



Higher National Unit Specification

General information

Unit title: Prevention and Management of Sports Injury

Unit code: H4Y1 34

Superclass: PJ

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Unit purpose

This Unit provides learners with an overview of the procedures, equipment and modalities used by soft tissue and sports therapists in the treatment of sports injuries. It also introduces them to the basic concepts of rehabilitation programming, and allows learners to develop skills in the use of basic rehabilitation equipment. The Unit is aimed at learners who wish to work within the professional field of Soft Tissue/Sports Therapy and provides essential background information for the National Occupational Standards in Sports Therapy.

Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Describe and demonstrate procedures, equipment and modalities commonly used in the treatment of sport injuries.
- 2 Describe the principles, aims and stages of rehabilitation.
- 3 Demonstrate competence in the use of basic rehabilitation equipment.

Credit points and level

1 Higher National Unit credit at SCQF level 7: (8 SCQF credit points at SCQF level 7)

Higher National Unit Specification: General information (cont)

Recommended entry to the Unit

This Unit is mandatory in the HNC Soft Tissue Therapy and HND Sports Therapy awards. Whilst access is ultimately at the discretion of the centre, it is anticipated that learners will have successfully completed the following HN Units: *Functional Anatomy* (H4XV 34) and *Basic Subjective and Objective Assessment* (H4XW 34) and completed at least half of the Outcomes for *Sports Therapy: Anatomy and Physiology* (H4XT 34). It would also be beneficial in learners had achieved Pathology and Aetiology of Sports Injury as it provides quite a lot of underpinning knowledge.

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

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.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

Equality and inclusion

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Higher National Unit Specification: Statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

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. Learners 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 and demonstrate procedures, equipment and modalities commonly used in the treatment of sport injuries.

Knowledge and/or Skills

- ◆ Procedures for acute injury management
- ◆ Use of splints and walking aids within initial injury management
- ◆ Treatment modalities used in sports therapy rehabilitation

Outcome 2

Describe the principles, aims and stages of rehabilitation.

Knowledge and/or Skills

- ◆ Aims of rehabilitation
- ◆ Stages of rehabilitation
- ◆ Manipulation of components to progress rehabilitation exercise
- ◆ Issues resulting from poorly planned or organised rehabilitation

Outcome 3

Demonstrate competence in the use of basic rehabilitation equipment.

Knowledge and/or Skills

- ◆ Use of CV equipment
- ◆ Use of resistance equipment
- ◆ Use of basic rehabilitation equipment
- ◆ Functional movement patterns

Higher National Unit Specification: Statement of standards (cont)

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Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes by showing that they can:

Outcome 1

- ◆ describe the meaning and use of SALTAPS (Stop, ask, look, active movement, passive movement, strength) and PRICE (Protection, rest, ice, compression, elevation) in the context of initial management of an injury (**closed-book, short answer**)
- ◆ demonstrate the correct fitting and basic use of walking sticks and elbow or axillary crutches (**practical demonstration**)
- ◆ demonstrate splinting an upper and lower body area so that an injured athlete may be transported to hospital (**practical demonstration**)
- ◆ briefly describe treatment modalities that sports therapists may use in rehabilitation (thermal therapy, hydrotherapy, electrotherapy, taping/strapping/bracing, exercise therapy, massage therapy, peripheral joint mobilizations) (**open-book assignment**)

Outcome 2

- ◆ describe the factors which influence the planning of an effective sports rehabilitation programme
- ◆ outline the aims and components that comprise a sports rehabilitation programme (early stage, intermediate stage, late stage, functional stage, return to full participation)
- ◆ describe how manipulation of the base of support, degree of assistance, range of movement, type of muscle contractions and degree of resistance can be manipulated to progress a sports rehabilitation programme
- ◆ describe the main issues that may result from inappropriately planned or inappropriately organised sports rehabilitation programmes
- ◆ all above ER should be assessed through **a supervised open-book book assessment containing extended and restricted response questions**

Outcome 3

- ◆ demonstrate practical and written/oral evidence of the use of a wide range of equipment* to achieve basic functional goals of flexibility, strength and endurance, proprioception and maintenance of Cardiovascular fitness in sports rehabilitation programmes
- ◆ *equipment comprises: treadmill; cross trainer/elliptical; rower; fixed weights; free weights; balls — different sizes, densities and weight; straps/towels; resistance bands; trampet; balance pads/boards; any other small equipment suitable for rehabilitation exercise



Higher National Unit Support Notes

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Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This mandatory Unit in the Group Awards HNC Soft Tissue Therapy and HND Sports Therapy should be delivered in the second half of the academic year. It is recommended that learners will have completed a minimum of Outcomes 1–3 *Sports Therapy: Anatomy and Physiology, Functional Anatomy and Basic Subjective and Objective Assessment*. It would also be advisable for learners to have completed Pathology and Aetiology of Sports Injuries.

