

EQF/MQF LEVEL 5

Award in Injury Prevention and Rehabilitation

LW/S/031

COURSE DESCRIPTION

This course will introduce learners to the core functional and professional areas of sports injury prevention and rehabilitation. Additionally, learners will be introduced to injury screening methods and into the use data to design bespoke injury prevention strategies. Learners will explore real world case studies to build their understanding of returning an athlete after injury. It will offer an excellent foundation and knowledge and skills that will be useful in another course of strength and conditioning, namely *Foundations in Strength and Conditioning*.

COMPETENCIES

1. Collaborate with the rehabilitation team to allow the athlete to return to performance.
2. Manage the performance staff, in aiding athletes in achieving their goals in manging the person, injury and rehabilitation.
3. Comply to ethical standards in research and practice, including the responsible use of data and technology
4. Be responsible to continuous development and staying currents with the latest research and advancements in injury prevention and rehabilitation.
5. Manage to work independently taking initiatives in both research and its practical applications.

DURATION 5 weeks

CREDIT VALUE 6 ECTS

MODE OF TRAINING This programme will be delivered 100% Online through **synchronous** and **asynchronous** sessions using Learning Works LMS **Moodle** and <https://zoom.us>.

ASSESSMENT 100% Assignment & Case Study Presentation

LECTURER: Mr Duncan Formosa

LEARNING OUTCOMES

By the end of the course, students will be able to:

- Identify sports injuries, their mechanisms and risk factor and preventive strategies.
- Describe the principles of current knowledge underpinning practise in injury rehabilitation.
- Explain the relevant knowledge in anatomy and physiology of human dysfunction.
- Identify underlying pathology relevant to injury rehabilitation.
- Demonstrate the ability to assess and diagnose sports injuries.
- Apply appropriate and effective treatment plans for sports injuries
- Analyse the psychological responses to injury and adherence of rehabilitation.

Contact Hours: 30

Placement Hours: -

Self Study Hours: 116

Assessment Hours: 4

Total Learning Hours: 150



ENTRY REQUIREMENTS

Entry requirements for this course are as follows:

- 2 A-Level passes and 2 Intermediate passes (Compulsory A level or Intermediate level pass (MQF Level 4) in **Biology or Physical Education**) or **other international qualifications equivalent to A level or MQF 4.**

or

- MQF Level 4 Certificate in a Sport related area

or

- Maturity clause

Applicants who satisfy the following conditions may apply for consideration to this course under the Maturity Clause:

1. In possession of a School Leaving Certificate
2. Have, by the end of the same calendar year attained the age of 23 years for entry to this course at MQF Level 5

These applicants are also asked to submit:

- a detailed Europass CV
- a Jobs Plus Employment History
- a motivation letter
- two reference letters
- documentation which they can present in terms of academic and experiential preparation

These applicants need also to attend an interview.

And

- Digital literate

And

- Have a good command of oral and written communication in English with a level of proficiency in English equivalent to at least IELTS Level 6

Learners who opt to apply for a programme of studies through the RPL route shall be responsible for demonstrating how the learning outcomes obtained through prior certified learning or experiential learning are relevant to the programme of studies they are applying for. To ensure that the RPL can be carried out effectively, any form of evidence including any relevant documents is to be attached to the application as per Learning Works Policy.

FUNDING

Applicants may get up to 70% of the fee back through the Get Qualified Scheme.

PART-TIME

Lectures are held twice a week in the afternoon on a part-time basis.