CHIR11001 *Foundations of Chiropractic Practice 1*
Term 1 - 2022

Profile information current as at 13/12/2025 04:00 pm

General Information

Overview
This unit offers you an introduction to the principles and practice of chiropractic, within the context of the Australian health care system. The overall structure of the Foundations of Chiropractic Practice 1 unit covers integrated material on topics to prepare you for progressively more complex health-related units in the course. As such, it commences with etymology (medical terminology); basic musculoskeletal assessment protocols; postural observation and analysis; movement (active and passive ranges of motion); psychomotor palpation skills to spinal and peripheral anatomy landmarks; elementary biomechanics; history of manipulation and founding philosophical principles of chiropractic.

Details
Career Level: *Undergraduate*
Unit Level: *Level 1*
Credit Points: *6*
Student Contribution Band: *8*
Fraction of Full-Time Student Load: *0.125*

Pre-requisites or Co-requisites
Co-requisite: BMSC11010 Human Anatomy and Physiology 1 Or BMSC11001 Human Body Systems 1
Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the Assessment Policy and Procedure (Higher Education Coursework).

Offerings For Term 1 - 2022
- Brisbane

Attendance Requirements
All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website
This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

Regional Campuses
Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

Metropolitan Campuses
Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **On-campus Activity**
Weighting: Pass/Fail
2. **Objective Structured Clinical Examinations (OSCEs)**
Weighting: 60%
3. **In-class Test(s)**
Weighting: 40%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the University's Grades and Results Policy for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the CQUniversity Policy site.
You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the CQUniversity Policy site.

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Have Your Say

Feedback

Some students suggested that they would appreciate more of the theoretical content be discussed in the practical labs.

Recommendation

The unit coordinator should include theoretical information for lab sessions, but ensure the focus remains on the practical component of the tasks.

Feedback from Have Your Say

Feedback

Students found the practical classes enjoyable and the new examination skills they gained valuable.

Recommendation

It is recommended that the unit maintain the on campus practical components to ensure that practical examination skills are developed.

Unit Learning Outcomes

On successful completion of this unit, you will be able to:

1. Define the principles and practice of chiropractic and discuss how philosophical chiropractic approaches are applied in a modern health paradigm
2. Describe biomechanical principles relevant to chiropractic practice
3. Perform and interpret musculoskeletal assessment tasks using postural observation, range of motion measurements and static palpation of spinal and axial landmarks.

Not applicable

Alignment of Learning Outcomes, Assessment and Graduate Attributes

— N/A Level | ◦ Introductory Level | • Intermediate Level | • Graduate Level | ◦ Professional Level | ◦ Advanced Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes		
	1	2	3
1 - On-campus Activity - 0%	•	•	•
2 - Objective Structured Clinical Examinations (OSCEs) - 60%			•
3 - In-class Test(s) - 40%	•	•	

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes		
	1	2	3
1 - Communication	•	•	•
2 - Problem Solving		•	•
3 - Critical Thinking	•	•	•
4 - Information Literacy	•	•	
5 - Team Work			•
6 - Information Technology Competence			
7 - Cross Cultural Competence			
8 - Ethical practice			•
9 - Social Innovation			
10 - Aboriginal and Torres Strait Islander Cultures			

Textbooks and Resources

Textbooks

CHIR11001

Prescribed

Chiropractic Technique: Principles and Procedures
Authors: David H. Peterson and Thomas F. Bergmann
Mosby
ISBN: 9780323049696
Binding: Hardcover

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: American Psychological Association 7th Edition (APA 7th edition)
For further information, see the Assessment Tasks.

Teaching Contacts

Dawn Dane Unit Coordinator
d.dane@cqu.edu.au

Schedule

Week 1 - 07 Mar 2022

Module/Topic	Chapter	Events and Submissions/Topic
Welcome and Introduction to Foundations of Chiropractic Practice 1 - unit overview **Lecture topics to be covered this week include:** • Etymology - (healthcare terminology) • Body planes, anatomical terms, range of motion • Introduction to the profession **Practical Lab content**: • Practical lab induction • Informed consent • Hygiene expectations • Introduction to content for the rest of the term • Intoduction to static palpation (bony and soft tissue)	**Reference:** Bergmann, T, Chiropractic Technique, Principles and Procedures, 3rd Edition (2011) from here on referred to purely as Bergmann • Chapters 1 and 2	

