



# PSIO11003 *Foundations of Physiotherapy*

## Practice 2

### Term 2 - 2021

Profile information current as at 04/05/2024 03:51 am

All details in this unit profile for PSIO11003 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

This unit introduces you to fundamental aspects of physiotherapy practice, including physical examination, therapeutic exercise and utilising research skills to inform evidence-based practice. You will begin to acquire knowledge and skills in the assessment and prescription of resistance and aerobic training programs and develop skills in the observation, measurement and analysis of muscle and joint function. Your understanding of professional physiotherapy practice will be extended through undertaking an observational clinical placement.

### 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

To enrol in this unit, you must be enrolled in the CB85 Course and meet the following requisites: Prerequisites:

PSIO11004: Foundations of Physiotherapy Practice 1 BMSC11007: Medical Anatomy and Physiology 1 ALLH11001

Introduction to Allied Health Practice ALLH11009 Research Methods for Health Professionals Co-requisites: BMSC11008:

Medical Anatomy and Physiology 2 ALLH11006: Life Course Development for Health Professionals PSYC11010:

Fundamentals of Psychology

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 2 - 2021

- Bundaberg
- Rockhampton

### 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. **Online Quiz(zes)**

Weighting: 25%

#### 2. **Group Work**

Weighting: 25%

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

Weighting: Pass/Fail

#### 4. **Practical Assessment**

Weighting: 50%

### 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 Unit evaluation data, have your say, direct student feedback, self reflection.

#### Feedback

Students enjoyed the content, structure and delivery of this unit. Students particularly enjoyed the engaging, interactive and practical design.

#### Recommendation

It is recommended that this unit should continue to be designed and delivered to ensure it is clinically focused, engaging, supportive and well moderated.

Feedback from Unit evaluation data, have your say, direct student feedback, self reflection

#### Feedback

The unit tutorial and practical manual supported student learning and improved their learning experience.

#### Recommendation

It is recommended that the tutorial and practical manual should continue to be developed and used as an essential learning resource for this unit.

Feedback from Unit evaluation data, have your say, direct student feedback, self reflection.

#### Feedback

Newly developed photos of practical techniques supported student learning and improved their learning experience.

#### Recommendation

It is recommended that photos of practical techniques continue to be developed and used to support independent learning for this unit.

## Unit Learning Outcomes

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

1. Demonstrate an understanding of energy systems, muscle and cardiorespiratory physiology, components of physical function and principles of therapeutic exercise program design
2. Apply principles of evidence-based practice and client-centred care through research and application of the International classification of Functioning, Disability and Health Framework (ICF)
3. Demonstrate effective skills in patient communication and risk management
4. Demonstrate theoretical and applied knowledge in the assessment, prescription, monitoring, evaluation and documentation of resistance and aerobic training programs
5. Demonstrate theoretical and applied knowledge of physical examination, including observation, palpation, functional tasks, range of movement, muscle strength and muscle length
6. Demonstrate professional and ethical behaviours consistent with a physiotherapy practitioner.

Learning outcomes and assessment tasks have been mapped against and aligned with the Physiotherapy Practice Thresholds in Australia and Aotearoa New Zealand.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



## Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes					
	1	2	3	4	5	6
1 - Online Quiz(zes) - 25%	•			•	•	
2 - Group Work - 25%	•	•	•	•		
3 - On-campus Activity - 0%						•
4 - Practical Assessment - 50%		•	•		•	•

## Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes					
	1	2	3	4	5	6
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						

## Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Online Quiz(zes) - 25%	•	•	•	•		•				
2 - Group Work - 25%	•	•	•	•	•	•				
3 - On-campus Activity - 0%	•	•	•	•	•	•	•	•		
4 - Practical Assessment - 50%	•	•	•		•		•	•		

## Textbooks and Resources

### Textbooks

PSIO11003

#### Prescribed

##### **Orthopedic Physical Assessment**

7th Edition (2020)

Authors: Magee, D. J

Elsevier Saunders

St Louis , Missouri , USA

ISBN: 9780323749510

Binding: Hardcover

PSIO11003

#### Prescribed

##### **Therapeutic Exercise: Foundations and Techniques**

Edition: 7th edn (2017)

Authors: Kisner, C. & Colby, L. A.

