



## Higher National Unit specification

### General information

**Unit title:** Plan and Deliver Exercise Based Sports Rehabilitation (SCQF level 8)

**Unit code:** H71S 35

**Superclass:** PB

**Publication date:** August 2014

**Source:** Scottish Qualifications Authority

**Version:** 03

### Unit purpose

This Unit is designed to provide the learner with the ability to plan, deliver, monitor and evaluate an exercise based sports rehabilitation programme. The underlying principle of therapeutic intervention is active, dynamic, planned and progressive exercise.

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Explain aims and objectives of exercise based sports rehabilitation.
- 2 Prepare client and environment/equipment for exercise therapy.
- 3 Demonstrate personal competence in the use of rehabilitation equipment used to treat common sports injuries.
- 4 Plan, deliver and evaluate short and long term exercise based sports rehabilitation programmes.

### Credit points and level

2.5 Higher National Unit credits at SCQF level 8: (20 SCQF credit points at SCQF level 8)

## Higher National Unit Specification: General information (cont)

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### Recommended entry to the Unit

Access to the Unit will be at the discretion of the centre. However, knowledge of *Functional Anatomy, Sports Therapy: Anatomy and Physiology, Basic Subjective and Objective Assessment, Clinical Sports Massage, Pathology and Aetiology of Sports Injury, Prevention and Management of Sports Injury Sports Therapy: Exercise Principles and Testing, Sports Therapy: Professional Standards* and *First Aid for Sport and Fitness* as evidenced by SCQF levels 7/8, or occupational equivalencies would be of benefit.

### Core Skills

Achievement of this Unit gives automatic certification of the following:

Complete Core Skills                      Problem Solving at SCQF level 6

Core Skill component(s)                None

There are also opportunities to develop aspects of Core Skills which are highlighted in the Support Notes of this Unit Specification.

### Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

### Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements).

## Higher National Unit specification: Statement of standards

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Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### Outcome 1

Explain aims and objectives of exercise based sports rehabilitation.

#### Knowledge and/or Skills

- ◆ Objectives of exercise based rehabilitation for common sports injuries
- ◆ Maintenance of collateral fitness
- ◆ Exercise modalities
- ◆ FITTA principles (Frequency, Intensity, Time, Type, Adaptation/Adherence)

### Outcome 2

Prepare client and environment/equipment for exercise therapy.

#### Knowledge and/or Skills

- ◆ Preparation of exercise environment and equipment
- ◆ Exercise modalities
- ◆ Preparation of equipment
- ◆ Preparation of client
- ◆ Instructions to client
- ◆ Accommodating contra-indications as appropriate
- ◆ Ethical consideration

### Outcome 3

Demonstrate personal competence in the use of rehabilitation equipment used to treat common sports injuries.

#### Knowledge and/or Skills

- ◆ Common sports injuries
- ◆ Exercise modalities
- ◆ Exercise techniques
- ◆ Exercise equipment

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**Outcome 4**

Plan, deliver and evaluate short and long term exercise based sports rehabilitation programmes.

**Knowledge and/or Skills**

- ◆ Common sports injuries
- ◆ Stage of recovery
- ◆ Goal setting
- ◆ Content to support client's needs
- ◆ Supervision
- ◆ Home programme
- ◆ Post arthroscopy management
- ◆ Assess client progress

**Evidence Requirements for this Unit**

Learners will need to provide evidence to demonstrate their Knowledge and/or Skills across all Outcomes:

**Outcome 1**

Learners will need to provide evidence to demonstrate all Knowledge and/or Skills by showing that, they can do the following:

- ◆ Explain objectives of exercise based rehabilitation in general and in relation to client's clinical assessment information development of; cardiovascular fitness, muscular strength, muscular endurance, power, speed, proprioception, flexibility, balance and co-ordination to re-educate movement patterns, sports specific activities and maintenance of fitness where appropriate.
- ◆ Provide explanation of how choice of exercise modalities meets with current accepted practice with regard to rehabilitation stage, injury site, stage of healing and FITTA principles.
- ◆ Justify choice of exercise modalities in line with rehabilitation principles: prioritised, planned, progressive, individual, sports specific.