Week 2 - 14 Mar 2022

Module/Topic	Chapter	Events and Submissions/Topic

Lecture and practical topics: 1. Introduction to joint biomechanics 2. Elbow, forearm, wrist and hand • Superficial landmarks • Static palpation • Range of Motion	**Reference** 1. Chapter 2 - Bergmann (see details above) 2. Chapter 3 pages 59-67, Chapter 6 - pages 315-320, 326-331 - Bergmann	

Week 3 - 21 Mar 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Properties of connective tissues 2. Shoulder • Superficial landmarks • Static palpation • Range of Motion	**Reference:** 1. Chapter 2 - Bergmann 2. Chapter 6 -pages 294-300 - Bergmann	

Week 4 - 28 Mar 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. History of manipulation 2. Cervical spine and cranium • Superficial landmarks • Static palpation • Range of Motion	**Reference** 1. See references in PowerPoint on Moodle 2. Chapter 5 pages 152-164 - Bergmann	

Week 5 - 04 Apr 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Thoracic spine, ribs and chest • Superficial landmarks • Static palpation • Range of Motion • Review of weeks 1-5 for week 6 OSCE	**Reference** 1. Chapter 5 pages 188-195 - Bergmann	

Vacation Week - 11 Apr 2022

Module/Topic	Chapter	Events and Submissions/Topic

Week 6 - 18 Apr 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. The Chiropractic profession in Australia 2. Week 6 OSCE	**Reference** 1. See references in PowerPoint on Moodle	Week 6 OSCE - schedule timeslots will be provided

Week 7 - 25 Apr 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Lumbar spine and abdomen • Superficial landmarks • Static palpation • Range of Motion	**Reference** 1. Chapter 3 pages 59-66, Chapter 5 pages 233-240 - Bergmann	

Week 8 - 02 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Paradigms of Health 2. Lumbar spine and abdomen cont'd • Superficial landmarks • Static palpation • Range of Motion	**Reference** 1. See references in PowerPoint on Moodle	

Week 9 - 09 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Pelvis and hip • Superficial landmarks • Static palpation • Range of Motion	**Reference** 1. Chapter 5 pages 262-270, Chapter 6 pages 337-344 - Bergmann	

Week 10 - 16 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Knee, leg, ankle and foot • Superficial landmarks • Static palpation • Range of Motion	**Reference** 1.Chapter 6 pages 349-356 and 364-369 - Bergmann	

Week 11 - 23 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Lecture and practical topics: 1. Postural examination 2. Review	**Reference** 1. Chapter 3 pages 55-57 - Bergmann	**On-Campus Activity** Due: Week 11 Friday (27 May 2022) 4:00 pm AEST

Week 12 - 30 May 2022

Module/Topic	Chapter	Events and Submissions/Topic
Week 12 OSCE		**Objective structured clinical examinations - weeks 6 and 12** Due: Week 12 Wednesday (1 June 2022) 1:00 pm AEST

Review/Exam Week - 06 Jun 2022

Module/Topic	Chapter	Events and Submissions/Topic
		End of Term Test Due: Review/Exam Week Monday (6 June 2022) 11:00 am AEST

Exam Week - 13 Jun 2022

Module/Topic	Chapter	Events and Submissions/Topic

Term Specific Information

There are a number of public holidays in April and early May, the campus will be closed on those days and there will be no practical classes. The content has been designed with this in mind so make up classes are not required.
While we are optimistic that COVID-19 will not impact our delivery of this unit, if it does, I will contact you via email and the Moodle forum to keep you posted.

Assessment Tasks

1 On-Campus Activity

Assessment Type
On-campus Activity

Task Description
During most practical classes there will be an associated on-campus activity. These will be a mix of activities but could and will include things like demonstrating clinical skills learned during the last class, participating in a discussion on the weekly theoretical topic, using the anatomical models in class to locate landmarks or other similar activities. These activities are designed to develop your clinical skills and theoretical knowledge. The tasks will be completed during the first 10-15 minutes of each class. You will be provided with an on-campus activity sheet which you will be required to bring to each class and upon completion of the activity have your in-class tutor sign and date it. It is your responsibility to ensure this sheet is completed and kept safe as it is proof of completion. Once you have completed the assessment

you will need to upload the sheet to Moodle. This assignment requires 80% to pass.
Please note, this is a pass/fail assessment task that means if you do not achieve a pass for this task you will not pass the unit. Supplementary assessments are not available for pass/fail assessment items.

