



# **PODI13010 *Sports in Podiatry Practice***

## **Term 1 - 2020**

Profile information current as at 10/04/2024 12:39 am

All details in this unit profile for PODI13010 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.

### **Corrections**

#### **Unit Profile Correction added on 19-04-20**

The Practical Assessment (30%) will be deferred to Term 3. Please see your Moodle site for details of the assessment.

The On-campus activity (Pass/ Fail) will be deferred to Term 3. Please see your Moodle site for details of the assessment.

The end of term examination (50%) has now been changed from a closed book exam to an open book quiz. Please see your Moodle site for details of the assessment.

## General Information

### Overview

This unit will provide you with the understanding of prevention, treatment and rehabilitation of chronic and acute musculoskeletal and sports related injuries of the lower limb which are commonly seen in podiatry practice. Evidence based practice will be central to this unit. You will develop practical skills regarding the assessment and management of common podiatric sporting injuries. You will also develop an understanding of the role of psychology in sport related patient management.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

Pre-requisites: PODI12010 Advanced Anatomy and Podiatric Biomechanics. To be enrolled in this unit, students must be enrolled in CB86 Bachelor of Podiatry Practice (Honours) course. Co-requisite: PODI13008 Clinical Biomechanics of the Lower Limb

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 - 2020

- Rockhampton
- Sydney

### 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. **Presentation**

Weighting: 20%

#### 2. **Practical Assessment**

Weighting: 30%

#### 3. **Examination**

Weighting: 50%

#### 4. **On-campus Activity**

Weighting: Pass/Fail

### 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

The content was interesting and lecture slides were clear. The unit was well organised and different parts of the foot were identified for a certain number of conditions which made learning smooth. The lecturer's teaching style was unique and kept students' attention, even though some students may not have been interested in sports in the first place.

##### Recommendation

Sports podiatry is a very broad topic. At an undergraduate level, it is important to introduce basic principals using real life scenarios to enable students to work out their management plan. Future lessons should continue in this vein rather than try to cover too many pathologies.

#### Feedback from Have your say

##### Feedback

OSCEs were hard and personal feedback would have been helpful. Exam had too many short answer questions.

##### Recommendation

The practical exam was in Week 11 so that all content could be taught prior to this week. Week 12 was reserved for a review and revision session for the exams. Feedback of the practical exam could be included in this review session as assessment feedback is important in the student's learning journey. In the future, it could be highlighted to students to approach lecturers for individual feedback if they require it.

## Unit Learning Outcomes

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

1. Interpret the aetiology and clinical presentation and apply appropriate examination techniques required to determine a common sports related injury in podiatric practice
2. Select safe and effective management plans, including appropriate referral, for common sports injuries in podiatric practice
3. Evaluate peer reviewed literature to apply an evidence based approach to common sports injuries in podiatric practice
4. Demonstrate continuous professional development of skills relevant to common sports injuries in podiatric practice.

Per NPC1321

## Alignment of Learning Outcomes, Assessment and Graduate Attributes

 N/A Level	 Introductory Level	 Intermediate Level	 Graduate Level	 Professional Level	 Advanced Level
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### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Presentation - 20%			•	
2 - Practical Assessment - 30%	•	•		



## Textbooks and Resources

### Textbooks

PODI13010

#### Supplementary

##### **Brukner & Khan's Clinical Sports Medicine: Injuries, Volume 1**

Edition: 5th (2017)

Authors: Peter Brukner & Karim Khan

McGraw-Hill Australia

Sydney , NSW , Australia

ISBN: 9781743761380

Binding: Hardcover

#### **Additional Textbook Information**

Copies are available for purchase at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code)

### 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 6th Edition \(APA 6th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Malia Ho** Unit Coordinator

[m.ho@cqu.edu.au](mailto:m.ho@cqu.edu.au)

## Schedule

### **Week 1 - 09 Mar 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Overview of Unit Role of Sports Podiatrist Health vs Fitness Testing		

