

Sports Medicine (Football) 2

Module Overview

The focus of this module is the integrated management and rehabilitation of the football athlete. The module will use clinical reasoning and excellence in clinical skills as the framework for exploring issues associated with the management and rehabilitation of illness/injury within football.

Content will include: process of assessment, clinical decision making, prognostic decision making, evaluation of outcome, preventative management, emergency care (including the Emergency Action Plan, and the FA AREA [Advanced Resuscitation and Emergency Aid, accredited by the Royal College of Surgeons of Edinburgh, Faculty of Pre Hospital Care] course), healing process, rehabilitation aims, objectives and phases (acute Injury management, restoration of mechanical/athletic function, functional activity progression and preparation for performance), the rehabilitation process, programme design (including recovery and nutrition), optimising performance taking into account the short and long term health of athletes, and regenerative medicine. Content will be applied to the assessment and evaluation of common injuries (lateral ligament ankle; medial collateral ligament, meniscus, anterior cruciate ligament injuries at the knee; hamstring injury; groin strain and hip joint injuries; tendon and overuse injuries; head and brain injuries, and acute spinal injuries) and illnesses (asthma, diabetes, and infectious diseases) documented in football (source FIFA).

Specific non-exercise interventions will be covered within this module, including strapping and taping, manual therapy, hydrotherapy, drug management, injection therapy, electrotherapy modalities etc (neuromusculoskeletal exercise interventions and programme design will be covered in the Neuromuscular Adaptation to Training module).

Key themes central to football medicine will underpin module delivery, including the bio-psychosocial context of contemporary football medicine, the continuum of health to injury/illness, the requirements of football (physical, physiological and biomechanical), effective team working, gender, age, chronicity, evidence based practice, the location of physiotherapy intervention (travelling with teams/squads (e.g. acclimatisation), pitch side, training ground, stadium), environmental factors, and safe, legal and ethical practice.

Delivery

Combination of delivery (lectures, seminars, practical workshops) at the National Football Centre, St George's Park at Burton on Trent, and distance learning, directed and self directed activities. Approximately 2 x half days of delivery will be discipline specific delivery. Owing to the broad required content for this module (to meet national/international sports medicine competencies), delivery will be supported by a module study guide to structure pre and post session activity, and directed study.

Learning Outcomes

By the end of the module you should be able to:

- Demonstrate advanced clinical reasoning skills in the management and rehabilitation of illness/injury
- Critically evaluate approaches to the management and rehabilitation of athletes in the context of Best Practice
- Evaluate and further develop excellence in the management and rehabilitation of clinical skills
- Justify decision making within the processes of patient management and rehabilitation
- Evaluate and justify progression of management/rehabilitation interventions

Credits

20 credits

Module Attendance Required

42 hours

Module Dates

4th and 5th July 2015 (FA AREA course)

29th June – 3rd July 2015 (St George's Park)

Assessment

Viva of a reasoned case history based on a written case history from the student's developing portfolio. Assessment is based entirely on the viva.

Academics involved in the delivery of this module

[Dr Nick Bent \(/staff/profiles/sportex/bent-nick.aspx\)](/staff/profiles/sportex/bent-nick.aspx)

[Dr Nicola Heneghan \(/staff/profiles/sportex/heneghan-nicola.aspx\)](/staff/profiles/sportex/heneghan-nicola.aspx)

[Leon Creaney \(/staff/profiles/cem/MSE/creaney-leon.aspx\)](/staff/profiles/cem/MSE/creaney-leon.aspx)

[Dr Alison Rushton \(/staff/profiles/sportex/rushton-alison.aspx\)](/staff/profiles/sportex/rushton-alison.aspx)

and external specialist lecturers

Stand Alone Course

This module can also be taken as a stand alone course if required. To apply, please contact the Programme Administrator:

Telephone: +44 (0)121 414 3126

Email: np-pgadmissions@contacts.bham.ac.uk (<mailto:np-pgadmissions@contacts.bham.ac.uk>)

Fee if taken as a stand alone course

Entry requirements if taken as a stand alone course

For information on requirements please contact the Programme Administrator.

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(<http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx>)

Course fact file

Type of Course: Continuing professional development, module

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