



Level 5 Sports Therapy

Welcome Back !



What is a Graduate Sports Therapist?

Can you write ONE sentence to describe a Graduate Sports Therapist



What is a Graduate Sports Therapist?

"A musculoskeletal therapist with a specialism in sport and exercise"

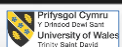


What does a Graduate Sports Therapist do?

- Now think about the DAY to DAY role of a Sports Therapist
 - In a team sport environment
 - In private practice

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graph LR
    A[Preseason] --> B[Match Day]
    B --> C[Training Day]
    C --> D[End of Season]
  
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Who am I to you?

I AM:- - Programme Director - Senior Lecturer - Year tutor (5&6) - Assessor - Clinical supervisor - Research supervisor	I AM NOT:- Friend/mate
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I will be your STRONGEST advocate

AND

your HARSHEST critic



Lecturing staff want you to succeed....

- We do not operate a quota system for grades
- Everyone has the opportunity to get a 1st class honours
- BUT
 - We cannot pass you if:-
 - The work is substandard
 - You are unsafe
 - You are ineffective
 - You do not know WHY you are doing something
- License to Practice is at stake here!

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Should learning in Higher Education be difficult?

- YES
 - Pass rates of around 80% are the norm
 - AHP courses generally lower
 - 40% drop out rate
 - This degree is tough
 - Failure is possible
 - Failure leads to
 - Stronger and more long term
 - Retention and Transfer of knowledge
 - You might make mistakes early on AND THIS IS OK!
 - It may slow down how quickly you learn things but THIS IS OK!

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Should learning in HE be difficult?

- You need to **SELF-TEST** for learning
 - This enhances retention & recall of information
 - **Self-test** is more effective than **re-study**
 - Flash cards
 - Mock exams
 - Mini-tests
- Do you know how you learn?
 - Visual
 - Aural
 - Read/Write
 - Kinesthetic

Challenge by Choice

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Learning Styles

VARK Learning Styles with Appropriate Media

VISUAL	AUDITORY	READ/WRITE	KINESTHETIC
diagrams	lecture	articles	video
mind maps	discussion	slides	role play
algorithms	audio recordings	handouts	simulations

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Modules at Level 5

- SHSS5062: PRINCIPLES AND PRACTICE OF JOINT MOBILISATIONS: PERIPHERAL
- SHSS5061 RESEARCH METHODS
- SHSS5064: PRINCIPLES AND PRACTICE OF JOINT MOBILISATIONS: PERIPHERAL

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Mode of Delivery

- BLOCK
- Thursday ALL DAY
- 9am – 3pm inclusive
- Taping & Strapping
- Research
- Theory of E&A, Mobs
- Learn based around anatomy
- HIP
- KNEE
- ANKLE
- SHOULDER
- ELBOW
- WRIST & HAND
- Cxsp
- Txsp
- Lxsp/SIJ

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Assessment

SEMESTER 1	Date (Friday)	LEVELS
1	05-Oct	
2	12-Oct	
3	19-Oct	
4	26-Oct	
5	02-Nov	
6	09-Nov	
7	16-Nov	
8	23-Nov	5065-1
9	30-Nov	5065-1
10	07-Dec	5065-2
11	14-Dec	5065-1
	21-Dec	5065-2
	28-Dec	
	04-Jan	
Christmas Break		
12 (Exams)	11-Jan	5065-3
13 (Exams)	18-Jan	
14	25-Jan	

Module Codes:
SHSS5060 – Exercise Physiology
SHSS5061 – Research Methods
SHSS5062 - Peripheral
SHSS5063 – Rehab
SHSS5064- Spinal
SHSS5065 – Biomechanics

Weeks

SEMESTER 2	Date (Friday)	LEVELS
1	05-Feb	
2	08-Feb	
3	15-Feb	
4	22-Feb	
5	01-Mar	
6	08-Mar	
7	15-Mar	
8	22-Mar	
9	29-Mar	5065-2
10	05-Apr	
	12-Apr	
	19-Apr	
	26-Apr	
Easter Break		
11	03-May	5065-1
	10-May	5065-2
12 (Exams)	10-May	5065-3
13 (Exams)	17-May	5065-1

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Student requirements

- ATTENDANCE (Compulsory)
 - You WILL NOT be permitted to demonstrate competency on ANY skill you have not been TAUGHT
 - At the point of graduation your SCOPE OF PRACTICE will only extend to the skills you have been TAUGHT, ASSESSED & DEEMED COMPETENT IN
- There is a professional body requirement for students to maintain a minimum of 80% attendance
 - Required to withdraw
 - Fitness to study
 - Fitness to practice

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Understanding Grading at Level 5

GRADE	0-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90-100
Overall Descriptor	Very Poor	Poor	Inadequate	Acceptable	Satisfactory	Good	Very Good	Excellent	Outstanding
Basic Descriptor	Little or no relevant material and/or factual errors	Insufficient relevant material and/or factual errors	Some relevant material but significant omissions and/or factual errors	Some relevant material and adequate understanding but some omissions	Relevant with a satisfactory level of understanding but some omissions	Substantial and appropriate use of materials	Comprehensive selection and utilisation of material	Extensive knowledge and understanding	Full depth and understanding
	CLEAR FAIL OR NON-SUBMISSION	CLEAR FAIL	CLEAR FAIL BUT CAN BE RE-WORKED	BELOW THE LEVEL OF THE CLASS MATERIAL	AT THE LEVEL OF THE CLASS MATERIAL	ABOVE THE LEVEL OF THE CLASS MATERIAL	SIGNIFICANT EVIDENCE OF WIDER READING	CRITICAL ANALYSIS OF THE WRITER READING	OF PUBLISHABLE QUALITY

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Passing this year

- You determine how well you do on these modules
 - If YOU
 - Fail to attend, fail to engage, fail to prepare for class, fail to organise your time, fail to make adequate notes.....YOU WILL FAIL
 - You will be offered a transfer on to another programme OR you can leave with a certificate of higher education
- What would a FIRST CLASS honours student do?
- YOU MUST PASS ALL LEVEL 5 MODULES to enter on to LEVEL 6
- You must complete all 320 credits (levels 4-6) to achieve the BSc (Hons) Sports Therapy degree, and therefore the ability to gain a license to practice with the Society of Sports Therapists

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Where you are now:

- You have studied:
 - Soft tissue therapy (including advanced techniques)
 - Introduction to clinical assessment (palpation, AROM, PROM, MMT)
 - Exercise physiology
 - Principles of assessment
 - PDP
 - Injuries and chronic disease
 - Personal training

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Where you are now

Unconsciously Incompetent

Consciously Incompetent

Unconsciously Competent

Consciously Competent