

## Higher National Unit Specification

### General information for centres

**Unit title:** Sports Rehabilitation Principles

**Unit code:** DP61 34

**Unit purpose:** This Unit is designed to introduce the candidate to the basic concepts of sports injury rehabilitation. The Unit allows the formation of a foundation of knowledge within this field, which can be developed further by subsequent Units. The Unit is aimed at candidates who wish to work within the Sports Therapy scope of practice. The Unit includes competencies and scope of practice as specified by the Society of Sports Therapists.

On completion of this Unit the candidate will be able to:

- 1 Describe the principles and aims of rehabilitation.
- 2 Demonstrate competence in the use of basic rehabilitation equipment used to assist movement pattern re-education.

**Credit points and level:** 0.5 HN Credit at SCQF level 7: (4 SCQF credit points at SCQF level 7\*).

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

**Recommended prior knowledge and skills:** Access to this Unit is at the discretion of the Centre. However it is recommended that candidates have successfully completed the following HN Units: Applied Anatomy DP62 34, Applied Physiology DP63 34, Sports Injury Pathology DP6D 34 and Exercise Principles and Programming DP8E 34. Candidates with equivalent competencies may also undertake this Unit.

**Core Skills:** There may be opportunities to gather evidence towards Core Skills in this Unit, although there is no automatic certification of Core Skills or Core Skills components. This Unit has been signposted for Communication SCQF level 6, oral communication. (Produce and respond to oral communication on a complex topic) and Working with Others SCQF level 6 (Work with others in a group to analyse, plan and complete an activity).

**Context for delivery:** If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes. This is a mandatory Unit in the framework for the year one HND Sports Therapy Group Award. It should be taught after the HN Units. This Unit will provide underpinning knowledge needed by the candidate to complete Plan and Deliver Exercise Based Sports Rehabilitation DP68 35, a year two Unit.

## **General information for centres (cont)**

**Unit title:** Sports Rehabilitation Principles

**Assessment:** This Unit should be assessed by using two instruments of a written assessment for Outcome 1 in an extended response form which requires the candidate to demonstrate knowledge of basic rehabilitation principles and aims.

Outcome 2 is a more practical based assessment where the candidate develops competence in the use of basic exercise based rehabilitation equipment.

## **Higher National Unit specification: statement of standards**

**Unit title:** Sports Rehabilitation Principles

**Unit code:** DP61 34

The sections of the Unit stating the Outcomes, knowledge and/or skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Describe the principles and aims of rehabilitation

#### **Knowledge and/or skills**

- ◆ Principles of rehabilitation
- ◆ Aims of rehabilitation

#### **Evidence Requirements**

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can describe and explain the following:

##### **Principles of rehabilitation**

- ◆ individualised
- ◆ sports specific
- ◆ prioritisation
- ◆ planning
- ◆ evaluated
- ◆ progressive

##### **Aims of rehabilitation**

- ◆ stop, ask, look, touch, active, passive, strength protocol (SALTAPS)
- ◆ regaining motor control
- ◆ increasing range of movement (ROM) at joint
- ◆ increasing soft tissue flexibility
- ◆ increasing muscular strength/endurance
- ◆ improving co-ordination and proprioception
- ◆ maintaining cardiovascular fitness
- ◆ monitoring progress

This will be evidenced by a written/oral response under closed-book, supervised conditions. A pass rate of 70% for each section is required.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Sports Rehabilitation Principles

### **Assessment guidelines**

The assignment should be a closed-book, extended response format, under supervised conditions. A 70% pass rate will be required in each section. If structured in sections, this will allow for candidates to be re-assessed only on those elements of knowledge and skills outstanding.

### **Outcome 2**

Demonstrate competence in the use of basic rehabilitation equipment used to assist movement pattern re-education

### **Knowledge and/or skills**

- ◆ Basic rehabilitation aids
- ◆ Basic movement patterns
- ◆ Linear angular, rotational pattern modifications

### **Evidence Requirements**

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ provide practical and written/oral evidence to demonstrate their knowledge of all elements listed under knowledge and skills section
- ◆ provide evidence to demonstrate effective use of the basic equipment used to progress functional movement patterns during early rehabilitation
- ◆ a comprehensive list of basic rehabilitation equipment and aids can be found in the support notes under Guidance for content/context section

This will be evidenced by direct observation of a practical assessment. An assessor's checklist/logbook should be used.

