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## MSc Advanced Practice (Musculoskeletal Studies)

### Programme Joining Handbook

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Cardiff School of Sport and Health Sciences

2018 – 2019

**Pathway Lead:** Prof. Sarah Curran

**Llandaff Campus:** Room C1.03

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## WELCOME FROM THE PATHWAY LEAD

Cardiff School of Sport and Health Sciences

Professor Sarah Curran

Welcome to the **MSc Advanced Practice (Musculoskeletal Studies)**. On behalf of the team I am delighted to welcome you to Cardiff Metropolitan University, to the School of Sport and Health Sciences and to the programme. Whether you are undertaking some specific modules, the postgraduate certificate, postgraduate diploma, or the MSc, we hope that your time with us will be enjoyable. We are sure that you will be challenged at times, but hope that within and beyond your experience on the programme you will consolidate and develop skills in a variety of areas that will enhance the knowledge base from which you practice. Ultimately, we hope that your patients benefit and that the skills developed will lead you confidently into more advanced and challenging clinical situations, and contribute to the development of a rewarding career.

Programme induction will start at 10.00am on Monday 17th September 2018. We have put together a series of activities to help you get to know the University, your programme of study, others on your course and the staff who will be teaching you. It is important that you attend all induction sessions, as you will be given a range of important information about studying at Cardiff Metropolitan University.

This document provides some introductory information to the Masters programme. In addition to introducing the programme, some information on the induction process is provided and when you arrive you will be provided with programme and module handbooks. These handbooks will provide you with more detail and help you to familiarise yourself with the programme. As Pathway Lead, I am your first point of contact if you need further information or advice. I wish you all the best with your studies and look forward to meeting you.

Every new student is allocated a Personal Tutor who will support you throughout your Cardiff Metropolitan journey. Providing high quality support to you is important to us. You will meet your personal tutor during induction on Monday 17th September. If you would prefer a Welsh speaking Personal Tutor please let me know before you arrive so I can arrange this for you.

## Educational Aims of the Programme

The **MSc Advanced Practice (Musculoskeletal Studies)** is a development of the MSc Musculoskeletal Studies (Lower Limb) that was offered between 2007 and 2015. Both awards share many of the same modules, making it a good choice for healthcare professionals from a variety of backgrounds who wish to develop their skills and expertise in relation to the management of lower limb musculoskeletal disorders, whilst at the same time develop the skills associated with advanced practice. It seeks to provide an opportunity for those practitioners involved in lower limb musculoskeletal practice to consolidate and develop their clinical expertise. After initial validation in April 2006, the programme was re-designed and reviewed in May 2010 to incorporate new modules and options that reflect contemporary developments in practice. This included modules on *Sports Biomechanics and Injury Management*, *Work Based Learning for Examination and Diagnosis* and *Therapeutics*, and *Injection Therapy*.

Despite these changes, the educational aims of the programme remain the same: to develop critical, reflective, practitioners capable of responding confidently to the clinical challenges that are routinely encountered in practice. The programme reflects the key skills required for effective clinical practice: understanding disorders, being able to accurately diagnose them, and being able to treat them. A common thread running through the development of all these skills is the requirement for critical appraisal and reflection, where competing theories and arguments are carefully balanced to draw objective conclusions, and these skills are developed right from the start of the programme. In accordance with this aim coursework focuses on learning diaries and case studies which require the integration of theory with practice. In approaching the award it is vital to grasp this concept right from the start: actions must be justified from critical appraisal of the literature base and staff will be looking for clear examples of this in every piece of work submitted.

**Programme Content and Structure**

The programme involves completion of **120 credits** of taught modules before a **60 credit research dissertation** which takes the **credits accumulated to 180**, and eligibility for the **MSc**. Although many students will be undertaking individual modules, the programme from beginning to end is designed in a linear manner where there is a clear progression route through the award.

