



KEELE
UNIVERSITY



Faculty of health  School of Health and Rehabilitation   



This module can be taken as part of the Neuromusculoskeletal Healthcare, Pain Science and Management and Applied Clinical Anatomy postgraduate programmes, or as a single module. Applicants should normally have a first or second-class honours degree in a relevant subject and/or professional qualifications.

The Performance Matrix

Single module 15M level credits on the 180-point system

This module challenges the concepts of core muscle stability and develops low and high threshold muscle assessment and training.

Candidates should normally have a first or second class BSc honours degree in a relevant subject and/or recognised professional qualifications; with an exercise background (medical doctors, physiotherapists, nurses, sport coaches, sports science degrees, Pilate's Instructors, personal trainers, occupational health practitioners etc.).

Module Content: The Performance Matrix is presented – this is a group of specific tests that identify low threshold and high threshold weak muscle links in the performance chain. They assess an individual's core muscle stability in terms of the site, movement direction and muscle recruitment threshold.

Training is progressed towards functional tasks/activities. The module considers the process of developing a client specific performance profile. The analysis and identification of high risk and low risk '*weak muscle links*' and also the identification of a persons '*performance assets*' is illustrated using case studies. The course develops and implements specific core muscle stability training programmes, aimed to integrate low and high threshold muscle retraining.

Module Session Dates 8th – 11th September 2009

Session dates, times and venue subject to confirmation at the first session

Module fee for UK/EU students £400, Overseas students £950

For 'overseas' applicants working within the NHS a fee reduction may be available

Accommodation extra

Assessment: A 4000 word case study with theoretical underpinning and practical application of The Performance Matrix model

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Contact: For further information and application forms please contact Postgraduate Administrator Sarah Skinner on 01782 734551 or email s.a.skinner@shar.keele.ac.uk.

This module will only run with viable student numbers

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