



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

Professional Practice

SHSS 6060

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



www.uwtsd.ac.uk

Professional Practice

- Two Assessment Points
 - E-Portfolio (4000 words) 80%
 - Learning Needs Analysis (1000 words) 20%

Professional Practice

- Supervision

- MSST > 2 years experience
- MCSP > 2 years sports experience

Professional Practice

- Professional Hours

- 200 hours across the three years
- 150 supervised hours
- 50 observational hours

Professional Practice

- Supervised Hours

- 100 hours within sports clinic over 3 years
- 50 hours or more at placement or external

- Observational Hours

- Osteopath/Chiropractor/Podiatrist/Doctor/Nutritionist
Strength and Conditioner/Psychologist (max 10hrs)
- MSST/MCSP/Dip Sports Therapy (max 10hrs each)

Professional Practice

- Observational Hours

- Courses
- Webinars
- CPD Workshops
- Case Conferences

- What doesn't count?

- unsupervised (sole work)
- sports massage placements

Professional Practice

•Placements

- Email /letter
- Arrange meeting
- Training sessions
- Be professional and polite

•Research

- who'll supervise you?

Professional Practice

- Logging your hours

- <https://sites.google.com/site/uwtsdsport/>
- Update to the latest version of google

Sara Gray

Graduate Sports Therapist - BSc (Hons) MSST

e-Portfolio



Overview

An enthusiastic and motivated Graduate Sports Therapist

- Bachelor of Science with Honours, Sport Therapy - First Class (1st)
- Insured member of The Society of Sports Therapists
- L5 Advanced Trauma Medical Management in Football
- L3 Personal trainer

Welcome to my e-Portfolio, here you can access an up-to-date record of my CPD and details of my experience as a Sports Therapist. Please find below a breakdown of each section for easy navigation. Records of achievement including my degree creditation can be found in 'storage'.

FRONT PAGE

CV

Personal profile, key skills and relevant work experience

Gallery

Gallery of hands-on work

CPD

CPD and reflective practice

Record of practise hours

A record of hands-on placement hours during the final year of my degree (September 2019 - July 2020)

Storage

Proof of accredited certifications



CV





Sara Gray BSc (Hons) MSST

Mobile: 07712281303 | E-mail: sra.gray@hotmail.co.uk

e-portfolio: <https://sites.google.com/site/saragraygst/home>

PERSONAL PROFILE

An enthusiastic and motivated Graduate Sports Therapist with a highly developed understanding of team working, whilst completely confident and able to work autonomously. Extremely organised, possessing good time management and administration skills, consistently able to work to tight timescales whilst maintaining high standards. Proactive, always striving to perform beyond what is expected whilst reflecting on past experiences to continuously improve. Open minded and responsive to feedback, comfortable in adapting to change.

KEY SKILLS

- Experienced using GPS data from working in the elite sport setting, ensuring pre-injury status is achieved to reduce the risk of re-injury.
- Proficient in the development of progressive rehabilitation strategies with objective measures and progressive overload to encourage required adaptations and enable a safe return to training and match play.
- Skilled in manual therapy application including Maitland and Mulligan techniques, sports massage and myofascial practises.
- Sound understanding of the assessment and clinical diagnosis protocols required to identify peripheral and spinal injuries.
- Very approachable, demonstrating excellent interpersonal skills, adept at both verbal and non-verbal communication.
- Comprehensive IT literacy, competent in the use of PMA and Smartabase.

RELEVANT EXPERIENCE

Swansea City AFC Academy, October 2019 – Present

Two roles within the academy one of which was voluntary, working as a Sports Therapist within the foundation, youth development and professional development phase teams.

- Very approachable, demonstrating excellent interpersonal skills, adept at both verbal and non-verbal communication.
- Comprehensive IT literacy, competent in the use of PMA and Smartabase.

RELEVANT EXPERIENCE

Swansea City AFC Academy, October 2019 – Present

Two roles within the academy one of which was voluntary, working as a Sports Therapist within the foundation, youth development and professional development phase teams.