### **Assessment guidelines**

The assessment will take the form of a practical assessment in which the candidate will be required to develop competence in the use of basic rehabilitation equipment used to assist movement pattern re-education.

Performance evidence should be gathered from direct observation of the candidate as s/he uses basic rehabilitation equipment demonstrating progressive techniques. An assessor checklist/logbook should be in evidence to record practical competencies in the use of dynabands, towels, ropes, pulleys, hand weights, springs, therapeutic putty, body bars, benches, medicine balls, trampettes, wobble boards, balance boards, clini-band, fixed and free resistance equipment, cardiovascular equipment.

Where particular elements of knowledge/skills cannot be covered through direct observation, additional evidence may be derived from:

- ◆ case study or simulation
- ◆ supporting documentation in the form of record/ treatment cards
- ◆ verbal or written answers to questions

## **Administrative Information**

<b>Unit code:</b>	DP61 34
<b>Unit title:</b>	Sports Rehabilitation Principles
<b>Superclass category:</b>	PB
<b>Date of publication:</b>	August 2005
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## Higher National Unit specification: support notes

### Unit title: Sports Rehabilitation Principles

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

### Guidance on the content and context for this Unit

The Unit is intended to introduce the candidates to the fundamental concepts of sports rehabilitation principles, helping to prepare candidates for their role as a sports therapist and for progression to higher levels study. The knowledge and skills in this Unit are built upon with complementary mandatory Units.

The Unit will help prepare the candidate to develop an underpinning knowledge of sports rehabilitation principles.

#### Outcome 1

- ◆ SALTAPS protocol
- ◆ Regaining motor control, to include: reproduction of normal muscle contraction
- ◆ ROM to include: active, passive, resisted
- ◆ Flexibility to include: static, active, passive, dynamic
- ◆ Strength/endurance to include: isometric, concentric, eccentric, isotonic, isokinetic, NWB, PWB, FWB, progressive resistance
- ◆ Co-ordination/proprioception to include: heel to toe walking, eyes open/closed, sports specific tasks
- ◆ Cardiovascular fitness: to include: rowers, bikes, treadmill, x-trainers

#### Outcome 2

- ◆ Basic rehabilitation aids must include: dynabands, towels, ropes, pulleys, hand weights, body bars, benches, medicine balls, trampettes, wobble boards, balance boards
- ◆ Clini-band, fixed and free resistance equipment, CV equipment
- ◆ Basic movement patterns must include: walking drills, running drills, jumping drills, balance drills, posture realignment, throwing and catching

### Guidance on the delivery and assessment of this Unit

The sequencing of this Unit should allow the candidate to participate in theory classes and then reinforce this information by applying theoretical principles to practical scenarios.

#### *Opportunities for developing Core Skills*

This Unit has been signposted for Communication SCQF level 6, oral Communication (produce and respond to oral communication on a complex topic) and Working with Others SCQF level 6 (working with others in a group to analyse, plan and complete an activity).

## **Higher National Unit specification: support notes (cont)**

**Unit title:** Sports Rehabilitation Principles

### **Open learning**

This Unit because of its practical nature and the requirement for specialist equipment is not suitable for open or distance learning.

### **Candidates with additional support needs**

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website **[www.sqa.org.uk](http://www.sqa.org.uk)**.

## **General information for candidates**

### **Unit title:** Sports Rehabilitation Principles

This Unit is designed to provide you with all the knowledge and skills to enable you to apply basic sports rehabilitation principles and produce early rehabilitation exercises. These basic skills will be developed further in the second year Unit, Plan and Deliver Exercise Based Sports Rehabilitation.

Delivery of this Unit will be in the form of lectures, where you will receive course notes and handouts, group discussions as well as practical demonstrations to consolidate a broad based knowledge at lectures.

This Unit will help you to develop the knowledge and skills that you require to construct a sports rehabilitation programme. In order to successfully achieve this Unit you must complete two open-book assessments and develop skills in the use of basic rehabilitation equipment and aids.