**Year 1: Understanding and Diagnosing Lower Limb Musculoskeletal Disorders**

The first year of the programme focuses on diagnosing and understanding lower limb musculoskeletal disorders. It also introduces critical appraisal. The modules are detailed below, with a brief description and rationale:

Module Title	Credits	Brief Description
<b>Musculoskeletal Examination and Diagnosis †</b>	<b>20</b>	<ul style="list-style-type: none"> <li>• Considers the guiding principles of examination and diagnosis such as false positives and false negatives.</li> <li>• Considers the approach adopted by different disciplines such as physiotherapists, podiatrists, orthopaedics.</li> <li>• Reviews laboratory and radiographic tests, and how such test results impact on clinical decision making.</li> </ul>
<b>Pathological Basis of Musculoskeletal Disorders</b>	<b>20</b>	<ul style="list-style-type: none"> <li>• Effective diagnosis and management comes from a thorough understanding of the underlying pathology of disorders. This rationale is explored.</li> <li>• The pathological processes underlying various disorders is considered and reviewed, such as inflammation and immunological function / dysfunction.</li> <li>• Links are made to the clinical expression of disorders for the purpose of diagnosis and to consider management options.</li> </ul>

These modules are studied sequentially for the MSc, but students may undertake specific modules in isolation, or in combination with other modules, depending on individual requirements.

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**†Musculoskeletal Examination and Diagnosis and Musculoskeletal Therapeutics** are work based learning modules. Students are supported to develop their own learning outcomes in relation to these subject areas, and devise and plan a programme of activities to fulfil the set learning outcomes.

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**Year 2: Understanding and Managing Lower Limb Musculoskeletal Disorders**

The second year of the programme develops the theme of understanding lower limb musculoskeletal disorders, but extends the context from diagnosis to aetiology and management. A range of management strategies are considered, and a 20 credit module on research design is undertaken to serve as a link to the research project that will be undertaken in year 3. The modules are detailed below, with a brief description and rationale:

Module	Credits	Brief Description
<b>Biomechanics, Sport, Injury and Management</b>	20	<ul style="list-style-type: none"> <li>As above, but extending the subject matter to consider the implications for management of abnormal biomechanics.</li> </ul>
<b>Musculoskeletal Therapeutics†</b>	20	<ul style="list-style-type: none"> <li>Considers a range of therapeutic options available for the management of lower limb musculoskeletal disorders across a range of patients, from standard to extended scope and emergent options.</li> <li>Criteria for adopting the use of new / emerging therapies will be considered.</li> </ul>
<b>Applied Research Methods and Design</b>	20	<ul style="list-style-type: none"> <li>Introduces a range of qualitative and quantitative research methodologies, and data analysis techniques. This underpins the design of a research project for year 3.</li> </ul>

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*†Musculoskeletal Examination and Diagnosis and Musculoskeletal Therapeutics* are work based learning modules. Students are supported to develop their own learning outcomes in relation to these subject areas, and devise and plan a programme of activities to fulfil the set learning outcomes.

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**Year 3 of the programme** is devoted to the **research project** which requires the development of a proposal as the first assignment, and conducting and reporting the project for the second assignment. This may focus on a range of topics, within the limit of being clearly related to lower limb musculoskeletal practice. In addition to the full MSc option, students will be able to undertake various combinations of modules in accordance with their individual requirements. Students are encouraged to discuss their individual requirements with the programme director.

**Programme Study Time**

The programme is delivered over 3-4 contact blocks per year, which will take up between 3 and 5 days each. In addition to the contact time at Cardiff Met, students should be prepared to spend a substantial

amount of their own time each week studying. As a guide, this will equate to approximately 12 hours per week: perhaps 2 hours a night for 3 nights of the week and 6 hours at the weekend. However, individual students may find that they have to spend more time to produce assignments of appropriate quality, and inevitably there will be busier and quieter periods.

### Mode of Attendance

Attendance weeks for year 1 students during the 2018-2019 academic session are as follows:

Dates	Modules Delivered
Monday 17 <sup>th</sup> September 2018 – Thursday 20 <sup>th</sup> September 2018	Musculoskeletal Examination and Diagnosis
Monday 14 <sup>th</sup> January 2019 – Thursday 17 <sup>th</sup> January 2019	Biomechanics, Sport, Injury and Management
Monday 18 <sup>th</sup> March 2019 – Wednesday 20 <sup>th</sup> March 2019	Pathological Basis of Musculoskeletal Disorders

In year two four contact blocks are required and full details will be provided towards the end of the first year. Please note the dates for modules delivered in year 2 are provided as an example only, and they will not be undertaking these modules until their second year. **Students undertaking individual modules** will be informed of the specific days they should attend, as modules will be packaged for delivery during specific days of the contact week. There will also be induction activities arranged for the first contact week.