- Supporting match days and training with immediate trauma management, first response to injuries and medical emergencies providing immediate treatment, onward referral and aftercare advice.
- Working as part of a multidisciplinary team undertaking daily routine treatments such as manual therapy and strapping, conducting injury assessments, diagnosis and assisting with the planning and implementation of rehabilitation programs utilising GPS data as required.
- Reviewing, maintaining and updating PMA and Smartabase for injury surveillance ensuring all information is accurate.

Wales International Futsal, August 2019 – July 2020

Working with the team Doctor, Physiotherapist and Strength and Conditioning coach in support of the Welsh International Futsal team during training camps, international friendlies and European and National level competitions.

- Supporting match days and training with immediate trauma and injury management.
- Undertaking daily routine treatments such as manual therapy and strapping, conducting injury assessments, diagnosis and modifying training for injured athletes to manage load during competition.
- Conducting recovery sessions for the team and injured players using manual therapy techniques, yoga and equipment such as Game Ready and Normatech.

- Manage a team of agents covering 5 departments. Complete monthly work checks on each team member, create and update performance plans. Undertake disciplinary investigations and action. Conduct annual and monthly reviews with each team member and set achievable and realistic targets and goals.

QUALIFICATIONS

Bachelor of Science (Honours) Sports Therapy (1st Class)
Member of The Society of Sports Therapists
Level 4 Intermediate Trauma Medical Management in Football (ITMMiF)
Level 3 Personal Trainer
Level 2 Fitness Instructor
Sport Trauma Management
First Aid for Football Awareness
FA Safeguarding Award
UKAD Clean Sport Advisor
Functional Movement Taping (level 1)

OTHER RELEVANT INFORMATION

Full clean UK driving licence, full UK passport, enhanced certificate DBS

HOBBIES/INTERESTS

Health and fitness, CrossFit, Olympic weightlifting and yoga.

Sara Gray BSc (Hons) MSST

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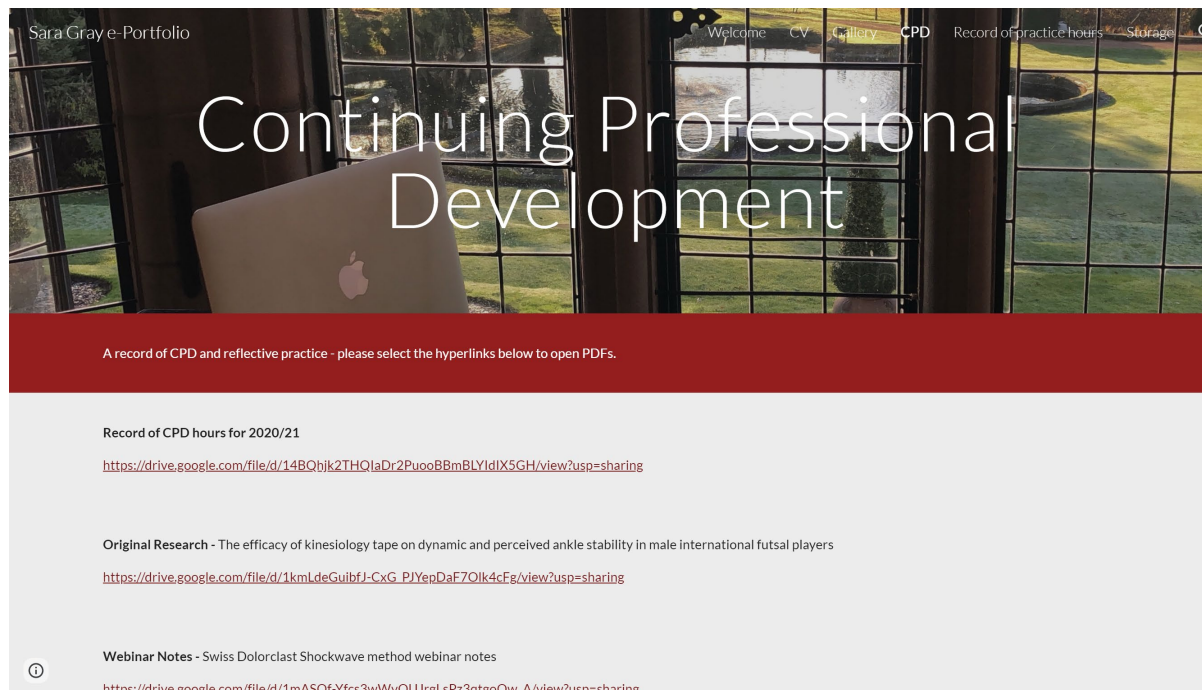
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Gallery

