

Module Title:	Exercise Science : Injuries, Treatment , Therapy
Academic year:	2009 2010
Credit Value:	5.0
Pre- requisites:	4.1, 4.3, 5.3
Assessment:	Continuous Assessments 100%
Aims	To provide the student with an introduction to the key aspects of theory, practice and philosophy of Manipulation Therapies and Physical Therapies and their relevance to sports science and health (e.g. reduced risk of injury, increased flexibility, improved performance, enhanced mental attitude); To provide an opportunity to observe and experience a range of manipulation therapies and physical therapies and gain insight into their preventative and curative role in individual health. To develop an awareness of the intrinsic relationship that exists between mind and body in the prevention of injury, and the regaining and maintenance of good health. To emphasise the importance of regulatory, safety and legal aspects of such therapies. This will be achieved by direct learning through lectures, demonstrations and workshops facilitated by qualified insured practitioners in the specific fields, supplemented by individual and group assignments, both oral and written.
Module Content	Workshop Programme which will include some of the following topics; <ul style="list-style-type: none"> • An introduction to specific Manipulation and Physical Therapies-preventative, curative, maintenance • Yoga & Yoga Therapy; • Tai Chi, Qigong • Feldenkrais, Alexander Technique, Pilates; • Osteopathy, Chiropractic, Physiotherapy • Massage, Sports massage therapy, Shiatsu • Kinesiology, Bio-Energy & Reiki,

Intended Learning Outcomes:	<p>On completion of this module the student will be expected to be able to: -</p> <ol style="list-style-type: none">1. Identify the key aspects in the theory and practice of manipulation therapies and physical therapies in relation to sports science and health, and the philosophy underpinning these therapies.2. Discuss the role of these therapies in the prevention and cure of injuries within the context of sport science and health.3. Describe their experience of any specific therapies demonstrated in workshops, formulate and demonstrate an understanding and basic awareness of the mind-body connection.4. Appraise selected research findings in relation to the importance of such therapies in the prevention and treatment of injury, and the benefits of these therapies for the maintenance of good health.5. Explain the importance of regulation, safety and legal aspects of such person-centered manipulation and physical therapies.
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