### **Week 2 - 16 Mar 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Exercise is Medicine Principals of Injury Prevention, Rehabilitation and Return to Sports Short and Midterm Management Strategies		

### **Week 3 - 23 Mar 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Rearfoot Injuries in Sports		

**Week 4 - 30 Mar 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Midfoot Injuries in Sport		

**Week 5 - 06 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Forefoot Injuries in Sport		

**Vacation Week - 13 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
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**Week 6 - 20 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Oral Presentation</b> Due: Week 6 Friday (24 Apr 2020) 11:45 pm AEST

**Week 7 - 27 Apr 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Ankle and Leg Injuries in Sport		

**Week 8 - 04 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Knee and Thigh Injuries in Sport		

**Week 9 - 11 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Hip and Lower Back Injuries in Sport		

**Week 10 - 18 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Practical Assessment Review and Practice		

**Week 11 - 25 May 2020**

Module/Topic	Chapter	Events and Submissions/Topic
Examination Review and Practice		

**Week 12 - 01 Jun 2020**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Practical Assessment</b> Due: Week 12 Wednesday (3 June 2020) 5:00 pm AEST <b>On Campus Activity</b> Due: Week 12 Friday (5 June 2020) 11:45 pm AEST

**Review/Exam Week - 08 Jun 2020**

Module/Topic	Chapter	Events and Submissions/Topic
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**Exam Week - 15 Jun 2020**

Module/Topic	Chapter	Events and Submissions/Topic
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## Term Specific Information

Attendance: As per the University's recommendation that "All on-campus students are expected to attend scheduled classes," students should also be aware that there is clear evidence to show that attendance rates are directly related to academic progress. It is therefore in your best interest and strongly recommended in the Bachelor of Podiatry Practice (Honours) course, that you attend all scheduled learning activities to support your learning.

Uniform: In all practical classes, students are required to wear the nominated uniform. Students must purchase their uniform from the bookshop. This uniform is separate to the mandatory clinical uniform. Please refer to the Podiatry Course Handbook for further details.

## Assessment Tasks

### 1 Oral Presentation

#### Assessment Type

Presentation

#### Task Description

This assessment task is made up of an oral presentation and demonstration of a management technique used in sports. This presentation and demonstration can be done in-class, and there is also the option of submitting a pre-recorded video presentation, that is shown in class.

The topic of the oral presentation will focus on content covered within Week 1 - 5. The presentation and demonstration will be ten (10) minutes long with five (5) minutes for question and answer. The topics for presentation and schedule of presenters will be provided during the term by your Unit Coordinator/ lecturer. You will be required to submit your presentation slides on your Moodle site by the due date stipulated.

#### Assessment Due Date

Week 6 Friday (24 Apr 2020) 11:45 pm AEST

#### Return Date to Students

Week 8 Wednesday (6 May 2020)

#### Weighting

20%

#### Assessment Criteria

The oral presentation assessment rubric will be made available on your Moodle site at the start of term and provide clear guidelines on the criteria and expectations of this assessment task.

If the presentation exceeds the 10 minute time limit, students may opt to complete the presentation but any additional content that is over the time limit will not be assessed by the examiner.

If you are absent on the day of your presentation, you must submit a medical certificate or statutory declaration explaining your absence, within five (5) business days of the presentation date. Your Unit Coordinator will review your circumstance and if appropriate, grant you another presentation opportunity within the term. Failure to submit your presentation will result in a 'zero' mark for this assessment task.

#### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

#### Submission

Online

#### Learning Outcomes Assessed

- Evaluate peer reviewed literature to apply an evidence based approach to common sports injuries in podiatric practice

#### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence



- Cross Cultural Competence
- Ethical practice
- Social Innovation

## 2 Practical Assessment

### Assessment Type

Practical Assessment

### Task Description

The practical assessment will include written, oral and practical components. The practical assessment will assess your clinical knowledge, practical and assessment skills and clinical reasoning. Based on written clinical scenarios you will be required to discuss (either verbally and/or written) and/or perform aspects of relevant history taking, diagnosis, assessment, treatment and overall management of the condition and/or clinical scenario presented and complete relevant patient documentation. All assessments may be video and/or audio-recorded for moderation purposes. You are expected to arrive at least 15 minutes before the allocated start time for the practical assessment and to wear full clinical uniform with enclosed shoes. The venue and time of the practical assessment will be provided during the term. The practical assessment is a closed book task.

