

Module Details	
Module Title	Soft Tissue and Exercise Principles (MPhysiotherapy)
Module Code	PAR4007-D
Academic Year	2023/4
Credits	40
School	School of Allied Health Professions and Midwifery
FHEQ Level	FHEQ Level 4

Contact Hours	
Type	Hours
Clinical Placement	30
Online Lecture (Asynchronous)	12
Seminars	20
Practical Classes or Workshops	59
Directed Study	279

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Academic Year

Module Aims
<p>To develop appropriate massage and soft tissue skills and understand how to appropriately and effectively implement and document these skills. To develop movement analysis techniques leading identifying 'normal' and 'abnormal' movement including possible precursors for injury and basic movement re-education principals. Identify what is meant by professional ethics and recognise dignity, respect, equity and diversity and health and safety issues.</p>

Outline Syllabus

Manage indications, cautions and contraindications of selected soft tissue techniques. Management of client consultations and record keeping including medical history and case notes. Use a clinical notation system to record and review a series of treatments. Demonstrate the application of sports massage and other soft tissue techniques including; Pre- and post-event sports massage, Muscle Energy Techniques, Soft Tissue Release, Deep, Tissue Massage, Reciprocal Inhibition, Trigger Points, Taping techniques, Facilitated lengthening. Use clinical reasoning and critical analysis to select and evaluate the effectiveness of appropriate soft tissue techniques. Reflective practice and its role in professional development and goal and action planning. Postural and movement analysis skills relevant to a sport rehabilitator. How to appropriately and effectively carry these out and interpret findings. Gain an appreciation of posture and movement re-education. How these can be used in conjunction with the interpretation of the findings of posture/movement analysis to improve efficiency and reduce injury risk. HCPC Standards of Conduct Performance and Ethics. Moral, cultural & ethical issues affecting physiotherapy practice including issues of culture & diversity, dignity and respect and consent. Client Safety Models of reflection, Presentation skills.

Learning Outcomes	
Outcome Number	Description
01	Demonstrate knowledge of Soft Tissue Techniques relevant to a Physiotherapist.
02	Demonstrate a clear understanding of dignity, respect, diversity and consent issues specifically relating to the practice of a Physiotherapist.
03	Demonstrate knowledge of exercise and movement analysis and how to interpret findings.
04	Demonstrate knowledge of posture and movement reeducation and how this relates to the interpretation of the findings of posture-movement analysis.
05	Demonstrate an understanding of exercise principles and techniques and how these can be applied by a Physiotherapist.
06	Demonstrate a variety of Soft Tissue Techniques relevant to the role of a Physiotherapist and how to appropriately and effectively apply these whilst justifying treatment choices using clinical reasoning.
07	Demonstrate movement analysis and reeducation skills relevant to the role of a sports rehabilitator.
08	Discuss evidence-based Physiotherapy practice.
09	Identify the skills, values and behaviours of a professional practitioner.
10	Demonstrate an ability to communicate clearly, succinctly and professionally across a range of formats.
11	Develop problem-solving skills.
12	Competently use information literacy and technology skills.
13	Develop study skills.
14	Develop interpersonal skills.
15	Develop reflective practice.
16	Develop an appreciation of equality and diversity.
17	Evaluate the importance of psychosocial issues.
18	Identify moral, ethical and professional issues.

Learning, Teaching and Assessment Strategy

A blended learning approach will be used including a range of delivery methods. Learning will be developed through the use of research informed lectures, case based scenarios & technology enhanced learning (LO 1-5, 8-9).

LO 6, 7, 10 - 14 will be addressed through the use of research informed seminars, tutorials, practicals & technology enhanced learning. Directed study based on a case scenario & self-directed study will include reading key texts & web resources to achieve all module outcomes.

In addition students will undertake practice hours that will contribute to a Soft Tissue Techniques portfolio addressing the learning outcomes (LO 1, 2, 4, 10, 11, 14-18).

Formative assessment and feedback will be available at tutorial sessions and by electronic communication to facilitate reflection, preparation for summative assessment and self-assessment.

The portfolio record assesses learning outcomes 1, 2, 6, 8 and 10-18.

The presentation assesses learning outcomes 1, 2 and 6.

The clinical placement (practical hours) assesses learning outcomes 2-5, 7-8, 10-11 and 13-14.

Mode of Assessment

Type	Method	Description	Weighting
Summative	Presentation	Movement analysis & intervention with justification	50%
Summative	Coursework - Written	Portfolio Record of Practice Experience	50%
Summative	Clinical Assessment	Practice Hours (Pass/Fail)	0%

Reading List

To access the reading list for this module, please visit <https://bradford.rl.talis.com/index.html>

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.