F.A. Davis Company

Philadelphia , PA , USA

ISBN: 9780803658509

Binding: Hardcover

#### **Additional Textbook Information**

The Kisner text is available in paper and eBook versions at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code)

The Magee text is only available in paper format from the CQUni Bookshop..

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- Clinics in Motion
- Zoom

## 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

**Samantha Randall** Unit Coordinator

[s.randall@cqu.edu.au](mailto:s.randall@cqu.edu.au)

## Schedule

### **Week 1 - 12 Jul 2021**

Module/Topic

Chapter

Events and Submissions/Topic

Unit Introduction Introduction to Therapeutic Exercise	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	
<b>Week 2 - 19 Jul 2021</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Aerobic and Resistance Exercise	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	<b>Group Work:</b> groups and topics to be finalised
<b>Week 3 - 26 Jul 2021</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Principles of Comprehensive Patient Management	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	
<b>Week 4 - 02 Aug 2021</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Flexibility and Stretching Aquatic Physiotherapy	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	
<b>Week 5 - 09 Aug 2021</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Introduction to Physical Examination	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	<b>In-class Quiz 1 (10%)</b> Due: Week 5 Friday (13 Aug. 2021) 9:00am AEST
<b>Vacation Week - 16 Aug 2021</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>

**Week 6 - 23 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Lower Limb	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	

**Week 7 - 30 Aug 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Lower Limb	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	

**Week 8 - 06 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Therapeutic Exercise Programs	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	<b>Therapeutic Exercise Program</b> Due: Week 8 Tuesday (7 Sep. 2021) 8:00am AEST

**Week 9 - 13 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Upper Limb	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	

**Week 10 - 20 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Upper Limb	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	<b>Have Your Say - Unit Evaluation</b>

**Week 11 - 27 Sep 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Early Mobility and Physiotherapy Functional Deprivation and Facilitation	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	<b>Have Your Say - Unit Evaluation</b>

**Week 12 - 04 Oct 2021**

Module/Topic	Chapter	Events and Submissions/Topic
Practical Assessment Preparation Revision	Kisner, C. & Colby, L. A. (2012). Therapeutic exercise: Foundations and techniques (6th ed.). Philadelphia, PA: F. A. Davis Company. Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders. Refer to Moodle page for prescribed textbook chapter and additional resources.	<b>In-class Quiz 2 (15%)</b> Due: Week 12 Tuesday (5 Oct. 2021) 8:00am AEST  <b>Hurdle Assessments (P/F)</b> Due: Week 12 Friday (8 Oct. 2021) 4:00 pm AEST  <b>Have Your Say - Unit Evaluation</b>

**Review/Exam Week - 11 Oct 2021**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Practical Assessment (OSCE)</b> (50%) may be scheduled within week 1 or week 2 of the CQUniversity Examination Period  <b>Have Your Say - Unit Evaluation</b>

**Exam Week - 18 Oct 2021**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Practical Assessment (OSCE)</b> (50%) may be scheduled within week 1 or week 2 of the CQUniversity Examination Period  <b>Have Your Say - Unit Evaluation</b>



## Term Specific Information

### Clinical Observation Placement

Workplace learning experiences within the physiotherapy course provide you with a broad a range of clinical experiences that enable you to develop capabilities and competencies that reflect the requirements to practice safely and independently as a physiotherapist in a diversity of settings and contexts. Workplace learning experiences are assessed and occur over the first, second, third and fourth years of the physiotherapy course.

This unit includes up to four (4) hours of observational learning, offering you your first workplace learning experience. This clinical observation placement is designed to give you the opportunity to observe practicing physiotherapists interacting with patients with a range of conditions. This observational placement will be scheduled outside of your regular timetabled sessions and may be held in any clinical facility across the spectrum of healthcare.

All pre-clinical requirements must be completed prior to this observational clinical placement and attendance at the placement is mandatory. Placements are organised by our clinical education coordinator, and details will be provided to you once confirmed by the facility.

Refer to Moodle for further information and additional resources.

## Assessment Tasks

### 1 In-class Quiz 1 and 2

#### Assessment Type

Online Quiz(zes)

#### Task Description

In-class Quizzes consists of two (2) quizzes worth 25% of the overall unit grade.

**In-class Quiz 1 (10%)** constitutes 10% of the overall grade. It will occur in week 5 and assess content from weeks 1-4 inclusive. In-class Quiz 1 will consist of 30 questions (worth 35 marks) and will have a time limit of 60 minutes. Due: Week 5 Friday (13th August) at 9am.

**In-class Quiz 2 (15%)** constitutes 15% of the overall grade. It will occur in week 12 and assess content from weeks 5-11 inclusive. In-class Quiz 2 will consist of 45 questions (worth 55 marks) and will have a time limit of 90 minutes. Due: Week 12 Tuesday (5th October) at 8am.

In-class Quiz 1 and 2 are closed book assessments which must be completed at the scheduled time. It is recommended that a laptop be utilised for this assessment, however a tablet is permitted. The questions will be randomly generated from a question bank so that the quizzes may appear differently for each student. In-class Quiz 1 and 2 will consist of some or all of the following categories:

- Multiple choice questions
- True/ false questions
- Short answer questions
- Fill in the missing word(s) questions
- Questions relating to multimedia material (e.g. images, videos)

Refer to Moodle for further information and additional resources.

#### Number of Quizzes

2

#### Frequency of Quizzes

#### Assessment Due Date

In-class Quiz 1 must be completed Week 5 Friday (13th August) at 9am. In-class Quiz 2 must be completed Week 12 Tuesday (5th October) at 8am.

#### Return Date to Students

Results will be accessible on Moodle within two weeks of submission date.

### **Weighting**

25%

### **Assessment Criteria**

All questions will be marked numerically and an overall percentage mark awarded.

### **Late Arrival to Assessment**

You should aim to arrive at least 15 minutes prior to the official assessment commencement time. In the extraordinary circumstance that you are late, you will be permitted late entry to your assessment of up to 10 minutes after the official commencement time. The period of lateness will be deducted from your overall assessment time. If you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period), you should make an application for deferred assessment, which may or may not be approved in line with CQU policy. If the application for deferred assessment is denied, you will receive a grade of zero percent (0%) for the assessment item and will not be eligible for a re-sit but may be eligible for a supplementary assessment in line with CQU policy.

### **Referencing Style**

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

### **Submission**

Online

### **Learning Outcomes Assessed**

- Demonstrate an understanding of energy systems, muscle and cardiorespiratory physiology, components of physical function and principles of therapeutic exercise program design
- Demonstrate theoretical and applied knowledge in the assessment, prescription, monitoring, evaluation and documentation of resistance and aerobic training programs
- Demonstrate theoretical and applied knowledge of physical examination, including observation, palpation, functional tasks, range of movement, muscle strength and muscle length

### **Graduate Attributes**

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

## **2 Therapeutic Exercise Program**

### **Assessment Type**

Group Work

### **Task Description**

The Therapeutic Exercise Program Group Work Assessment Task is comprised of both a **group presentation** (with supporting documentation - patient notes and program overview) and an **individually written abstract** on the design and implementation of a therapeutic exercise program. This assessment task is designed to develop your understanding of physical function, extend your skills in evidence-based practice and patient-centred care and advance your skills in physiotherapy assessment, exercise prescription, patient monitoring and evaluation, and documentation. This task will develop of introductory level skills in communication, team work, research literacy and critical thinking.

### **Task Overview**

As a group, you are required to design and implement an individualised exercise program for one of your group members, or a nominated individual approved on discussion with the unit coordinator. The exercise program must be focused on one of the following parameters of physical capacity:

- Muscle strength
- Muscle power
- Aerobic fitness

You are required to perform an initial assessment (subjective examination and outcome measures), establish SMART goals (short and long term) and design a five week evidence-based therapeutic exercise program. You will then conduct the five week exercise program, monitor program effectiveness (weekly at a minimum), and progress/ regress the program in response to ongoing patient assessment findings. Following the completion of the program, you will evaluate the outcomes. The program will be presented as a group PowerPoint presentation and an individually written abstract.

### **Presentation - Group Work Component**

The aim of the presentation is to interactively and concisely educate your peers on your topic. As a group, you will present your topic in a 12 minute Microsoft PowerPoint presentation slide show with **communication marked individually** by examiner/s using the communication assessment rubric. The presentation will be followed by three minutes of question time. The presentation must be supported by patient notes and an overview (one page table) of your exercise program to provide a more comprehensive overview of your program. Your group presentation must include the following information:

- Introduction and Background
- SMART Goals (short and long term)
- Evidence-Based Practice (EBP) to support your exercise program
- Intervention
- Progression of the Intervention
- Outcomes and Conclusions

The initial assessment, ongoing assessments and final review must be organised, structured and recorded as if you were documenting a formal patient record. The final exercise program must be documented as a concise overview (one page), in table format, clearly outlining the weekly schedule with specific exercise prescription parameters. The presentation will be marked using the presentation assessment rubric. Presentations are scheduled for Week 8 Tuesday (7th September) from 8am. You are required to submit your presentation (PowerPoint document), supporting documentation (word document containing your patient notes and an overview of your program) on Moodle by Week 8 Tuesday (7th September) at 8am. It is a requirement that you are present for all group presentations - attendance is mandatory and monitored. A timetable for presentations will be published on Moodle by Tuesday, Week 7 at 4pm.

### **Abstract - Individual Component**

Each group member is required to individually construct an abstract for your exercise program. The aim of the abstract is to concisely describe all components of your exercise program. The abstract must be up to a maximum of 250 words in length (excluding title, authors and affiliations); single line spaced with a line left between headings; unjustified; left aligned; Arial font 12 with headings in bold; text only with no use of tables, figures, abbreviations or bullet points (except key practice points). Your individual abstract must include the following:

- Title: 20 words maximum, written in capital case
- Authors and affiliations
- Objective
- Design
- Method
- Results
- Conclusion
- Key Practice Points

The abstract will be marked using the abstract assessment rubric.

You are required to submit your abstract (word document) on Moodle by Week 8 Tuesday (7th September) at 8am.

### **Group Allocation and Topic Selection**

You will work in small groups for this assignment. Group size will be confirmed based on the number of enrolled students at the end of Week 1, however groups will ideally consist of four students, with a minority of groups consisting of three or five students. From Week 2 Tuesday, you can nominate your group and your selected parameter of physical function via an email to the unit coordinator. Your group nomination and topic must be finalised by Week 2 Friday at 12pm. When nominating your group and/ or topic via email, please ensure you include your campus, full name of each group member and topic. Group allocation and topic selection is your responsibility. If you do not comply with this process, you may not meet the requirements to pass this assessment task.

Refer to Moodle for further information and additional resources.

### **Assessment Due Date**

Week 18 Tuesday (7 Sep. 2021) 8.00am AEST

### **Return Date to Students**

Results will be accessible on Moodle within two weeks of the submission date.

### **Weighting**

25%

### **Assessment Criteria**

The assessment rubric for this task is based on the Australian Standards for Physiotherapy, the Accreditation Standard

set by the Australian Physiotherapy Council and The Assessment of Physiotherapy Practice Instrument. These quality frameworks are mapped against the CQUniversity Graduate Attributes and are intended to give a holistic understanding of standards expected for the assessment task. The rubric for this assessment will be based on the following categories and weightings:

#### **Group Presentation Rubric (15% of total unit grade)**

- Visual (15%)
- Organisation and Structure (15%)
- Knowledge and Application of Best Practice Physiotherapy Assessment (25%)
- Knowledge and Application of Best Practice Exercise Intervention (45%)

#### **Individual Communication Rubric (5% of total unit grade)**

- Verbal Communication and Engagement (100%)

#### **Abstract Rubric (5% of total unit grade)**

- Title, Authors and Affiliations (10%)
- Objective (10%)
- Design (10%)
- Method (10%)
- Results (10%)
- Conclusion (10%)
- Key Practice Points (10%)
- Professional Writing (10%)
- Organisation and Formatting (10%)
- Length (10%)

#### **Presentation Time Limit**

Marks are allocated to adhering to the time limit for the presentation. Presentations that do not adhere to the limit may be subjected to a grade penalty. For minor breaches, +/- 10% of the time limit, no marks will be deducted. For major breaches, > +/- 10% of the time limit, 10% of the overall grade will be deducted.