### Assessment Due Date

Week 12 Wednesday (3 June 2020) 5:00 pm AEST

### Return Date to Students

Review/Exam Week Tuesday (9 June 2020)

### Weighting

30%

### Minimum mark or grade

50%

### Assessment Criteria

The practical assessment rubric will be made available on your Moodle site at the start of term and provide clear guidelines on the criteria and expectations of this assessment task. The schedule will also be made available to you four (4) weeks before the assessment week. You are required to ensure that you are available to attend and complete the practical assessment during your allocated time.

If you are unable to attend, you are required to submit a request for extension on your Moodle site and provide all supporting documents within five (5) days of your allocated assessment day. Approval for extension will be decided by your Unit Coordinator. If approved, an alternative practical assessment session will be allocated to you. Failure to request for an extension during the stipulated time frame will result in a 'zero' mark for this assessment task.

In order to be eligible to PASS the Practical Assessment, you must achieve a minimum grade of 50%.

If you do not meet the above criterion of a minimum grade of 50%, you may be eligible for a supplementary assessment providing you meet the requirements as stipulated in the CQUniversity Grades and Results Procedure and this will be determined by the Unit Coordinator.

### Referencing Style

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

### Submission

Offline

### Learning Outcomes Assessed

- Interpret the aetiology and clinical presentation and apply appropriate examination techniques required to determine a common sports related injury in podiatric practice
- Select safe and effective management plans, including appropriate referral, for common sports injuries in podiatric practice

### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Cross Cultural Competence
- Ethical practice

## 3 On Campus Activity

**Assessment Type**

On-campus Activity

**Task Description**

You will be expected to complete a series of practical tasks that forms part of a practical checklist. These tasks include taping techniques, ultrasound and shock-wave therapies, and video gait analyses. You will be provided with a Practical Manual at the beginning of term with information regarding the on campus activities and tasks. You are to print and bind the Practical Manual and bring it with you for all sessions.

**Assessment Due Date**

Week 12 Friday (5 June 2020) 11:45 pm AEST

**Return Date to Students**

Review/Exam Week Friday (12 June 2020)

**Weighting**

Pass/Fail

**Minimum mark or grade**

Pass

**Assessment Criteria**

The on campus activities in this unit consists of tasks relating to professional podiatry skills, which are inherent requirements to meet the professional standards.

All on campus activities will be completed during the internal clinical sessions. Satisfactory completion of these activities on campus are integral to your achievement of learning outcomes and assessment of this unit and other units within the course.

Please pay attention to the following information:

- Students who are absent from on campus activities must alert the Unit Coordinator regarding their absenteeism prior to the commencement of the allocated clinical learning experience for that day.
- Students are to provide the Unit Coordinator and Clinical Supervisor with either a medical certificate or statutory declaration, within five (5) business days of their absence.
- All absent days will need to be made up according to the CQUniversity Work-Integrated Learning/ Student Placement Policy and Procedure.

**Referencing Style**

- [American Psychological Association 6th Edition \(APA 6th edition\)](#)

**Submission**

Online

**Submission Instructions**

Please submit a scanned copy of the "Practical Checklist" page of your Practical Manual.

**Learning Outcomes Assessed**

- Demonstrate continuous professional development of skills relevant to common sports injuries in podiatric practice.

**Graduate Attributes**

- Ethical practice

## Examination

**Outline**

Complete an invigilated examination.

**Date**

During the examination period at a CQUniversity examination centre.

**Weighting**

50%

**Length**

120 minutes

**Exam Conditions**

Closed Book.

## Materials

Dictionary - non-electronic, concise, direct translation only (dictionary must not contain any notes or comments).

Calculator - non-programmable, no text retrieval, silent only

## 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