

**MSc Advanced Practice
(Musculoskeletal Studies)**

**CARDIFF SCHOOL OF
SPORT AND HEALTH SCIENCES**

Induction & Enrolment Information

Academic Year 2019/2020



**Cardiff
Metropolitan
University**

**Prifysgol
Metropolitan
Caerdydd**

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1. Welcome from your Teaching Team

Pathway Lead: 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. **Please note: The MSc in Advanced Practice (Musculoskeletal Studies) is focused to the lower limb and should not be confused with an MSc in Physiotherapy.**

This document provides some introductory information to the Masters programme and is mainly based on the Full Time Route, but students can undertake this as a Part Time Route over a longer period of time, based on individual needs. There is also the option to undertake standalone modules should students wish to. 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.

2. Enrolment / Student MetCard Collection

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 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.

You will be able to obtain your University Identification Card during the Induction programme (see below).

3. Induction Timetable

Please meet in the **Coffee Bar area (Dolce Vitae), A Block** (next to C Block) @ **10.00am on Monday 30th September 2019**.

Professor Sarah Curran, Pathway Lead

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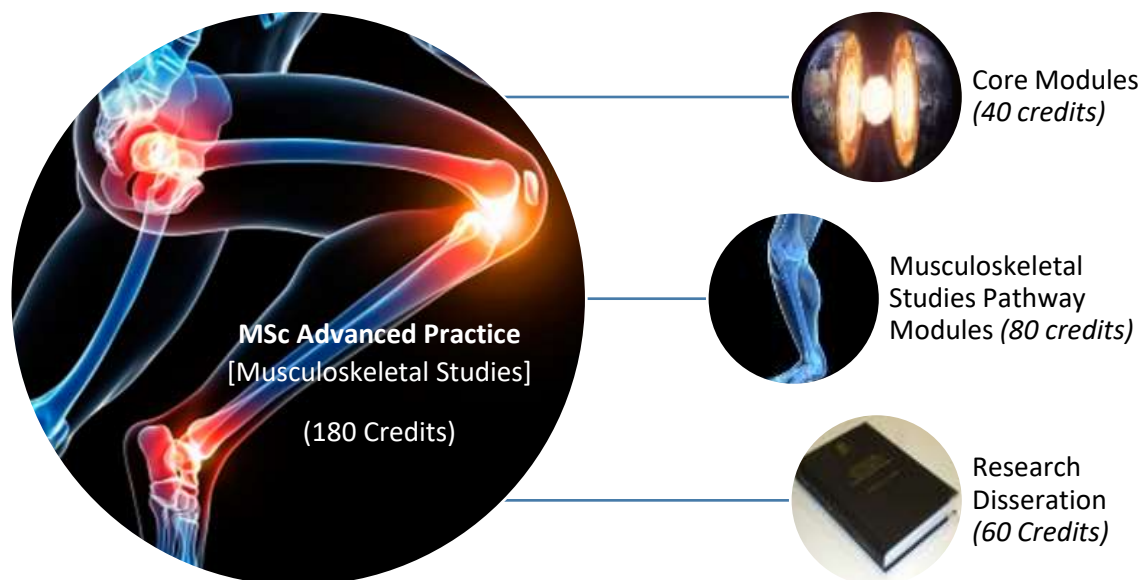
Programme staff are based in offices in the clinical podiatry area of C Block (1st floor) on the Llandaff campus. There is a coffee bar adjacent to the offices and will be the main initial meeting place for the programme. **On the first morning (Monday 30th September 2019)** students should meet there, 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 (3 October 2019) afternoon.

As well as following this, you can also find more information on what to expect when you arrive on our New Students pages (www.cardiffmet.ac.uk/newstudents).

We also invite you to the MetFest running on Friday 20th at Llandaff campus. We will tell you more about this event at induction.

4. Programme Content & Structure

The programme involves completion of **120 credits** of taught modules, of which 40 credits are core modules, and 80 credits are subject specific pathway 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.



Core Modules (40 credits)

Advanced Practice Core Modules:

Part of the 120 credits for the MSc Advanced Practice (Musculoskeletal Studies Pathway) involves **core modules (40 credits)** which are mainly completed in year 1, if you are on the full time route, and are taught alongside other students who are undertaking other pathways on the MSc Advanced Practice.

These modules are essential and require completion in the first year, with exception of the reflection module which links with the second year of study. The modules are detailed below in table 1, with a brief description and rationale.