## Higher National Unit specification: Statement of standards (cont)

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### Outcome 2

**Outcomes 2,3 and 4 maybe assessed holistically.**

Learners will need to provide evidence to demonstrate all Knowledge and/or Skills by showing that they can:

- ◆ prepare client for exercise therapy modality.
- ◆ prepare exercise environment and associated equipment specific to exercise therapy.
- ◆ clearly communicate to client objectives of procedures associated with session content.
- ◆ accommodate contraindications to exercise safely and effectively.
- ◆ adhere to ethical standards during all client based procedures.

### Outcome 3

Learners will need to provide evidence through logbook and case study records to demonstrate all Knowledge and/or Skills by showing that they can:

- ◆ select activities to reflect appropriate exercise modality.
- ◆ select exercise intensity to reflect client's stage of rehabilitation.
- ◆ demonstrate exercise techniques safely and effectively.
- ◆ correct any movement pattern faults.

### Outcome 4

Learners will need to provide evidence through logbook and case study records to demonstrate all Knowledge and/or Skills by showing that they can:

- ◆ select appropriate exercise techniques to reflect client's needs and exercise modality.
- ◆ select exercise intensity to accurately reflect client's stage of recovery/healing.
- ◆ demonstrate exercise techniques and use of appropriate equipment
- ◆ effectively supervise client whilst exercising.
- ◆ identify and correct faults in execution of techniques.
- ◆ produce an exercise schedule for home use in a clear, written manner to professional standards.
- ◆ evaluate client progression and identify regression as required.

Evidence should include as a minimum:

Common sports injuries to include one of each of the following:

- ◆ fracture of bones of the upper and lower limbs,
- ◆ injury to soft tissue structures of upper and lower limbs and torso that sample from acute, sub-acute and chronic stages of healing,
- ◆ post arthroscopic management of injury (ankle, knee, hip, wrist, elbow or shoulder).
- ◆ A varied selection of rehabilitation stages should be included from; early, intermediate, late and pre-discharge.

Exercise techniques to include: strength and muscular endurance methods, CV methods, flexibility, hydrotherapy, proprioception training, return to play, power training, agility training and sports specific field tests.



## Higher National Unit Support Notes

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Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 100 hours.

### Guidance on the content and context for this Unit

This Unit is part of a Group Award and is intended to give learners an understanding of the theoretical and practical application of rehabilitation principles as used in sport. This is a core sports therapy skill drawing on knowledge gained in first year Units.

**Outcome 1** requires the learner to demonstrate an understanding of:

- ◆ Rehabilitation principles including knowledge of current accepted practice.
- ◆ Rehabilitation principles including the following modalities; strength, muscle endurance, cardiovascular fitness, flexibility, proprioception, power, agility, speed, sports specific activities, balance and co-ordination and maintenance of fitness.
- ◆ Stages of rehabilitation, common sports injuries, stages of injury healing and FITTA principles.
- ◆ Rehabilitation principles (planned, prioritised, progressive, sports specific and individual.

**Outcome 2** requires the learner to demonstrate good practical skills in the preparation and delivery of exercise rehabilitation sessions by:

- ◆ explaining to client the purpose (aims and objectives) of long and short term goals in rehabilitation.
- ◆ safely set up work area (gym facility) including equipment for rehabilitation session. Equipment should include free and fixed resistance equipment, dyna-bands, mats, pulleys, medicine balls, wobble boards, steps, benches, sport skill equipment. CV equipment; bikes, rowers, cross-trainers and treadmills. Aqua therapy; spa pool, whirl pool, jacuzzi, swimming pool, moving water pool.
- ◆ client preparation to include checks of clothing and footwear.
- ◆ having a thorough understanding of contraindications to exercise safely and effectively.
- ◆ following ethical standards during all client based procedures.

**Outcome 3** Learners will need to provide evidence to demonstrate all Knowledge and/or Skills by showing that they can:

- ◆ correctly select exercises for each training modality.
- ◆ show full understanding of rehabilitation stages and choose intensity levels appropriate to client and injury.
- ◆ show competence in the correct demonstration of exercises selected.
- ◆ correct poor technique and any errors in movement patterns.