### Assessment Methods

The programme uses learning diaries and case studies as the core assessment methods. This is to ensure that there is close integration of theory and practice. However, certain modules also require the development of posters and podium presentations, and the final research project is submitted in the format of an article for publication. This is in accordance with the academic philosophy of opening up work for peer review through dissemination of findings.

### Reading Lists

Reading lists will be provided at the start of each contact week, and no preparatory reading is required. However, students are encouraged to consider the academic / intellectual demands of a master’s programme and to think about time organisation prior to starting the award, to facilitate appropriate engagement.

## What to Expect on Arrival and During a Contact Week

Programme staff are based in offices in the clinical podiatry area of C Block (1<sup>st</sup> floor) on the Llandaff campus. There is a coffee bar adjacent to the offices and a habit has developed where this is the meeting place for the programme. **On the first morning (Monday 17<sup>th</sup> September 2018)** students should meet there, from where they will be taken to the classroom. Monday morning will be devoted to induction activities and ensuring enrolment progresses smoothly. The main academic sessions will take place on Monday afternoon through to Thursday (20<sup>th</sup> September 2018) afternoon.

## Online Enrolment

Enrolment is an essential process that confirms your status as a Cardiff Met student and also gives you access to Cardiff Met IT systems, payment of fees, and, importantly, enables you to obtain your Student MetCard. You can complete the online *Self-Enrolment process* from any computer through the Cardiff Met Self Service system once you have received your **Enrolment Email**.

On receipt of your Enrolment Email, please begin your *Self-Enrolment* by going to the [www.cardiffmet.ac.uk/enrolment](http://www.cardiffmet.ac.uk/enrolment) webpage and following the step-by-step guidance provided. Access to the Enrolment section of the Cardiff Met Self Service system will require you to login with a username and password. **Please input the same username and password you originally used to apply with.** Guidance is provided for forgotten usernames/passwords. Please note that in order to Self-Enrol, your status with Cardiff Met must be **Unconditional Firm (UF)** i.e. all conditions met and place accepted.

Please make sure you enrol online BEFORE you come to the University on the 17<sup>th</sup> September as this will allow you to pick up your student MetCard. The card gives you access to library and various other facilities around campus. Once you have enrolled you will also be able to access Moodle, the university virtual learning environment. We will introduce you to how Moodle works in the induction session but also discuss how main approaches to communication with after and prior to your attendance blocks

## MEET and GREET

I very much look forward to meeting you on Monday 17<sup>th</sup> September 2018 @ 9.45am in the **Coffee Bar area (The Gallery), A Block** (above Main Reception, next to C Block) located at the Llandaff campus.

### **Contact Details:**

**Prof. Sarah Curran**, Pathway Lead

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## Useful links

- [Academic Handbook](#)
- [Accommodation](#)
- [Additional Costs](#)

Additional costs are any mandatory or optional expenses, in addition to tuition fees, that need to be paid for by students to fully participate and complete their studies.
- [Admissions Policy](#)
- [Bike Shelters](#)

[Once you are on campus and have collected your student ID card you will be able to request access to the various bike shelters around our campuses.](#)
- [Campus Maps & Met Rider](#)
- [Cardiff Met News](#)
- [Cardiff Met Sport & Facilities](#)
- [Cardiff Met SU](#) *including Freshers information and wristbands*
- [DBS](#)

If your programme involves you coming into contact with children and young or vulnerable people then you will have been asked to carry out a criminal records check as part of your offer.
- [Occupational Health](#)

To comply with current Health and Safety legislation, all Cardiff Met students undertaking a healthcare-related programme at Cardiff School of Sport and Health Sciences (involving a clinical placement component), are required to participate in a mandatory Occupational Health Screening assessment. Additionally, certain courses are also required to adhere to the Department of Health's immunisation and vaccination programme.
- [Student Finance](#)

For information on tuition fees, alumni discount, loans and scholarships, as well as contact information for the Student Finance Advisory Service.
- [Student Handbook](#)
- [Student Services](#)

For help during your time with us in relation to your health, welfare, lifestyle and future career. The aim is to provide you with all the support you need to ensure your studies are as enjoyable and successful as possible. Services also include counselling, disability and chaplaincy.
- [Term Dates](#)
- [Virtual Tours](#)

[Have another look around our campus and facilities with our guided virtual tours](#)

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