Outcome 1

- ◆ Description of both SALTAPS (stop, ask, look, touch, active movement, passive movement, strength) and its role in trauma injury management is required.
- ◆ Description of PRICE (protection, rest, ice, compression, elevation) and its role in trauma injury management is required
- ◆ Fitting and appropriate use (walk, go up and down stairs, sit) of either elbow or axillary crutches and a walking stick is required.
- ◆ Use of purpose designed splints and those designed from alternative sources (towels, cardboard, wood, foam, newspaper, string, clothing, or any other appropriate device to pad/make comfortable/support/stabilise the injured part.
- ◆ Methods of cold application: such include ice packs, gel packs, disposable ice pack, ice block, cold sprays/gels, coolant bandages, cryocuff. Methods of heat treatments should include general treatments such as sauna, steam, jacuzzi and local treatments such as gel packs, moist heat packs, wheat bags, paraffin wax and infra-red lamps. Contrast baths should be covered. Learners should identify benefits and contra-indications of thermal treatment and which stage in tissue healing cold, hot and contrast baths could be used. Learners should also be able to present a brief outline what and why a sports therapist would use other treatment modalities such as hydrotherapy, electrotherapy, taping/strapping/bracing, exercise therapy, massage therapy, peripheral joint mobilizations.

Higher National Unit Support Notes (cont)

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Outcome 2

- ◆ Factors which influence the planning of a rehabilitation programme include: tailoring it to the individual, (taking into account client's age, medical and injury history, occupation, nature and mechanism of injury, occupation, family/social commitments), rehab programmes should be sport specific, evaluated (through setting of short and long-term goals which should be objectively and subjectively evaluated on a regular basis), progressive (overload, SAID [Specific adaptation to imposed demands] principle).
- ◆ Learners should be aware of the aims and components of early stage (sub-acute), intermediate stage, late stage, functional stage and return to full participation. The components of each stage can include other modalities such as electrotherapy, hydrotherapy, massage.
- ◆ Learners should have a basic understanding of, and be able to describe ways in which to maintain CV fitness, increasing ROM, increasing stability/balance /proprioception/co-ordination, increasing strength and endurance (through isometric, eccentric and concentric contraction exercises and different resistance methods).
- ◆ Learners should be encouraged to consider reasons for slow progression so that strategies can be employed to prevent these occurring as much as possible, this should include poor goal setting, ineffective communication, athlete being too ambitious to progress, incorrect treatment modality/exercises, homecare routines not followed, psychological issues towards rehab/progression.

Outcome 3

- ◆ CV equipment (any), machine (fixed) weights, free weights, balls — different sizes, densities and weight, eg gym, medicine, sports specific; straps/towels; resistance bands; trampet; balance pads/boards; any other small equipment such as rollers, foam blocks and such like, can be used to achieve functional goals of full ROM, increased flexibility, stability, strength and endurance in the early and intermediate phases of a rehabilitation programme.

Guidance on approaches to delivery of this Unit

This Unit will be delivered as one of number of mandatory Units that will provide the learner with underpinning knowledge to work in the field of Soft Tissue/Sports Therapy.

The Unit is divided into three Outcomes with various forms of evidence gathering, which across the Unit will allow the learner to be involved in theoretical research, practical and physical activities. Additionally, learners will be able to work both independently and within groups.

It would be most advantageous if learners were able to visit facilities where rehabilitation of athletes is undertaken. Presentations from sports rehabilitators able to give an overview of programme progressions and overcoming athlete rehabilitation issues would be extremely interesting.

Additional approaches, specific to the Outcome are outlined below.

Higher National Unit Support Notes (cont)

Unit title: Prevention and Management of Sports Injury

Outcome 1

- ◆ Only medical professionals can prescribe the use of crutches, however, many clients ‘forget’ how to use them appropriately, therefore, knowledge of how to fit elbow or axillary crutches to the individual, use appropriately (walk, go up and down stairs, sit) is necessary to ensure client is using the devices effectively. Progression to one crutch or a walking stick should be taught and assessed.
- ◆ ‘First-on-the-scene’ duties require the ability to be able to apply appropriate splints to body parts in order that clients can be easily transported to hospital. Purpose designed splints and ‘make-shift’ alternatives should be taught and assessed.
- ◆ Learners require an overview of the different treatment modalities that sports therapists may use in rehabilitation and be given time to research this — particularly types of thermal therapy, as learners will be required within *Clinical and Team Experience 1* and *Sports Massage for Events and Special Populations* to use a variety of hot and cold treatments to comply with the NOS Unit SFHD528. Learners should have the opportunity to practice correct use of appropriate hot and cold treatments on each other. Investigation of other modalities can be undertaken in a variety of ways including through personal experience or short presentations from professionals using the modalities.

