of Higher Education

UCAS Code: C630

HECoS Code:	100098	Sports Studies
	101289	Rehabilitation Studies
	100096	Sports Development
	100247	Nutrition

2. Awarding Institution: University of Plymouth

Teaching Institution: Truro and Penwith College

3. Accrediting Body:

Summary of specific conditions/regulations N/A

Date of re-accreditation

4. Distinctive Features of the Programme and the Student Experience

The Foundation Degree has at its core an understanding of sports therapy, related particularly to the disciplines of anatomy, physiology, biomechanics, and injury. The programme develops specific practice from this base, into an understanding of sports injury and rehabilitation. Students will develop their understanding of nutrition and exercise in relation to fitness and recovery, and stage two will culminate in a project which allows students to develop their own interest, while also acquiring and developing skills of research and investigation. FdSc Sports Therapy is taught by our expert team of lecturing staff and sports therapy professionals. Students will have access to excellent on-campus sports facilities and have the opportunity to work with and treat our sports academy students as well as access our successful wellbeing programme. Onsite work placement opportunities will enable students to relate their acquired theoretical knowledge to real-life practices. This practice will also facilitate the development of lifelong skills, for example teamwork, organisational skills and interpersonal skills, which are key to effective clinical practice. These skills are fundamental within many peripheral employment pathways and are in no way exclusive to sports therapy.

5. Relevant QAA Subject Benchmark Group(s)

The programme development was informed by the following:-

[Foundation Degree Characteristic Statement](#)

[Framework for Higher Education \(FHEQ\) programmes at level 4 and 5](#)

Subject Benchmark Statement: [Events, Hospitality, Leisure, Sport and Tourism](#)

6. Programme Structure

6.1. Full-time Route

YEAR 1 (LEVEL 4)				
Module Code	Module Title	Credits	Core / Optional	Term / Semester
TRUR1239	Sports Massage	20	Core	1 & 2
TRUR1240	Osteology and Anatomy	20	Core	1 & 2
TRUR1273	Anatomy & Physiology	20	Core	1 & 2
TRUR1242	Sports Injuries & Clinical Practice	20	Core	1 & 2
TRUR1243	Research Methods	20	Core	1 & 2
TRUR1274	Introduction to Biomechanics and Human Movement	20	Core	1 & 2

YEAR 2 (LEVEL 5)				
Module Code	Module Title	Credits	Core / Optional	Term / Semester
TRUR2245	Sports Therapy	20	Core	1 & 2
TRUR2275	Nutrition for Performance and Rehabilitation	20	Core	1 & 2
TRUR2276	Treatment and Management of Injuries	20	Core	1 & 2
TRUR2277	Human Exercise Physiology	20	Core	1 & 2
TRUR2249	Project	20	Core	1 & 2
TRUR2250	Applied Movement Analysis	20	Core	1 & 2

6.2. Part-time Indicative Route

YEAR 1 (LEVEL 4)				
Module Code	Module Title	Credits	Core / Optional	Term / Semester
TRUR1239	Sports Massage	20	Core	1 & 2
TRUR1273	Anatomy & Physiology	20	Core	1 & 2
TRUR1243	Research Methods	20	Core	1 & 2

YEAR 2 (LEVEL 4)				
Module Code	Module Title	Credits	Core / Optional	Term / Semester
TRUR1274	Introduction to Biomechanics and Human Movement	20	Core	1 & 2
TRUR1242	Sports Injuries & Clinical Practice	20	Core	1 & 2
TRUR1240	Osteology and Anatomy	20	Core	1 & 2

YEAR 3 (LEVEL 5)				
Module Code	Module Title	Credits	Core / Optional	Term / Semester
TRUR2245	Sports Therapy	20	Core	1 & 2
TRUR2275	Nutrition for Performance and Rehabilitation	20	Core	1 & 2
TRUR2276	Treatment and Management of Injuries	20	Core	1 & 2

YEAR 4 (LEVEL 5)				
Module Code	Module Title	Credits	Core / Optional	Term / Semester
TRUR2250	Applied Movement Analysis	20	Core	1 & 2
TRUR2277	Human Exercise Physiology	20	Core	1 & 2
TRUR2249	Project	20	Core	1 & 2

7. Programme Aims

- A1. To develop an understanding of sports rehabilitation and therapy orientated information derived from a variety of sources and to communicate the principles in a manner appropriate to the programme of study.
- A2. To develop the ability to demonstrate skills in a range of practical sports rehabilitation and therapy techniques, including client assessment and analysis, as well as the ability to understand and apply information to assess and treat accordingly.
- A3. To develop the ability to appreciate and apply advanced knowledge as well as understand processes and mechanisms of the management of the human body during sporting development and participation.
- A4. To develop the ability to communicate about sports rehabilitation and therapy appropriately to a variety of audiences using a range of formats and approaches and to apply knowledge in a range of practical applications.