Module Title	Credits	Brief Description
Evidence Based Practice (10 credits)	10	<ul style="list-style-type: none">• Considers the guiding principles of critical appraisal and provides a foundation to the approaches of discussing and critiquing the evidence base within the published literature. This part of the module is completed in the first term of the first year.• Considers the approaches to models of reflection as a clinical practitioner, reviewing your learning on the programme and how it impacts your understand. This part of the module will be typically completed in the

		second year of the programme to incorporate the evidence of reflection and experiences.
Research Methods and Design (20 credits) (eLearning module)	20	<ul style="list-style-type: none"> Introduces a range of qualitative and quantitative research methodologies, and data analysis techniques. This underpins the design of a research dissertation (60 credits) in the second year (of the full time programme).
Reflection for Advanced Professional Practice (10 credits)	10	<ul style="list-style-type: none"> This module considers the application of reflective modals that can be used to evaluate clinical and professional experiences. This module can be undertaken in year 1 or 2 of the programme.

Table 1. Core Modules.

Musculoskeletal Studies Pathway Modules:

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. Again, the modules are detailed below (table 2), with a brief description and rationale. 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.

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

Table 2. Musculoskeletal Studies Modules.

Year 2: Understanding and Managing Lower Limb Musculoskeletal Disorders

The second year of the programme continues the development of the theme of understanding lower limb musculoskeletal disorders, but extends the context further from diagnosis to aetiology and management. A range of management strategies are considered, and is undertaken in term 1 of the second year. This module is accompanied by the 60 credit research dissertation (table 3).

For students who are registered on the part time route, these modules may be undertaken in year 3 or 4 of study, following the completion of the modules related to year 1. Table 4 provides an overview of module delivery for full and part time routes.

Module	Credits	Brief Description
Musculoskeletal Therapeutics*	20	<ul style="list-style-type: none"> 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. Criteria for adopting the use of new / emerging therapies will be considered.
Research Dissertation	60	<ul style="list-style-type: none"> This involves the conception, development and implementation of a research study/project requiring a proposal, presentation and submission of a thesis. This may focus on a range of topics, within the limit of being clearly related to lower limb musculoskeletal practice. As part of the process, ethical approval will be required.

Table 3. Musculoskeletal Module and Research Dissertation.

***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.

Year	Full Time	Part Time
1	<ul style="list-style-type: none"> Examination and Diagnosis ^(MSK) Evidence Based Practice ^(Core) Research Methods and Design ^(Core) Pathogenesis of Musculoskeletal Disorders ^(MSK) Sports Biomechanics, Injury and Management ^(MSK) 	<ul style="list-style-type: none"> Examination and Diagnosis ^(MSK) Evidence Based Practice ^(Core) Research Methods and Design ^(Core)
2	<ul style="list-style-type: none"> Musculoskeletal Therapeutics ^(MSK) Research Dissertation ^(MSK) 	<ul style="list-style-type: none"> Pathogenesis of Musculoskeletal Disorders ^(MSK) Sports Biomechanics, Injury and Management ^(MSK) Musculoskeletal Therapeutics ^(MSK)
3		<ul style="list-style-type: none"> Research Dissertation ^(MSK)

Table 4. Full and Part Time Routes Overview.

5. Attendance / Typical Timetable

Programme Study Time: Full Time and Part Time Route

The programme is delivered over a number of contact blocks per year, which will take up between 3 and 5 days each. Full time students will have additional tutorial and clinical sessions between these contact blocks but for those students undertaking the part time route or standalone modules 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: Full Time and Part Time Route (Subject to change)

Attendance weeks for year 1 students during the 2019-2020 academic session are as follows:

Year 1 Modules:

Dates	Modules Delivered
Monday 30 th September 2019 – Friday 4 th October 2019*	Musculoskeletal Examination and Diagnosis
Tuesday 8 th and Wednesday 9 th October 2019 (support after with Adobe Connect sessions online)	Evidence Based Practice
Monday 20 th January 2020 – Friday 24 th January 2020	Pathogenesis of Musculoskeletal Disorders Biomechanics, Sport, Injury and Management
Monday 30 th September 2019 through to Friday 13 th December via eLearning and pathway lead tutorial support sessions (to be discussed with cohort)	Research Methods and Design
Thursday 7 th November 2019	Reflection for Advanced Professional Practice

For full time students, the official contact blocks are supported by tutorial sessions that are driven by students. Those students who are on the part time route or have a standalone module will have the opportunity to contribute to these sessions too via Skype or Adobe Connect. **Students undertaking the full time route will also have the opportunity to attend musculoskeletal clinics based at the Wales Centre for Podiatric Studies to support their studies.**

Year 2 Modules:

Dates	Modules Delivered
Monday 30 th September 2019 – Friday 4 th October 2019	Musculoskeletal Therapeutics Research Dissertation

Those students undertaking individual modules will be informed of the specific days they should attend, as modules will be packaged for delivery during certain 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 dissertation 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.

6. 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 & wristbands*
- [Occupational Health](#)

To comply with current Health & Safety legislation, all Cardiff Met students undertaking a healthcare-related programme at Cardiff School of Sport & 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