Assessment Due Date
Week 11 Friday (27 May 2022) 4:00 pm AEST

Submit your signed on-campus activity completion sheet to Moodle after the last activity

Return Date to Students
Week 12 Friday (3 June 2022)

You will receive formative feedback following each activity during the term and your final result will be confirmed through Moodle.

Weighting
Pass/Fail

Minimum mark or grade
80%

Assessment Criteria
The assessment criteria for this assessment task will involve completing 80% of the on-campus activities.
These activities will involve and be assessed on the following:

- Completing a task (additional details of the weekly activities can be found on Moodle)
- Receiving formative feedback
- Participating in group discussions
- Having the on-campus activity sheet signed after each activity
- Uploading the on-campus activity sheet to Moodle at the end of week 11

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Learning Outcomes Assessed

- Define the principles and practice of chiropractic and discuss how philosophical chiropractic approaches are applied in a modern health paradigm
- Describe biomechanical principles relevant to chiropractic practice
- Perform and interpret musculoskeletal assessment tasks using postural observation, range of motion measurements and static palpation of spinal and axial landmarks.

2 Objective structured clinical examinations - weeks 6 and 12

Assessment Type
Objective Structured Clinical Examinations (OSCEs)

Task Description
There is a practical examination in the second practical session of Week 6 and another in week 12.
Each is worth 30% of the total grade for this unit.
Each practical examination will consist of several components. Students must obtain a total of 50% or more to pass the practical assessment. Each practical assessment must be passed.
Week 6 OSCE - components may consist of:
a) Identification of superficial landmarks of the wrist, hand, elbow, shoulder, cranium, cervical and thoracic spine.
b) Range of motion assessment of the cervical or thoracic spine and/or the upper limb joints
c) Postural observation
d) Appropriate hygiene and consent procedures
Week 12 OSCE - may consist of:
a) Identification of superficial landmarks of the lumbar spine, pelvis, hip, knee, ankle and foot.
b) Range of motion assessment of the cervical, thoracic or lumbar spine, and/or the lower limb joints.
c) Postural observation
d) Appropriate consent and hygiene procedures.

Assessment Due Date
Week 12 Wednesday (1 June 2022) 1:00 pm AEST

This assessment will occur on campus starting at 9am, you will be informed ahead of time of a specific time to attend.

Return Date to Students
Review/Exam Week Friday (10 June 2022)

Grades with feedback will be returned via Moodle

Weighting
60%

Minimum mark or grade
50%

Assessment Criteria
The assessment criteria for this unit will seek to ensure that this assessment examines your newly developed clinical skills. A detailed rubric will be provided on Moodle.
The criteria will examine the following:

- Professionalism and communication with your mock patient
- Clinical skills - observation, static palpation and active range of motion
- Knowledge - surface anatomy

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Offline

Learning Outcomes Assessed

- Perform and interpret musculoskeletal assessment tasks using postural observation, range of motion measurements and static palpation of spinal and axial landmarks.

3 End of Term Test

Assessment Type
In-class Test(s)

Task Description
This end of term test will be undertaken in a CQUni computer lab on the Brisbane campus as per the timetable. The test will involve a mix of question types including multiple choice, short answer and matching styles. The test will assess all theoretical content taught across weeks 1-12. A study guide will be provided during the term.

Assessment Due Date
Review/Exam Week Monday (6 June 2022) 11:00 am AEST

The end of term test will take place as per timetable (Week 13 Monday 9am-11am)

Return Date to Students
Exam Week Friday (17 June 2022)

Weighting
40%

Minimum mark or grade
50%

Assessment Criteria
The assessment criteria will involve selecting or providing the most accurate and correct answers to the questions posed in this end of term test.

Referencing Style

- American Psychological Association 7th Edition (APA 7th edition)

Submission
Online

Learning Outcomes Assessed

- Define the principles and practice of chiropractic and discuss how philosophical chiropractic approaches are applied in a modern health paradigm
- Describe biomechanical principles relevant to chiropractic practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the **Student Academic Integrity Policy and Procedure**. This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?
A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?
A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?
For academic advice and guidance, the Academic Learning Centre (ALC) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?

Be Honest
If your assessment task is done by someone else, it would be dishonest of you to claim it as your own

Seek Help
If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)

Produce Original Work
Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem