



# CHIR12005 *Foundations of Chiropractic Practice*

## 3

### Term 1 - 2024

Profile information current as at 01/05/2024 04:55 pm

All details in this unit profile for CHIR12005 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

## General Information

### Overview

In this unit you will build upon your knowledge of the principles and practice of chiropractic management through the introduction of soft tissue and mobilisation techniques commonly used in chiropractic practice. You will further demonstrate your psychomotor skills through the application of these techniques in practical classes. You will continue to learn about the contemporary status and philosophy of the chiropractic profession as well as the biomechanical principles underpinning the practical procedures you are learning.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

Pre-requisite: BMSC11002 Human Body Systems 2 or BMSC11011 Human Anatomy and Physiology 2 CHIR11003

Foundations of Chiropractic Practice 2 Co-requisite: CHIR12004 Neuromusculoskeletal Anatomy 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 - 2024

- 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. **Portfolio**

Weighting: 25%

#### 2. **Objective Structured Clinical Examinations (OSCEs)**

Weighting: 50%

#### 3. **On-campus Activity**

Weighting: Pass/Fail

#### 4. **In-class Test(s)**

Weighting: 25%

### 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 Verbal

**Feedback**

The students like the diversity in the staff delivering the unit. This means that the students are provided a variety of chiropractic techniques that would be suitable for their body anthropometrics due to the diverse staffing.

**Recommendation**

It is recommended that the discipline continue to build a diverse team of academics.

#### Feedback from SUTE

**Feedback**

The students liked the video additions, but would like more resources like this.

**Recommendation**

It is recommended to continue developing online skills videos for students to access for review.

## Unit Learning Outcomes

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

1. Discuss the principles and practice of chiropractic management in a diverse community
2. Demonstrate psychomotor skills including mobilisation and soft tissue technique in a professional and competent manner
3. Demonstrate knowledge of the current political status of the chiropractic profession
4. Communicate the biomechanical and physiological principles underpinning mobilisation and soft tissue techniques to a variety of audiences.

Learning outcome 1 - competency 1 (1.2, 1.3), 3 (3.2, 3.4), and 4 (4.2)

Learning outcome 2 - competency 1 (1.2, 1.3) and 5 (5.2)

Learning outcome 3 - competency 1 (1.1, 1.3, 1.4)

Learning outcome 4 - competency 1 (1.2) and 2 (2.1)

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - On-campus Activity - 0%	•	•		
2 - In-class Test(s) - 25%	•		•	•
3 - Objective Structured Clinical Examinations (OSCEs) - 50%		•		•
4 - Portfolio - 25%			•	

### Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
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

**There are no required textbooks.**

### 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

**Bianca Zietsman** Unit Coordinator  
[b.zietsman@cqu.edu.au](mailto:b.zietsman@cqu.edu.au)

## Schedule

### Week 1- Introduction - 04 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: 1) Welcome and introduction with unit outlines 2) Introduction to soft tissue techniques and mobilisation 3) Gait Analysis Practical: 1) Lab Induction, informed consent and hygiene practices. Introduce soft tissue techniques 2) Gait Analysis	Bergmann, T "Chiropractic Technique; Principles and Procedures, 3rd edition" <b>pages 326-337 and 2-83</b> (intro) and <b>381-418</b> (soft tissue techniques) Vizniak, N "Muscle Manual" <b>pages 192-243</b>	

### Week 2- Hand and Wrist - 11 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: 1) Mobilisation and soft tissue technique with integrated exam: hand and wrist Practical: 1) Introduce soft tissue techniques of the hand and wrist 2) Mobilisation techniques and integrated exam of the hand and wrist	Bergmann, T " <i>Chiropractic Technique; Principles and Procedures, 3rd edition</i> " <b>pages 326-337 and 2-83 (intro) and 381-418 (soft tissue techniques)</b> Vizniak, N "Muscle Manual" <b>pages 192-243</b>	

### Week 3- Elbow and Knee - 18 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
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Lecture:

1) Mobilisation and soft tissue technique with integrated exam: elbow and knee

Practical:

1) Recap previous week; introduce this weeks soft tissue techniques of elbow and knee

2) Mobilisation techniques and integrated exam of elbow and knee

Bergmann, T "*Chiropractic Technique; Principles and Procedures, 3rd edition*"

**pages 315-325 (elbow) pages 349-365**

Vizniak, N "Muscle Manual" **pages 249-302 (knee) pages 192-243 (elbow)**

#### Week 4 - Shoulder - 25 Mar 2024

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture:

1) Mobilisation and soft tissue technique with integrated exam: shoulder

Practical:

1) Recap previous week; introduce this weeks soft tissue techniques of shoulder

2) Mobilisation techniques and integrated exam of shoulder

Bergmann, T "*Chiropractic Technique; Principles and Procedures, 3rd edition*"

**pages 294-315**

Vizniak, N "Muscle Manual" **pages 153-190**

**Quiz 1: Thursday 28th March 2024 14:00- 21:00 AEST**

#### Week 5 - TMJ and Cranium - 01 Apr 2024

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture:

1) Mobilisation and soft tissue technique with integrated exam: TMJ and cranium

Practical:

1) Public Holiday- no class

2) Recap previous week; introduce this weeks soft tissue techniques of TMJ and cranium mobilisation techniques and integrated exam of TMJ and cranium

Bergmann, T "*Chiropractic Technique; Principles and Procedures, 3rd edition*"

**pages 283-294 (TMJ)**

Vizniak, N "Muscle Manual" **pages 33-72**

#### Vacation Week - 08 Apr 2024

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

**Vacation Week**

**Vacation Week**

**Vacation Week**

#### Week 6 - Cervical Spine - 15 Apr 2024

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Lecture:

1) Mobilisation and soft tissue technique with integrated exam: cervical spine

2) Lecture interview: working with Indigenous Australian and Torres Strait Islander peoples

Practical:

1) Recap previous week; introduce this weeks soft tissue techniques of cervical spine

2) Mobilisation techniques and integrated exam of cervical spine

Bergmann, T "*Chiropractic Technique; Principles and Procedures, 3rd edition*"

**pages 326-337**

Vizniak, N "Muscle Manual" **pages 73-106**

#### Week 7 Review and Mid-Term OSCE - 22 Apr 2024

**Module/Topic**

**Chapter**

**Events and Submissions/Topic**

Practical:

1) review of spinal regions and preparing for Mid-Term OSCE.

2) Mid Term OSCE

Periodic journal articles relative to the lecture material.

**OSCE 1:** held during the second practical class of week 6, specific schedule to be released prior on moodle.

## Week 8 - Thoracic Spine and Ribs - 29 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: 1) Mobilisation and soft tissue technique with integrated exam: thoracic spine and ribs 2) Lecture on the chiropractic profession and current political status Practical: 1) OSCE feedback; introduce this weeks soft tissue techniques of the thoracic spine and ribs  2) Mobilisation Techniques and integrated exam of thoracic spine and ribs	Bergmann, T " <i>Chiropractic Technique; Principles and Procedures, 3rd edition</i> " <b>pages 189-233</b> Vizniak, N "Muscle Manual" <b>pages 107-152</b>	<b>Quiz 2: Thursday 2nd May 2024 14:00- 21:00 AEST</b>

## Week 9 - Hip - 06 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: 1) Mobilisation and soft tissue technique with integrated exam: hip Practical: 1) Public Holiday 2) Recap previous week; introduce this weeks soft tissue techniques of the hip, Mobilisation techniques and integrated exam of the hip	Bergmann, T " <i>Chiropractic Technique; Principles and Procedures, 3rd edition</i> " <b>pages 337-349</b> Vizniak, N "Muscle Manual" <b>pages 245-302</b>	

## Week 10 - Lumbar Spine - 13 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
Lecture: 1) Mobilisation and soft tissue technique with integrated exam: lumbar and pelvis Practical: 1) Recap previous week; introduce this weeks soft tissue techniques of the lumbar spine and pelvis 2) Mobilisation techniques and integrated exam of lumbar spine and pelvis	Bergmann, T " <i>Chiropractic Technique; Principles and Procedures, 3rd edition</i> " <b>pages 233-282 and 1-10</b> Vizniak, N "Muscle Manual" <b>pages 117-152</b>	

## Week 11 - Foot and Ankle - 20 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
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### Lecture:

1) Mobilisation and soft tissue technique with integrated exam: foot and ankle

### Practical:

1) Recap previous week; introduce this weeks soft tissue techniques of foot and ankle

2) Mobilisation techniques and integrated exam of foot and ankle

Bergmann, T "*Chiropractic Technique; Principles and Procedures, 3rd edition*"

**pages 365-380**

Vizniak, N "Muscle Manual"

**pages 303-344**

### Week 12 Final OSCE and Revision - 27 May 2024

Module/Topic	Chapter	Events and Submissions/Topic
Practical Class: 1. Review 2. Final OSCE	None	<b>OSCE 2:</b> held during the second practical class, specific student schedule to be released prior on moodle.  <b>ON-CAMPUS ACTIVITY (0%)</b> Due: Week 12 Friday (31 May 2024) 11:45 pm AEST

### Review/Exam Week - 03 Jun 2024

Module/Topic	Chapter	Events and Submissions/Topic
In Class test		In Class Test: <b>Wednesday 5th June 2024, 11:00-13:00 AEST</b> BNE computer labs, rooms TBC  <b>IN-CLASS TEST (25%)</b> Due: Review/Exam Week Wednesday (5 June 2024) 11:00 am AEST