8. Programme Intended Learning Outcomes

8.1. Knowledge and understanding

On successful completion graduates should have developed:

- 8.1.1. An in depth understanding of the major theories in relation to sports therapy and an awareness of a variety of ideas, contexts, and frameworks
- 8.1.2. Knowledge of recent developments in sports therapy, reflecting the multi-disciplinary nature of sports therapy practitioners
- 8.1.3. An appreciation for a range of appropriate techniques and the appropriate application of therapy based equipment.
- 8.1.4. A clear understanding of the needs of employers within the sports therapy sector

8.2. Cognitive and intellectual skills

On successful completion graduates should have developed:

- 8.2.1. The ability to analyse and synthesise recent developments in sports therapy and the use and application of therapeutic practices

- 8.2.2. The ability to intelligently apply appropriate principles in assessing policy or practice of relevant advanced techniques
- 8.2.3. Problem solving and research skills
- 8.2.4. Reflect on one's own performance especially regarding key teaching, learning and communication skills, relevant to employment within the field of sports therapy

8.3. Key and transferable skills

On successful completion graduates should have developed the ability to:

- 8.3.1. Manage learning using resources for the discipline
- 8.3.2. Manage information with the ability to select appropriate data from a range of sources and develop appropriate research strategies
- 8.3.3. Understand and appreciate the place of competencies to meet the needs of employers
- 8.3.4. Develop the ability to learn from experience and derive principles from practice

8.4. Employment related skills

On successful completion graduates should have developed:

- 8.4.1. The ability to demonstrate competencies, to meet the needs of employers, within the sports therapy sector
- 8.4.2. An ability to apply relevant advanced techniques a range of sporting environments
- 8.4.3. Professional skills, in practical situations, using a range of appropriate techniques and therapy-based equipment
- 8.4.4. Skills in fieldwork looking at a range of sporting disciplines and applications

8.5. Practical skills

On successful completion graduates should have developed:

- 8.5.1. Specific computer and information technology skills
- 8.5.2. The ability to effectively apply relevant advanced therapy techniques
- 8.5.3. Analytical skills to determine the effectiveness of specific therapies

8.5.4. Practical skills in relation to client care and professional practice

9. Admissions Criteria, including APCL, APEL and Disability Service arrangements

All applicants must have GCSE (or equivalent will be considered) Maths and English at Grade 4/C or above plus a relevant level 3 qualification. Applicants will be interviewed to assess the experience/capabilities for successful entry and completion of the course.

Entry Requirements for PROGRAMME TITLE	
Level 3: at least one of the following: <ul style="list-style-type: none">- AS/A Levels- Advanced Level Diploma- BTEC National Certificate/Diploma- VDA: AGNVQ, AVCE, AVS- Access to HE or Year 0 provision- International Baccalaureate- Irish/Scottish Highers/Advanced Highers	48 UCAS points from relevant Level 3 qualification. Achievement of an Access to HE Diploma
Work Experience	Considered on an individual basis through an interview process.
Other HE qualifications / non-standard awards or experiences	Considered on an individual basis through an interview process.
APEL / APCL possibilities	APEL/APCL will be considered as per University of Plymouth Regulations
Interview / Portfolio requirements	All students will be interviewed
Independent Safeguarding Agency (ISA) / Disclosure and Barring Service (DBS) clearance required	Students are expected to purchase a current DBS, if required for placement.

Apply online at www.ucas.com. For further information on the admissions process contact heEnquiry@truro-penwith.ac.uk or 01872 305746.

10. Progression criteria for Final and Intermediate Awards

Students undertaking the FdSc Sports Therapy may progress onto the following degree programmes:

- Level 6 – BSc (Hons) Applied Sport & Health Science (Truro and Penwith College)
- Specific Sports Therapy progression will be an integral part of the tutorial process

Other institutions may also offer appropriate progression choices and students are encouraged to discuss other options with their Personal Tutor. Applications for progression will be subject to availability and must be submitted by the given deadline.

Upon completion of the FdSc Sports Therapy, students may be suited to work in a variety of settings and these opportunities include, but are not limited to working in the following sectors:

- Therapy settings
- Health care practice (NHS)
- Leisure and Health facilities
- Sports Clubs
- Science Laboratories

11. Non Standard Regulations

N/A

12. Transitional Arrangements

Current level 4 students will transfer to FdSc Sports Therapy as all students have confirmed in writing their agreement to the new title of the programme. Current level 5 will graduate with FdSc Sports Rehabilitation. Students who repeat studies or interrupted students will transfer to FdSc Sports Therapy.

Appendix A: Programme Specification Mapping

Module contribution to the meeting of Programme Learning Outcomes

CORE MODULES: tick those Programme Learning Outcomes the module contributes to through its assessed learning outcomes.