2017-2018



CONTINUING PROFESSIONAL DEVELOPMENT



CONTINUING PROFESSIONAL DEVELOPMENT

Reflective Practice Form 	
Describe a recent experience in your professional life During a rugby match I had to attend a life threatening First Aid incident	
What did you do... Performed CPR	...and why? Athlete was unresponsive and did not appear to be breathing
What went well The speed with which I reached the athlete The support and help of others	...and what could have been better My initial response and decision making process. My understanding and implementation of current First Aid recommendations in such as scenario
What, (if anything) would you now do differently, faced with a similar situation? I would send for the emergency services earlier in the management of this incident	
Describe what you learnt from this experience (learning outcomes) Even though I have possessed a First Aid certificate for several years I now realise that I must keep abreast with the skills learnt on the courses. I also now realise that I must keep abreast of recommended changes to 1 st aid	

RECORD OF PRACTICE HOURS

Sara Gray e-Portfolio

Welcome CV Gallery CPD Record of practice hours Storage

This page presents proof of supervised hands-on practice hours and observational/CPD hours completed during my final year of my Sport Therapy degree.

	A	B	C	D	E	
1	Date	Category	Hours	Placement	Location	
2	29/8/2019	Observational / CPD	1	Swansea City AFC	Fairwood	CPD - Psychology and return to sport for youth players
3	13-19/09/19	Observational / CPD	20	Morriston Hospital	Morriston Hospital	Rotations on all physiotherapy wards, Outpatients, ALAC, Cardiac ITU/ICU
4	15/9/2019	Hands on	5	Wales Futsal	Talybont	Futsal Training Day, injury Assessment, STT, strapping, court cover
5	19/9/2019	Hands on	4	Wales Futsal	House of Sport/ Copthorne Hotel	Estonia Training Camp - screening, training and recovery/injury management
6	20/9/2019	Hands on	6	Wales Futsal	House of Sport/ Copthorne Hotel	Estonia Training Camp - training and recovery/injury management, match cover
7	21/9/2019	Hands on	6	Wales Futsal	House of Sport/ Copthorne Hotel	Estonia Training Camp - post match day recovery, STT, game ready, Complex
8	24/9/2019	Hands on	4	Swansea City AFC	Fairwood	Ankle assessment, hamstring rehabilitation and shockwave (pain relief)
9	27/9/2019	Hands on	5	Swansea City AFC	Fairwood	Mobs with movement, shockwave (Semimembranosus and MTSS), rehabilitation
10	3/10/2019	Hands on	4	Swansea City AFC	Fairwood	Rehab in gym - MCL (knee) grade II, Quadriceps P+ and hip impingement
11	4/10/2019	Hands on	5	Swansea City AFC	Fairwood	Pitch side cover, injury assessment on pitch and in medical room post injury
12	9/10/2019	Hands on	4	Swansea City AFC	Fairwood	Rehab in gym - MCL (knee) grade II, Quadriceps P+ and hip impingement
13	11/10/2019	Hands on	4	Swansea City AFC	Fairwood	IFT, shockwave, hydro for acute management of ATFL, reassessment of ATFL
14	16/10/2019	Hands on	5	Swansea City AFC	Fairwood	SEBT, rehabilitation, pitch rehab (hybrid, and tight spaces)
15	17/10/2019	Hands on	2	Swansea City AFC	Fairwood	Alta-G running, 50% BW.
16	24/10/2019	Hands on	5	Swansea City AFC	Fairwood	Asx abdomen (oblique bruising) and quadriceps, ATFL Mobilisations (Maitland)
17	25/10/2019	Hands on	6	Swansea City AFC	Fairwood	Asx abdomen, quad and ATFL Mobs, SEBT and Alta-G. Force plates and No
18	30/10/2019	Hands on	5	Swansea City AFC	Fairwood	ITF, gym rehab and pitch rehab long distances with varied speed. TUS for
19	1/11/2019	Hands on	7	Swansea City AFC	Fairwood	Laser for oedema control of syndesmosis and tib ant post contact with pitch
20	6/11/2019	Hands on	5	Swansea City AFC	Fairwood	Head of fibula subluxation, neural flossing Ixsp
21	7/11/2019	Hands on	2	Swansea City AFC	Fairwood	ATFL Asx, therapeutic laser for chronic MCL, adductor Asx, SOAP note clarity
22	13/11/2019	Hands on	5	Swansea City AFC	Fairwood	Player assessments pitch based rehabilitation.
23	14/11/2019	Hands on	6	Swansea City AFC	Fairwood	Mirror therapy for post-op apprehension towards ROM. ROM allowance post
24	20/11/2019	Hands on	8	Swansea City AFC	Fairwood	Player assessments, pool running, gym based rehabilitation, mobilisation
25	21/11/2019	Hands on	4	Swansea City AFC	Fairwood	Player assessments, gym based rehabilitation including alta G.
26	28/11/2019	Hands on	3	Wales Futsal	St George's Park - England (Home N	Pitch side training cover and player assessment - fit to compete in tourna
27	29/11/2019	Hands on	8	Wales Futsal	St George's Park - England (Home N	Match Day cover, pre-match treatment taping, hydrotherapy/recovery



