Musculoskeletal Rehabilitation & Exercise Prescription

Module code 7HSK0068 15 Credits at level 7

This course is equivalent to 150 hours of student effort and includes 5 attendance days:

<table>
<thead>
<tr>
<th>Date</th>
<th>Days</th>
<th>Date</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 29th – Tuesday 30th January 2018</td>
<td>Monday 26th February 2018</td>
<td>Wednesday 14th – Thursday 15th March 2018</td>
<td></td>
</tr>
</tbody>
</table>

The course has been developed to provide qualified physiotherapists the opportunity to develop advanced knowledge and skills in the field of musculoskeletal rehabilitation and exercise prescription.

**Course aims**
The course aims to build on existing knowledge of musculoskeletal rehabilitation theory and practice from an evidence-based perspective and apply advanced clinical reasoning skills to the development of safe and effective client specific rehabilitation programmes and exercise prescription.

**Content**
The course includes a review of the theoretical foundations of patient-centred musculoskeletal rehabilitation and exercise prescription, consideration of anatomical, physiological and pathophysiological principles and applied practical skills in developing, progressing and evaluating programmes of rehabilitation and exercise prescription appropriate for patients with musculoskeletal dysfunction.

This module primarily addresses the musculoskeletal patient population – it does however complement and dovetail with the Strength & Conditioning course (7SCZ0261) which covers the principles of strength and conditioning for athletes and the active population.

**Assessment**
The assessment will consist of a presentation viva.

**Who teaches this course?**
The course is led by Colleen Balston. Classes take place at College Lane Campus, Hatfield.

**What our students say**
“Module content informative & engaging”
“Approachable lecturers with different teaching styles enhanced overall experience.”
“Clinical practice now underpinned by theoretical principles”

**Cost**
The fee for new self-funding students is £680. Please note that the fee may vary depending on your source of funding and whether you are a returning student. To find out information about the fees visit go.herts.ac.uk/cpdfees

The course forms part of a broader CPD framework that can lead to the award of Postgraduate Certificate, Postgraduate Diploma or Master’s degree