Core Modules		Programme Learning Outcomes contributed to (for more information see Section 8)																				Compensation Y/N	Assessment Element(s) and weightings E1- exam T1- in-class test C1- coursework P1 - practical
		8.1 Knowledge & understanding				8.2 Cognitive & intellectual skills				8.3 Key & transferable skills				8.4 Employment related skills				8.5 Practical skills					
		8.1.1	8.1.2	8.1.3	8.1.4	8.2.1	8.2.2	8.2.3	8.2.4	8.3.1	8.3.2	8.3.3	8.3.4	8.4.1	8.4.2	8.4.3	8.4.4	8.5.1	8.5.2	8.5.3	8.5.4		
Level 4	TRUR1239 Sports Massage	✓	✓	✓	✓				✓			✓	✓	✓	✓	✓	✓		✓		✓	Y	C1-50% P1-50%
	TRUR1240 Osteology and Anatomy	✓								✓							✓			✓		Y	C1-50% P1-50%
	TRUR1273 Anatomy & Physiology	✓								✓										✓		Y	O1-50% T1-50%
	TRUR1243 Research Methods					✓	✓	✓		✓	✓			✓				✓			✓	Y	C1-100%
	TRUR1274 Introduction to Biomechanics and Human Movement	✓			✓			✓			✓			✓	✓	✓	✓	✓				Y	C1-50% O1-50%
	TRUR1242 Sports Injuries & Clinical Practice	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓		✓		✓	Y	C1-50% P1-50%
Level 4 LOs																							
Level 5	TRUR2245 Sports Therapy	✓	✓	✓	✓	✓		✓	✓			✓	✓	✓	✓	✓	✓		✓		✓	Y	C1-50% P1-50%
	TRUR2275 Nutrition for Performance and Rehabilitation	✓			✓	✓		✓		✓	✓	✓	✓	✓			✓					Y	C1-50% O1-50%
	TRUR2276 Treatment and Management of Injuries	✓	✓	✓		✓		✓	✓			✓	✓	✓	✓	✓	✓		✓		✓	Y	O1-50% P1-50%
	TRUR2277 Human Exercise Physiology	✓								✓			✓	✓		✓	✓					Y	C1-50% O1-50%
	TRUR2249 Project	✓						✓		✓								✓		✓		Y	C1-100%
	TRUR2250 Applied Movement Analysis	✓			✓	✓					✓		✓	✓		✓	✓	✓		✓		Y	C1-50% P1-50%
Level 5 LOs																							
Confirmed Programme LOs																							

LEVEL 4 MODULE RECORDS

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR1243 **MODULE TITLE:** Research Methods

CREDITS: 20

FHEQ LEVEL: 4

HECoS CODE: 100098 Sports Studies

PRE-REQUISITES: None

CO-REQUISITES: None

COMPENSATABLE: Yes

SHORT MODULE DESCRIPTOR:

This module introduces the concept of scientific method and how this is applied to sport science. It will develop an understanding of quantitative and qualitative techniques and will introduce basic statistical analysis, interpretation, and presentation.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	100%	P1 (Practical)		T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked:

Truro and Penwith College Sports Assessment Panel

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To introduce the main features of a range of quantitative and qualitative methods commonly used in sport science
- to develop a critical awareness of the strengths and weaknesses of these methods.
- To introduce the use of basic descriptive and inferential statistics, and how to apply and present these appropriately.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Develop a broad understanding research design	PILO 8.2.1,8.2.2,8.2.3
2. Analyse data drawing relevant conclusions from the findings	PILO 8.3.1,8.3.2
3. Present data and analysis in a meaningful manner	PILO 8.4.1,8.5.1
4. Demonstrate an understanding of ethical issues in the conduct of sport and therapy related research	PILO 8.5.4

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: N/A

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 133
MODULE LEADER: Pip Laugharne	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: <ul style="list-style-type: none">• Development of understanding of qualitative and quantitative techniques• Understanding and measurement of variables• Hypothesis testing• Methods of data collection and sampling• Statistical analysis and interpretation• Effective presentation of data• Application of BASES ethical guidelines	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal Lectures
Seminar	10	Small group work
Tutorial		
Project Supervision	5	Assignment guidance and feedback
Demonstration		
Practical classes and workshops	10	Application of research skills in practice
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning		
Guided Independent Study	130	Preparation and development of tasks
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,2) Assignment	50%
	Coursework 2 (LO2,3,4) Lab report	50%
		= 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,2) Assignment	50%
	Coursework 2 (LO2,3,4) Lab report	50%
		= 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR1240 **MODULE TITLE:** Osteology and Anatomy
CREDITS: 20 **FHEQ LEVEL:** 4 **HECoS CODE:** 101289 Rehabilitation Studies

PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

The aim of this module is to provide students with an in depth understanding of the structure and function of the skeletal and muscular systems as well as their response to rehabilitation, sport and exercise. A great deal of focus will be aimed at origins and insertions as well as muscular movements and functions.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	50%	T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- Provide an understanding of the structure and mechanisms of the skeletal and muscular systems and their link to sport.
- Develop the ability to utilise anatomical knowledge in a rehabilitation environment.

