



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

**SCHOOL OF SPORT, HEALTH
AND OUTDOOR EDUCATION**

**INSTITUTE OF MANAGEMENT
AND HEALTH**

**BMST INTRODUCTION TO
CLINICAL ASSESSMENT**

2021-22

Module Code	BMST4001
Title	Introduction to Clinical Assessment
Date	15/01/2020
Level	4
Credits	20
Pre-Requisites	n/a

AIM(S)

- To introduce students to the fundamental principles of clinical assessment
- To apply a working knowledge of anatomy and kinesiology to the assessment of pain, dysfunction pathology.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- Undertake a clinical assessment of active, passive and resisted range of movement, palpation and muscle strength
- Interpret the results of the clinical assessment
- Apply a working knowledge of anatomy and kinesiology including origin, insertion, action (and innervation) of ligaments, tendons, muscles and other intra-articular and extra-articular structures.

INDICATIVE CONTENT

- Gross anatomy of peripheral joints including osteology, myology, ligaments, tendons and cartilaginous structures
- Gross anatomy of spinal segments including osteology, myology, ligaments, tendons and cartilaginous structures
- Standardised assessment of active, passive and resisted range movement

- Standardised assessment of manual muscle tests
- Palpation of key bony landmarks, enstheses and attachment sites.

Study Time Allocation

The study time for the module is divided as follows:

ASSESSMENT

Assessment Component 1

(Tick one)

☒ Written exam ☐ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written examination	1 hour	50%

Assessment Component 2

(Tick one)

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical Examination	30 minutes	50%

Assessment Summary

Activity type	Percentage
Written exam	50%
Coursework	0%
Practical	50%
TOTAL	100%

INDICATIVE READING LIST

Module Code	BMST4001	
Module Title	Introduction to Clinical Assessment	
Classification	Reading List entry	Electronic*
Essential	Neumann, D. A. (2013). <i>Kinesiology of the musculoskeletal system: foundations for rehabilitation</i> . Elsevier Health Sciences.	☐
Essential	Magee, D. J. (2013). <i>Orthopaedic physical assessment</i> . Elsevier Health Sciences.	☐
Essential	Kapandji, I. A. (2008). <i>The Physiology of the Joints I: The spinal column, pelvic girdle and head</i> . Churchill	☐

	Livingstone/Elsevier.	
Essential	Kapandji, I. A. (2008). The Physiology of the Joints II: The lower limb. Churchill Livingstone/Elsevier.	☐
Essential	Kapandji, I. A. (2008). The Physiology of the Joints III: The upper limb. Churchill Livingstone/Elsevier.	☐

KINESIOLOGY SCHEME OF WORK

Date	Topic	Lecturer
	Location: Parry	
Week 1	Introduction to Clinical Assessment	DM
Week 2	Hip Anatomy	RT
Week 3	Hip AROM/PROM	DM
Week 4	Hip MMT/RROM	DM
Week 5	Knee Anatomy	DM
Week 6	Knee AROM/PROM	DM
Week 7	Knee MMT/RROM	DM
Week 8	Ankle Anatomy	DM
Week 9	Ankle AROM/PROM	DM
Week 10	Ankle MMT/RROM	DM
Week 11	Shoulder Anatomy	DM

Week 1 S2	Shoulder AROM/PROM
Week 2 S2	Shoulder MMT/RROM
Week 3 S2	Elbow Anatomy
Week 4 S2	Elbow AROM/PROM/MMT/RROM
Week 5 S2	Wrist and Hand Anatomy
Week 6 S2	Wrist and Hand AROM/PROM
Week 7 S2	Wrist MMT/RROM
Week 8 S2	Cervical Spine Anatomy/ROM
Week 9 S2	Thoracic and Lumbar Spine Anatomy/ROM

Week 10 S2	Practical Revisit
Week 11 S2	Examination Preparation