Storage

This is my file cabinet for storing my evidence of learning and proof of qualifications.

Certificate - Degree Creditation

<https://drive.google.com/file/d/1-zH1cPczm1QY8clR6mufcjt0aNXKmlQm/view?usp=sharing>

Certificate - FA Level 4 Intermediate Trauma Medical Management in Football (ITMMiF) - awaiting L5 ATMMiF Certificate

https://drive.google.com/file/d/1pYvBDuyEnG0C9raEigXeFi_DB3eTcENI/view?usp=sharing

Certificate - FA Concussion Guidance

Learning Needs Analysis

- A learning needs analysis is a systematic approach for determining what training and development needs to place.
- It offers an opportunity for the individual to reflect on where they are currently positioned in their professional development and where they see themselves in the future.
- A learning needs analysis involves monitoring current performance, anticipating future problems and identifying the type and level of training required to address these problems.

Learning Needs Analysis

- Assessment 002
- 20%
- 1000 words
- (Remember that table contents do not count in this word limit)

To adequately complete a learning needs analysis students should:

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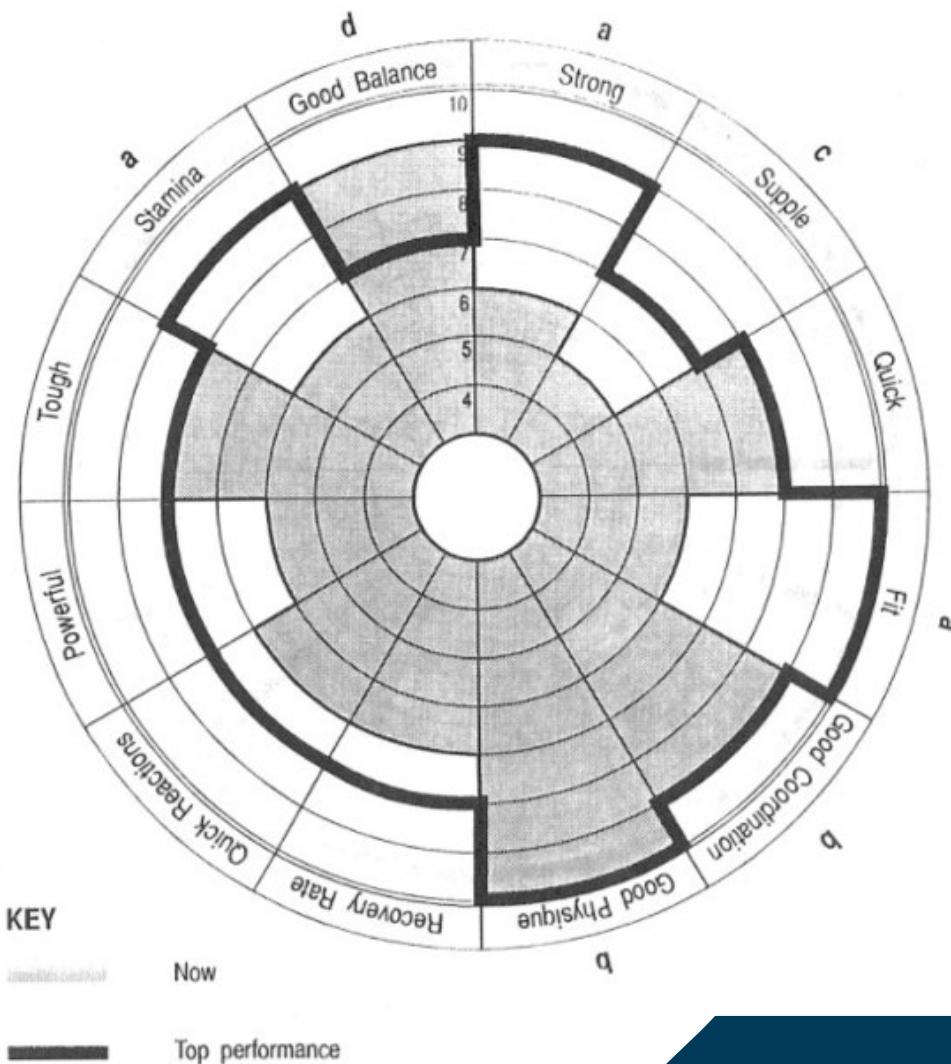
- Determine your desired outcome
 - Clarify your professional or career goals