ASSESSED LEARNING OUTCOMES: *(refer to Programme Specification for relevant Programme Intended Learning Outcomes)*

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate an understanding of the structure and function of the skeletal and muscular system	PILO 8.1.1
2. Demonstrate an understanding of the types of bones in the body, their function and the intricacies of their structure	PILO 8.1.1
3. Define the origins and insertions of muscles as well as demonstrating how they respond to exercise and rehabilitation	PILO 8.3.1,8.5.3,8.4.4

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: N/A

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 106
MODULE LEADER: Pip Laugharne	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: Within this module the structure and function of the skeletal system will be explained and there will be an expectation for learners to clearly identify skeletal reference points. Origins and insertions and the function of the muscles within sporting movements will be explained in details and this will become the basis of the end point assessment.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal Lectures
Seminar	10	Small group work
Tutorial		
Project Supervision	5	Assignment guidance and feedback
Demonstration		
Practical classes and workshops	10	Application of anatomical knowledge in practice
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning		
Guided Independent Study	130	Preparation and development of tasks
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1: Movement analysis assignment (LO1)	100% = 100%
Practical	Practical 1: Practical assessment defining origins and insertions (LO2,3)	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1: Movement analysis assignment (LO1)	100% = 100%
Practical	Practical 1: Practical assessment defining origins and insertions (LO2,3)	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR1274	MODULE TITLE: Introduction to Biomechanics and Human Movement	
CREDITS: 20	FHEQ LEVEL: 4	HECoS CODE: 100098 Sports Studies
PRE-REQUISITES: None	CO-REQUISITES: None	COMPENSATABLE: Yes
SHORT MODULE DESCRIPTOR: <i>(max 425 characters)</i>		
This module will introduce students to a basic range of biomechanical principles concerning force, motion and human movement.		

ELEMENTS OF ASSESSMENT – see Definitions of Elements and Components of Assessment					
C1 (Coursework)	50%	E1 (Examination)		P1 (Practical)	
T1 (In-Class Test)		O1 (online open book assessment)	50%		

SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- Introduce students to how biomechanics can be applied to performance in sports people
- Develop a working knowledge of force generation and reaction.

ASSESSED LEARNING OUTCOMES: *(refer to Programme Specification for relevant Programme Intended Learning Outcomes)*

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate an understanding of biomechanics and where its application is appropriate	PILO 8.1.4
2. Perform the basic methods of biomechanical calculation	PILO 8.2.3,8.3.2,8.5.1
3. Demonstrate an awareness of biomechanical principles and evaluate its study in sports performance	PILO 8.1.1,8.3.2,8.4.1,8.4.2,8.4.3,8.4.4
4. Assess the use of force in order to bring about an improvement in performance.	PILO 8.4.1,8.4.2,8.4.3,8.4.4,8.5.1

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: Feb-22

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 112
MODULE LEADER: Jeff Till	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: This module will introduce students to a basic range of biomechanical principles concerning force, motion and human movement. The module explains concepts relating to linear kinematics and introduce the application of these principles to the analysis of human movement and sports performance.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Combination of theory & practical sessions
Seminar		
Tutorial	5	One to one tutorial sessions
Project Supervision		
Demonstration		
Practical classes and workshops	5	Lab based application of knowledge to sporting performance
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits	10	Use of Biomechanical facilities
Work Based Learning		
Guided Independent Study	135	Preparation for and completion of summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO3,4) Assignment	100% = 100%
Online Assessment	Online Open Book Assessment (LO1,2)	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO3,4) Assignment	100% = 100%
Online Assessment	Online Open Book Assessment (LO1,2)	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR1242 **MODULE TITLE:** Sports Injuries & Clinical Practice
CREDITS: 20 **FHEQ LEVEL:** 4 **HECoS CODE:** 101289 Rehabilitation Studies

PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: (max 425 characters)

This module will introduce students to a range of sports injuries in relation to their mycology and osteology. The module will develop skills needed to manage sports injury in a clinical environment. Manual techniques will be covered to equip students with the skill to form an injury diagnosis. Emphasis will be on clinical responses to potential sports related injuries, in line with accrediting body guidelines.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	50%	T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To gain an in-depth knowledge of injury pathology.
- To gain knowledge, through a workplace simulation, so that informed decisions can be made when dealing with sports related, clinic based, injury assessments.
- To develop the ability to recognise and understand a wide range of sports injuries.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate an understanding of the management of sports related injuries, utilising appropriate clinical skills.	PILO 8.1.1,8.1.2,8.1.3,8.5.2,8.5.4
2. Exhibit an understanding of patient assessment and injury mechanics.	PILO 8.3.3,8.3.4
3. Understand and describe the management of existing chronic conditions which can be exacerbated through sporting participation.	PILO 8.2.1,8.2.2
4. Formulate and demonstrate correct manual therapy techniques in a simulated work-based environment.	PILO 8.2.3,8.1.4,8.2.4,8.4.1,8.4.2,8.4.3,8.4.4