### Exam Week - 10 Jun 2024

Module/Topic	Chapter	Events and Submissions/Topic
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## Assessment Tasks

### 1 PORTFOLIO (25%)

#### Assessment Type

Portfolio

#### Task Description

Your portfolio task will be made up of two quizzes which will occur in week 4 and 8. (28th March, 2nd May), it will be open on Thursday 14:00-21:00 AEST. These quizzes will assess your understanding and knowledge of the theoretical content delivered in the lectures this term. They will be online quizzes and you will have 30 minutes to complete each quiz. The questions will be written to test your comprehension and application of the material provided in the preceding weeks.

**Please note: This is a closed book task, and not a group activity; you must refrain from using generative AI.**



**Assessment Due Date**

Both Quizzes will have been completed by week 9, 21:00.

**Return Date to Students**

Feedback and grade to be provided via Moodle site.

**Weighting**

25%

**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 each quiz.

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Demonstrate knowledge of the current political status of the chiropractic profession

## 2 OBJECTIVE STRUCTURED CLINICAL EXAMINATIONS (OSCE) (50%)

**Assessment Type**

Objective Structured Clinical Examinations (OSCEs)

**Task Description**

There is a practical examination (OSCE) in the practical sessions of Week 7 and another in week 12.

Each OSCE is worth 25% of the total grade for this unit.

Students must obtain a total of 50% or more to pass the practical assessment. Each practical assessment must be passed.

**OSCE Assessment Criteria:**

You will need to demonstrate competence in performing and evaluating mobilisation approaches and soft tissue techniques. Your performance will be graded, using a marking rubric, according to introduction, hygiene and consent; performance of soft tissue manipulations and/or mobilisations of the spinal regions/extremity; patient handling; technical performance and the examiner's overall impression of the overall performance.

**Assessment Due Date**

Results will be given the next business day after the OSCE has been completed

**Return Date to Students**

Grades will be returned via Moodle.

**Weighting**

50%

**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 - performing soft tissue manipulations and/or mobilisations of the spinal regions
- Performing and evaluating spinal and peripheral muscle techniques and mobilisation approaches
- Patient handling and considerations

### Referencing Style

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

### Submission

Offline

### Learning Outcomes Assessed

- Demonstrate psychomotor skills including mobilisation and soft tissue technique in a professional and competent manner
- Communicate the biomechanical and physiological principles underpinning mobilisation and soft tissue techniques to a variety of audiences.

## 3 ON-CAMPUS ACTIVITY (0%)

### Assessment Type

On-campus Activity

### Task Description

The on-campus activities in this unit will serve as a continuous assessment of your skill development. You will receive ongoing verbal feedback in class to develop your key chiropractic skills.

The weekly on-campus activities will vary in requirements and expectations. Each will be based on material from the previous or current week. It is essential that you review the material.

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 signed checklist sheet into Moodle at the end of Week 11. This assignment requires **80% to pass**. *A maximum of 2 make up sessions will be offered in the event of illness or exceptional circumstances (with appropriate supporting documentation) otherwise you will need to consider applying for Consideration of Special Circumstances or receiving a fail grade.*

**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 12 Friday (31 May 2024) 11:45 pm AEST

**Return Date to Students**

Review/Exam Week Friday (7 June 2024)

You may 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
- Submit via Moodle

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

Online

**Submission Instructions**

via moodle

**Learning Outcomes Assessed**

- Discuss the principles and practice of chiropractic management in a diverse community
- Demonstrate psychomotor skills including mobilisation and soft tissue technique in a professional and competent manner

## 4 IN-CLASS TEST (25%)

**Assessment Type**

In-class Test(s)

**Task Description**

This end of term test will be undertaken in a CQUni computer lab on whichever campus that you are enrolled. The test will involve a mix of question types including multiple choice, short answer and matching styles. The test will assess all content taught across weeks 1-12. A study guide will be provided during the term.

**Assessment Due Date**

Review/Exam Week Wednesday (5 June 2024) 11:00 am AEST

The end of term test will be held on CQU campus computer labs.

**Return Date to Students**

Exam Week Friday (14 June 2024)

The grades will be released once all assessments have been checked by the unit coordinator

**Weighting**

25%

**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 in class test.

**Referencing Style**

- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

## Submission

Online

### Learning Outcomes Assessed

- Discuss the principles and practice of chiropractic management in a diverse community
- Demonstrate knowledge of the current political status of the chiropractic profession
- Communicate the biomechanical and physiological principles underpinning mobilisation and soft tissue techniques to a variety of audiences.

## 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