- Identify short term and long term goals
 - What do you want to achieve in the next 12 months and 3-5 years to help you achieve your desired outcome
- Identify action points within each short and long term goal
 - Consider your performance gaps – the gaps between current ability and desired ability
 - How will you achieve your goals, what will your outcome measure be?
- Prioritise your short and long term goals
 - Can you put the goals in order; is one dependent on the other?

Performance Profile

- Developed by Butler (1989) performance profiling is an application of Kelly's
- Personal Construct Theory to sport psychology.
- Continual detection of repeated themes to give personal meaning to events and surroundings (constructs)

Performance Profile

- Introduce the idea
 - Means of shedding light on how YOU are currently feeling (about your own clinical practice)
 - No right or wrong answers
 - Attempt to identify what YOU feel is important and thus increase your awareness and direct training in areas of perceived need



Performance Profile

Performance Profile

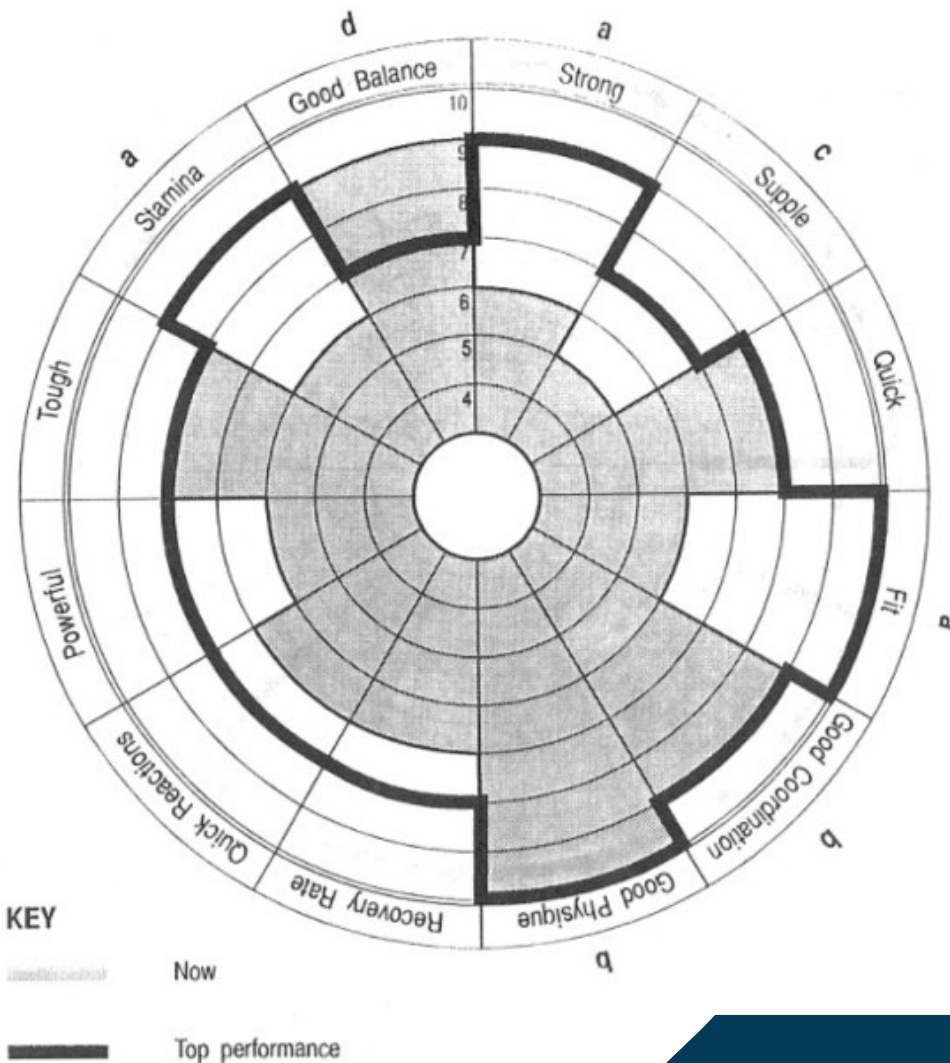
- Eliciting the Constructs
 - What in your opinion are the qualities or characteristics of a (GOOD/GREAT/ EXCELLENT) GRADUATE SPORTS THERAPIST?
 - Can you produce a list?
 - Allow different answers – consider your own style