## Higher National Unit Support Notes (cont)

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**Outcome 4** Learners will need to provide evidence to demonstrate all Knowledge and/or Skills:

- ◆ Learner must have good knowledge of common sports injuries.
- ◆ Learner must be familiar with the use of a wide variety of sports equipment and be able to demonstrate their use showing good technique.
- ◆ Learner must be able to identify and correct poor technique in clients.
- ◆ Learner must be able to produce, to a high quality, home programmes for clients.
- ◆ Learner must be able to reassess and evaluate clients progress.

### Guidance on approaches to delivery of this Unit

Delivery requires an appropriately qualified professional and it is suggested that the following professionals may deliver: Chartered Physiotherapist/Sports Therapist. The Unit should be delivered gym environment making use of appropriate facilities and equipment.

### Guidance on approaches to assessment of this Unit

#### Outcome 1

This Outcome should be assessed in the form of a report in response to a detailed case study.

#### Outcomes 2, 3 and 4

These Outcomes can be assessed jointly in the form of a logbook covering five case studies with a very clear focus on client, injury and stage of healing. All case studies should also be assessed through direct observation of practical sessions using assessor check lists.

The assessment will take place at an appropriate time within the delivery of the Unit determined by learners' progress.

### Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).



## Higher National Unit Support Notes (cont)

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### **Opportunities for developing Core and other essential skills**

This Unit has the Core Skills of Problem Solving embedded in it. This means that when the candidates achieve the Unit, their Core Skills profile will also be updated to show they have achieved Problem Solving at SCQF level 6.

There may be opportunities to gather evidence towards Core Skills in this Unit, especially numeracy and communication, working with others and developing independence.

These skills can be developed through practical application of learned skills in a group setting or working with individual patients. Further to this, communication is developed during treatment of patients in practical components. In addition to this, literacy is further developed through writing rehabilitation programmes. These Core Skills are measured at a level appropriate to this Unit (level 8).

These are transferrable skills that can be utilised in industry, enhancing employment prospects and in progressing on to higher education programmes.

## History of changes to Unit

Version	Description of change	Date
03	Clarification of Assessment requirements for centres.	31/08/18
02	Core Skills Problem Solving at SCQF level 6 embedded.	03/06/14

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## General information for learners

### **Unit title:** Plan and Deliver Exercise Based Sports Rehabilitation (SCQF level 8)

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

This Unit allows you to build on basic exercise protocols to progress and develop a comprehensive vocabulary of techniques to address the requirements of common sporting and participation injuries.

You will be given opportunities develop competence in operating a wide range of equipment in a variety of organisational settings, some one-to-one, some group orientated.

The bulk of the Unit will be focussed on the practical application of exercise modalities and techniques and their use in injury management.

At the end of the Unit, you should be able to plan, deliver, monitor and evaluate a sports rehabilitation programme.

The following sources of information may be of assistance to you as you undertake this Unit. References:

Herring S.A., '*Rehabilitation of muscle injuries*' *Medical Science Sport and Exercise*, 22 (4), 453–456.

Bandy W.D., and Sanders B., (2001), *Therapeutic Exercise: Techniques for Intervention*, Lippincott, Williams and Wilkins.

ACSM Consensus Statement; (2001), *Power Development and Athletes*, [www.acsm.org/USOC\\_ACSMconsensus.htm](http://www.acsm.org/USOC_ACSMconsensus.htm)

Smith C.A., (1994) '*The warm up procedure: To stretch or not to stretch?*' *JOSPT*: 19, (1), 12–16.

SAFRAN ML et al. (1999), '*Lateral ankle sprains; a comprehensive review Part 2: treatment and rehabilitation with an emphasis on the ankle*' *Medical Science Sport and Exercise*: 27, (10), 1444–9.

Circuit websites (devised by forces personnel) <http://www.netfind.co.uk/menu.htm>  
Prentice W.E., (1994), *Rehabilitation Techniques in Sports Medicine*, Mosby, St Louis. Missouri.

Tippet S.R. and Voight M.L., (1995), '*Functional Progressions for Sports Rehabilitation*', Human Kinetics, Champaign, Illinois