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: N/A

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 112
MODULE LEADER: Jeff Till	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: This module introduces the concept of scientific method and how this is applies to sport science. It will develop an understanding of quantitative and qualitative techniques and will introduce basic statistical analysis, interpretation and presentation.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Theory and practice sessions
Seminar	5	
Tutorial	5	
Project Supervision	5	
Demonstration	5	
Practical classes and workshops	5	
Supervised Time in Studio/Workshop	100	Student Injury clinics (Simulated work environment)
Fieldwork	5	
External Visits	10	
Work Based Learning	5	
Guided Independent Study	10	Student Injury clinics (Simulated work environment)
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,3) Assignment	100% = 100%
Practical	Practical 1 (LO2,4) Practical: Clinical Practice	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,3) Assignment	100% = 100%
Practical	Practical 1 (LO2,4) Practical: Clinical Practice	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR1273 **MODULE TITLE:** Anatomy & Physiology
CREDITS: 20 **FHEQ LEVEL:** 4 **HECoS CODE:** 100098 Sports Studies
PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes
SHORT MODULE DESCRIPTOR: (max 425 characters)

The aim of this module is to give students an understanding of the structure and function of those systems in the human body that are of direct relevance to sport and exercise.

ELEMENTS OF ASSESSMENT – see Definitions of Elements and Components of Assessment					
C1 (Coursework)		E1 (Examination)		P1 (Practical)	
T1 (In-Class Test)	50%	O1 (online open book assessment)	50%		

SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To provide learners with an understanding of the structure and mechanisms of the respiratory, nervous, hormonal, and cardio-vascular systems
- To link physiological processes to sport and rehabilitation.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate a broad knowledge of the muscle cell structure as well as sliding filament theory.	PILO 8.1.1
2. Demonstrate an understanding of the interrelationships between the structures of the cardiovascular, and respiratory system and their functions.	PILO 8.1.1,8.3.1
3. Describe the general features of the nervous and hormonal systems and how they control the body.	PILO 8.5.3

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: Feb-22

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 106
MODULE LEADER: Pip Laugharne	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: This module will provide students with an overview of the role of key physiological systems in the human body including the cardiovascular, respiratory, hormonal, neural, muscular and the human skeletal system. The module will develop to explain how these interact as part of an integrated physiological system.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal lectures
Seminar		
Tutorial	5	Small group/one to one support
Project Supervision		
Demonstration		
Practical classes and workshops	10	Practical application of physiological systems to sporting practice
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning		
Guided Independent Study	140	Preparation for in class tests and summative examination
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Online Assessment	Online Open Book Assessment (LO2)	100% = 100%
In-Class Test	5 Online In-Class Tests (LO1,3)	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Online Assessment	Online Open Book Assessment (LO2)	100% 100%
In-Class Test	5 Online In-Class Tests (LO1,3)	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR1239 **MODULE TITLE:** Sports Massage
CREDITS: 20 **FHEQ LEVEL:** 4 **HECoS CODE:** 101289 Rehabilitation Studies

PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

In this module students learn the benefits associated with Sports Massage to include the theory and application of specialised sports massage, lymphatic drainage and prescriptive therapy. This module allows the student to develop and plan an effective treatment programme to favourably benefit individual clients and sporting groups.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	50%	T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

Students will learn and develop the skills associated with sport massage and lymphatic drainage. This knowledge will enable the student to practice these skills in a clinical environment on individual clients and sporting groups.

ASSESSED LEARNING OUTCOMES: *(refer to Programme Specification for relevant Programme Intended Learning Outcomes)*

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate an understanding of basic sports massage techniques, including physiological and mechanical adaptations.	PILO 8.1.1,8.5.2,8.5.4
2. Assess clients and develop effective treatment planning.	PILO 8.1.4,8.1.3,8.2.4,8.3.4,8.4.1,8.4.2,8.4.3,8.4.4
3. Evaluate sports massage and lymphatic drainage treatments and give suitable after care advice.	PILO 8.1.4,8.3.4,8.4.1,8.4.2,8.4.3,8.4.4,8.5.4
4. Identify varied conditions where sports massage can make a positive contribution.	PILO 8.1.2,8.3.3

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: N/A

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 106
MODULE LEADER: Maxine Dix	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: In this module students will develop their manual therapy skills through the application of deep tissue massage. There will be a series of practical demonstration followed by guided practical sessions. This will culminate in an independent clinic assessment.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Combination of theory & practical sessions
Seminar		
Tutorial	5	One to one tutorial sessions
Project Supervision		
Demonstration		
Practical classes and workshops	30	Massage practical classes
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning	60	Involvement within clinical sessions
Guided Independent Study	60	Preparation for in summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1) Assignment	100% = 100%
Practical	Practical 1 (LO2,3,4) demonstration Practical massage	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1) Assignment	100% = 100%
Practical	Practical 1 (LO2,3,4) demonstration Practical massage	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated	
Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024

LEVEL 5 MODULE RECORDS

UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR2277 **MODULE TITLE:** Human Exercise Physiology
CREDITS: 20 **FHEQ LEVEL:** 5 **HECoS CODE:** 100096 Sports Development

PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: (max 425 characters)

To develop a thorough understanding of scientific testing and training prescription to enable the student to link exercise physiology theory to practical delivery to develop participants.