Outcomes 2 and 3

Delivery of Outcome 2 (the theory of planning and progressing rehabilitation programmes) concurrently with Outcome 3 (practical exercises) may enhance learners’ understanding of Outcome 2.

Outcome 3 provides the opportunity for both group and individual problem-solving activities which can be made sport and/or player-specific. It also offers the opportunity to draw on conditions of clients being seen in *Clinical and Team Experience* Unit and *Clinical Sports Massage* to advance homecare skills of learners. Activities/exercises demonstrated should be those that would be appropriate in working towards functional goals of full ROM, increased flexibility, stability, strength and endurance in the early and intermediate phases of a rehabilitation programme. Learners should be encouraged to use a wide variety of different equipment to build repertoire of same activity/exercise by different method.

Knowledge from these two Outcomes are developed further in the HND Sports Therapy Year 2 Unit *Plan, Teach and Deliver a Rehabilitation Programme* and provide background knowledge for the National Occupational Standards Unit cnh522.

Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of instruments of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Higher National Unit Support Notes (cont)

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Outcome 1

- ◆ Both SALTAPS and PRICE are important procedures that a Sports Massage Practitioner/Sports Therapist undertaking pitch-side duties must carry out. This should be a closed-book short answer assessment.
- ◆ Fitting and correct use of ambulatory aids should be assessed by practical demonstration with an assessor checklist.
- ◆ Correct fitting/use of an upper body and a lower body splint should be assessed by practical demonstration with an assessor checklist. Where a purpose designed splint is used, learners should answer oral questions on what alternative materials could be used to splint the area. Learners should use appropriate communication skills to give instructions and ensure the comfort of the client throughout the practical assessment.
- ◆ Treatment modalities used by Sports Therapists should be assessed by an open-book assignment for example the production of client information sheets.

Outcome 2

It is suggested that the learner would be able to display greater underpinning understanding if an open-book, supervised assessment was used for Outcome 2, rather than closed-book assessment. A combination of extended and restricted responses would be appropriate.

Outcome 3

Outcome 3 should be assessed by practical demonstration of activities/exercises with an assessor checklist. However, the rationale for using/progressing the activities/exercises could be presented either in writing or orally. If undertaken orally, assessor checklist with comments should be used. Activities/exercises demonstrated should be those that would be appropriate in working towards functional goals of full ROM, increased flexibility, stability, strength and endurance in the early and intermediate phases of a rehabilitation programme. Equipment used should be different for each activity/exercise, apart from where the use of particular CV equipment needs to be used.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Higher National Unit Support Notes (cont)

Unit title: Prevention and Management of Sports Injury

Opportunities for developing Core and other essential skills

Learners will have the opportunity to develop their *Communication skills, ICT, Problem Solving* and *Working with Others* through the need to access, assimilate and represent information in a different context. There are significant opportunities for learners to work together to collect and present information, role play and simulate for formative assessment.

The Unit provides underpinning knowledge for a number of National Occupational Standards in Sports Therapy.

History of changes to Unit

Version	Description of change	Date

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General information for learners

Unit title: Prevention and Management of Sports Injury

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

This Unit is one of number of mandatory Units that will provide you with essential background knowledge if you want to be qualified to work in the field of Soft Tissue/Sports Therapy. You learn about the appropriate treatment of injury in the acute healing phase and the aims of rehabilitation programmes, including the types of activities and exercises that injured clients should be doing. All of this helps you to work with professional sports rehabilitators more effectively, and provides you with essential information needed for you to achieve the 'applied' Units in the HNC Soft Tissue Therapy and HND Sports Therapy awards.

Throughout the Unit you will have the opportunity to work both independently and in groups. You may be involved in lectures, discussions, research study, physical activity sessions and may be involved in visits to external facilities or presentations from visiting professionals.

The Unit is divided into three Outcomes with different types of assessment:

Outcome 1

This covers treatment and management of injuries and is assessed by closed-book assessment, practical demonstration and assignment.

Outcome 2

This looks at rehabilitation planning and programming. It is assessed by open-book assessment.

Outcome 3

This is all about building up your repertoire of activities and exercises that can be used in the early and intermediate stages of rehabilitation. It is assessed by practical demonstrations.

All assessments are marked against specific Performance Criteria. Evidence of practical assessments will be recorded on an assessor's checklist.