Performance Profile

- Assessment
 - For each construct on YOUR list,
 - Rate how you perceive YOURSELF currently
 - Likert Scale 0-10
 - 0 – Not at all
 - 10 – very much

Performance Profile

- Assessment (part 2)
 - Consider the BEST (Good/great/excellent)
 - Graduate Sports Therapist (Sports Physio/ Personal Trainer)
 - What would you score them? 0-10?



Performance Profile

Comparison

What are the areas of greatest discrepancy?

These are now your areas of development

Performance Profile

Set your action plan

- Immediate priority
- Up to 3 goals
 - Intervention required
- These goals will be your work on's for this module (8 months)

An Example

Set your action plan

- Immediate priority
- Up to 3 goals
 - Intervention required
- These goals will be your work on's for this module (8 months)

An Example

Key Responsibilities	Self Assessment Rating	Perceived Rating of Importance	Discrepancy
Contribute to creating a positive environment that optimises performance and maximises the use of the resources we have available	9	10	-1
Promote the Dragons with all external agencies by developing effective relationships and through emphasising consistent, positive messages	7	8	-1
Provides sports therapy services & Assesses and treats own case load of patients:	8	10	-2
I. Assessment	I. 6	I. 8	I. -2
II. Diagnosis	II. 6	II. 8	II. -2
III. Soft tissue therapy	III. 10	III. 8	III. +2
IV. Manual therapy	IV. 8	IV. 8	IV. 0
V. Rehabilitation	V. 10	V. 8	V. +2
VI. Taping and Strapping	VI. 8	VI. 8	VI. 0
Communicates with Head Physiotherapist	6	8	-2
Oversees Regional and development players where applicable	8	8	0
Assists with match day pitch cover	8	8	0
Undertakes research and audit	8	7	+1
Develop rehab and injury prevention protocols	9	10	-1
Ensures compliance with medical data collection	10	10	0
Identify and undertake CPD as required to ensure continuous improvement in personal performance	8	10	-2

An Example

IMMEDIATE PRIORITY

Assess and treats own case load of patients:

Assessment

Diagnosis

Communicates with Head Physiotherapist

Identify and undertake CPD as required to ensure continuous improvement in personal performance

INTERVENTION REQUIRED?

Performance profile variations

You might want to compare yourself now to:
yourself 3 years ago?
how others perceive you now?
how important you think these constructs are?
your dream job description/criteria?

SMART Goals?

Specific
Measurable
Attainable
Relevant
Timely
Evaluate
Revise