ELEMENTS OF ASSESSMENT – see Definitions of Elements and Components of Assessment					
C1 (Coursework)	50%	E1 (Examination)		P1 (Practical)	
T1 (In-Class Test)		O1 (online open book assessment)	50%		

SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To develop an in-depth knowledge of human exercise physiology
- To understand the physiological and biochemical responses of the body to exercise and the energetics involved.
- To make scientifically informed decisions when improving performance.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate a systematic knowledge of ergogenics and apply these concepts to physical performance.	PILO 8.1.1
2. Analyse and evaluate key theories which explain the body's physiological development.	PILO 8.1.1,8.3.4
3. Formulate and demonstrate correct ethical laboratory procedures.	PILO 8.3.1, 8.4.1,8.4.3,8.4.4

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: Feb-22

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 106
MODULE LEADER: Callum Whittaker	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: To develop a thorough understanding of scientific testing to enable the student to link exercise physiology theory to practical delivery to develop participants. This module includes laboratory sessions to develop practical skills and knowledge required to assess a range of physiological factors.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Combination of theory & practical sessions
Seminar		
Tutorial	5	One to one tutorial sessions
Project Supervision		
Demonstration	20	Physiological testing demonstrations
Practical classes and workshops		
Supervised Time in Studio/Workshop	20	Testing in Physiology Lab
Fieldwork		
External Visits		
Work Based Learning	30	Application of knowledge within lab work
Guided Independent Study	80	Preparation for in summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,3) Assignment	100% = 100%
Online Assessment	Online Open Book Assessment (LO2)	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,3) Assignment	100% = 100%
Online Assessment	Online Open Book Assessment (LO2)	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR2275 **MODULE TITLE:** Nutrition for Performance and Rehabilitation
CREDITS: 20 **FHEQ LEVEL:** 5 **HECoS CODE:** 101289 Rehabilitation Studies / 100247 Nutrition

PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: (max 425 characters)

This module will provide students with the nutritional knowledge to enable them to advise a wide range of people about their nutrition, which could include elite athletes as well as a variety of special populations. It will also look at how nutrition can play a vital role in rehabilitation of clients and its importance.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

C1 (Coursework)	50%	E1 (Examination)		P1 (Practical)	
T1 (In-Class Test)		O1 (online open book assessment)	50%		

SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To describe the fundamental principles of nutrition
- To promote appropriate body weights through safe and effective nutritional strategies for a variety of client groups.
- To examine the role of nutrition in developing performance.
- To examine the role of nutrition in the promotion of rehabilitation strategies.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate a detailed knowledge of key theories and concepts underpinning nutrition.	PILO 8.1.1,8.2.1,8.3.1
2. Apply appropriate nutritional strategies using standard nutritional techniques.	PILO 8.1.4,8.3.2,8.4.4
3. Compare and contrast the principles of nutrition in developing performance as well as the promotion of rehabilitation strategies.	PILO 8.2.3,8.3.3,8.3.4,8.4.1

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: Feb-22

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 108
MODULE LEADER: Claire Atterbury	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: <ol style="list-style-type: none">1. Macronutrient requirements for health and their association with common diseases2. Energy Systems Overview3. Nutritional requirements for injury rehabilitation4. Micronutrients and their role in health and disease5. Macronutrient/micronutrients requirements for sports performance and injury prevention6. Ergogenic Aids and their role in health and sports performance	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal lectures
Seminar	10	Small group work
Tutorial	5	Assignment guidance and feedback
Project Supervision		
Demonstration		
Practical classes and workshops	10	Nutritional assessment
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning		
Guided Independent Study	130	Prep for in-class presentations /mini projects
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,2) Assignment	100% = 100%
Online Assessment	Online Open Book Assessment 1 (LO3)	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,2) Assignment	100% = 100%
Online Assessment	Online Open Book Assessment 1 (LO3)	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR2245 **MODULE TITLE:** Sports Therapy
CREDITS: 20 **FHEQ LEVEL:** 5 **HECoS CODE:** 101289 Rehabilitation Studies
PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

Students will study a comprehensive range of techniques available to the sports therapist to equip students with all skills needed for professional practice. Emphasis will be placed on development of knowledge and good practice.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	50%	T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To further develop knowledge of developing the practical applications of sports therapy techniques.
- To provide students with an in-depth knowledge of a wide range of sports therapy modalities.

ASSESSED LEARNING OUTCOMES: *(refer to Programme Specification for relevant Programme Intended Learning Outcomes)*

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate awareness of specific sports therapy methods in relation to rehabilitation techniques.	PILO 8.1.1,8.1.2
2. Exhibit the ability to apply appropriate rehabilitative treatment modalities, in a simulated work-based environment, with appropriate justification.	PILO 8.1.3,8.1.4,8.2.4,8.3.3,8.5.2,8.5.4
3. Exhibit the ability to prescribe and formulate rehabilitation programmes.	PILO 8.2.1,8.3.4
4. Demonstrate an ability to apply anatomical theory within a rehabilitative environment.	PILO 8.2.3,8.4.1,8.4.2,8.4.3,8.4.4

DATE OF APPROVAL: 20/04/2021

DATE OF IMPLEMENTATION: 01/09/2021

DATE(S) OF APPROVED CHANGE: N/A

FACULTY/OFFICE: Academic Partnerships

SCHOOL/PARTNER: Truro and Penwith College

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 108
MODULE LEADER: Sports Therapy	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: The module will initially include an advanced manual therapy section that will aid the development of level 4 skills. This will then progress with an in-depth overview of a comprehensive range of strength and conditioning modalities as well as an explanation of their application within a sports therapy setting.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal lectures
Seminar		
Tutorial	5	One to one tutorial sessions
Project Supervision		
Demonstration		
Practical classes and workshops	20	Practical sessions
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning	50	Involvement within clinical sessions
Guided Independent Study	80	Preparation for in summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,3) Assignment	100% = 100%
Practical	Practical 1 (LO2,4) Practical: Case studies	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1,3) Assignment	100% = 100%
Practical	Practical 1 (LO2,4) Practical: Case studies	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR2276 **MODULE TITLE:** Treatment and Management of Injuries
CREDITS: 20 **FHEQ LEVEL:** 5 **HECoS CODE:** 101289 Rehabilitation Studies

PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: (max 425 characters)

This module aims to develop an understanding of the treatment and management of a range of sports injuries in various sporting environments. Students should develop a proficient level of understanding and experience of the anatomical aspects of sporting injuries.

ELEMENTS OF ASSESSMENT – see Definitions of Elements and Components of Assessment					
C1 (Coursework)		E1 (Examination)		P1 (Practical)	50%
T1 (In-Class Test)		O1 (online open book assessment)	50%		

SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To give students an understanding of the structure and mechanisms involved in sports injuries.
- To develop skills involved with the initial treatment and on-going management of sports related injuries.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Demonstrate a detailed understanding of the pathology and causes of sports injuries	PILO 8.1.1
2. Exhibit an awareness of preventative measures used to limit injury risk	PILO 8.1.2,8.3.3,8.5.4
3. Demonstrate an ability to utilise a range of training related techniques with an aim of reducing injury risk	PILO 8.2.1,8.2.4,8.5.2
4. Demonstrate the ability to prescribe rehabilitation advice	PILO 8.1.3, 8.4.2,8.4.3,8.4.4,8.3.4
5. Demonstrate a detailed knowledge of the application of training principles in rehabilitation	PILO 8.2.3,8.3.3,8.4.1,8.3.4

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: Feb-22

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 106
MODULE LEADER: Jeff Till	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: This module aims to develop the practical application of rehabilitation techniques within various sporting environments. Students should develop a proficient ability to identify injury risk as well as assess and treat a wide range of sports related injuries.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Theory and practice sessions
Seminar		
Tutorial	5	Small group/one to one support
Project Supervision		
Demonstration		
Practical classes and workshops	20	Practical application of therapy techniques
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits	10	Off site visits
Work Based Learning		
Guided Independent Study	120	Preparation for in summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Online Assessment	Online Open Book Assessment 1 (LO3,5)	100% = 100%
Practical	Practical 1 (LO1,2,4) Practical: Case studies	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Online Assessment	Online Open Book Assessment 1 (LO3,5)	100% = 100%
Practical	Practical 1 (LO1,2,4) Practical: Case studies	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR2249 **MODULE TITLE:** Project

CREDITS: 20

FHEQ LEVEL: 5

HECoS CODE: 100098 Sports Studies

PRE-REQUISITES: None

CO-REQUISITES: None

COMPENSATABLE: Yes

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module will provide students with the opportunity to develop an investigation of their own related to the programme. The topic must first be agreed with the module leader, with due reference to ethical and practical considerations, and for those wishing to prepare themselves for progression, with the appropriate programme leader(s).

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	100%	P1 (Practical)		T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To allow students the opportunity to carry out, with guidance, an original piece of research and to develop their planning, research and analytical skills.

ASSESSED LEARNING OUTCOMES: *(refer to Programme Specification for relevant Programme Intended Learning Outcomes)*

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Apply an analytical understanding of research and data	PILO 8.5.3,8.1.1
2. Have ability in a range of practical techniques including ethics, data collection, analysis and interpretation of those data, and testing of a hypothesis.	PILO 8.5.1
3. Be able to plan, execute and present an independent piece of work within a supported framework in which qualities such as time management, problem solving, and independence are evident.	PILO 8.2.3,8.3.1
4. Be able to record data accurately and to carry out basic manipulation of data (including qualitative data and some statistical analysis when appropriate).	PILO 8.2.3

DATE OF APPROVAL: 20/04/2021

FACULTY/OFFICE: Academic Partnerships

DATE OF IMPLEMENTATION: 01/09/2021

SCHOOL/PARTNER: Truro and Penwith College

DATE(S) OF APPROVED CHANGE: N/A

SEMESTER: AY

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 UNISTATS 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: 2024-25	NATIONAL COST CENTRE: 108
MODULE LEADER: Claire Atterbury	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: This module will cover all key elements of a scientific study. Learners will develop their understanding of research principles and have the opportunity to implement them within their area of interest. Skills will be developed to enable learners to progress to further academic research.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal lectures
Seminar		
Tutorial	15	Small group/one to one support
Project Supervision	40	Individual advice sessions
Demonstration		
Practical classes and workshops		
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits		
Work Based Learning		
Guided Independent Study	100	Preparation for in summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1) Research Proposal Coursework 2 (LO1,2,3,4) Research Project	20% 80% 100%

REFERRAL ASSESSMENT

Element Category	Component Name	Component Weighting
Coursework	Coursework 1 (LO1) Research Proposal Coursework 2 (LO1,2,3,4) Research Project	20% 80% 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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UNIVERSITY OF PLYMOUTH MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD

MODULE CODE: TRUR2250 **MODULE TITLE:** Applied Movement Analysis
CREDITS: 20 **FHEQ LEVEL:** 5 **HECoS CODE:** 100096 Sports Development
PRE-REQUISITES: None **CO-REQUISITES:** None **COMPENSATABLE:** Yes

SHORT MODULE DESCRIPTOR: (max 425 characters)

This module provides the opportunity to review relevant biomechanical principles and apply an analytical approach to understanding sporting movements, enabling learners to reason about the structures and mechanisms that drive sports injuries. The module has a major focus on returning an athlete to full functional fitness, and ultimately sport performance. Learners will also explore strength and conditioning modalities.

ELEMENTS OF ASSESSMENT – see [Definitions of Elements and Components of Assessment](#)

E1 (Examination)		C1 (Coursework)	50%	P1 (Practical)	50%	T1 (In-Class Test)	
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SUBJECT ASSESSMENT PANEL to which module should be linked: Truro and Penwith College Sports Assessment Panel.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

- To give students an understanding of the structure and mechanisms involved in sports injuries.
- To develop skills involved with the analysis of sporting movements, from a biomechanical perspective.
- To develop the ability to justify the inclusion of specific strength and conditioning modalities within a structured rehabilitation program.

ASSESSED LEARNING OUTCOMES: (refer to Programme Specification for relevant Programme Intended Learning Outcomes)

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

Assessed Module Learning Outcomes:	Programme Intended Learning Outcomes (PILOs) contributed to:
1. Evaluate biomechanical principles in relation to sporting movements	PILO 8.1.1
2. Demonstrate the ability to analyse sporting movements to minimise injury risk	PILO 8.3.2,8.5.1
3. Provide biomechanical justification for the utilisation of specific strength and conditioning modalities	PILO 8.2.1,8.3.4,8.5.3
4. Competently prescribe rehabilitation advice, specific to a range of sports injuries	PILO 8.1.4,8.4.1,8.4.3,8.4.4

DATE OF APPROVAL: 20/04/2021
DATE OF IMPLEMENTATION: 01/09/2021
DATE(S) OF APPROVED CHANGE: N/A

FACULTY/OFFICE: Academic Partnerships
SCHOOL/PARTNER: Truro and Penwith College
SEMESTER: AY

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

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ACADEMIC YEAR: 2024-25	NATIONAL COST CENTRE: 108
MODULE LEADER: Jeff Till	OTHER MODULE STAFF:
SUMMARY OF MODULE CONTENT: Students will study a comprehensive range of techniques available to the sports therapist to equip students with all skills needed for professional practice. Emphasis will be placed on development of knowledge and good practice in relation to strength and conditioning and biomechanical analysis.	

SUMMARY OF TEACHING AND LEARNING <i>(Refer to HESA KIS definitions)</i>		
Scheduled Activities	Hours	Comments/Additional Information (briefly explain activities, including formative assessment opportunities)
Lecture	45	Formal lectures
Seminar		
Tutorial	10	One to one tutorial sessions
Project Supervision		
Demonstration		
Practical classes and workshops	20	Application of strength and conditioning techniques
Supervised Time in Studio/Workshop		
Fieldwork		
External Visits	10	Use of biomechanical facilities
Work Based Learning	40	Involvement within clinical sessions
Guided Independent Study	75	Preparation and completion of summative assessments
Other		
Total	200	(NB: 1 credit = 10 hours of learning; 10 credits = 100 hours, etc.)

SUMMATIVE ASSESSMENT

Element Category	Component Name		Component Weighting
Coursework	Coursework 1 (LO1,2)	Written Assignment	100% = 100%
Practical	Practical 1 (LO3,4)	Practical Assignment	100% = 100%

REFERRAL ASSESSMENT

Element Category	Component Name		Component Weighting
Coursework	Coursework 1 (LO1,2)	Written Assignment	100% = 100%
Practical	Practical 1 (LO3,4)	Practical Assignment	100% = 100%

To be completed when presented for Minor Change approval and/or annually updated

Updated by: Jeff Till Date: Sep 2024	Approved by: Jeff Till Date: Sep 2024
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