Refer to Moodle for the assessment rubrics

#### **Late Arrival to Assessment**

You should aim to arrive at least 15 minutes prior to the official assessment commencement time. In the extraordinary circumstance that you are late, you will be permitted late entry to your assessment of up to 10 minutes after the official commencement time. The period of lateness will be deducted from your overall assessment time. If you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period), you should make an application for deferred assessment, which may or may not be approved in line with CQU policy. If the application for deferred assessment is denied, you will receive a grade of zero percent (0%) for the assessment item and will not be eligible for a re-sit but may be eligible for a supplementary assessment in line with CQU policy.

#### **Referencing Style**

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

#### **Submission**

Online Group

#### **Submission Instructions**

An electronic copy of your presentation, supporting documentation and abstract must be submitted by Week 8 Tuesday at 8am, prior to your presentation delivery.

#### **Learning Outcomes Assessed**

- Demonstrate an understanding of energy systems, muscle and cardiorespiratory physiology, components of physical function and principles of therapeutic exercise program design
- Apply principles of evidence-based practice and client-centred care through research and application of the International classification of Functioning, Disability and Health Framework (ICF)
- Demonstrate effective skills in patient communication and risk management
- Demonstrate theoretical and applied knowledge in the assessment, prescription, monitoring, evaluation and documentation of resistance and aerobic training programs

## Graduate Attributes

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

## 3 Hurdle Assessments (P/F)

### Assessment Type

On-campus Activity

### Task Description

There will be two (2) Hurdle Assessments.

#### Hurdle 1: Observational Placement Attendance

This unit includes up to four (4) hours of observational learning, offering you your first workplace learning experience of the physiotherapy course. This clinical observation placement is designed to give you the opportunity to observe practicing physiotherapists interacting with patients with a range of conditions. This observational placement will be scheduled outside regular timetabled sessions and may be held in any clinical facility across the spectrum of healthcare. All pre-clinical requirements must be completed prior to the observational clinical placement and attendance at the placement is mandatory. Placements are organised by our clinical education coordinator, and details will be provided to you once confirmed by the facility. Refer to Moodle for further information and additional resources.

You are not required to submit anything for this assessment task.

A satisfactory grade for the observational placement is required in order to be eligible to PASS this unit.

Results will be available once all clinical observational placements are completed and attendance is confirmed by the clinical educator coordinator.

#### Hurdle 2: Attendance

A minimum attendance rate of 85% for practical and tutorial sessions is required in order to be eligible to PASS this unit. This minimum attendance requirement is recommended by the Australian Physiotherapy Council. The monitoring of attendance will take into consideration legitimate requests for absence such as those outlined in the Assessment Policy and Procedure (Higher Education Coursework) as reasons for requesting time extensions for submitting assessment tasks (e.g. medical or allied health, compassionate, misadventure and exceptional circumstances). Attendance rates for this hurdle will be calculated at the end of week 12.

You are not required to submit anything for this assessment task.

Refer to Moodle for further information and additional resources.

### Assessment Due Date

Week 12 Friday (8 Oct. 2021) 4.00pm AEST

### Return Date to Students

Results will be accessible on Moodle within two weeks of the submission date.

### Weighting

Pass/Fail

### Minimum mark or grade

In order to be eligible to PASS the unit, you must achieve a PASS result for each hurdle (i.e. PASS for Hurdle 1 and PASS for Hurdle 2).

### Assessment Criteria

#### Hurdle 1

You must attend your observational placement to PASS this hurdle. You must PASS this hurdle in order to be eligible to PASS the unit.

#### Hurdle 2

An attendance rate of 85% at practical and tutorial sessions is required to PASS this hurdle. You must PASS this hurdle in

order to be eligible to PASS the unit.

### Referencing Style

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

### Submission

Offline

### Learning Outcomes Assessed

- Demonstrate professional and ethical behaviours consistent with a physiotherapy practitioner.

### Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

## 4 Practical Assessment (OSCE)

### Assessment Type

Practical Assessment

### Task Description

The Practical Assessment will be in the format of an Objective Structured Clinical Examination (OSCE) and is intended to assess your theoretical knowledge and practical application of assessment and clinical reasoning skills. The OSCE will be scheduled for either week 1 or week 2 of the university's term 2 examination period. The weighting of the Practical Assessment is 50% of the overall unit grade. Each clinical scenario will be weighted equally. All content from PSIO11003 and pre-requisite and co-requisite units is examinable in this assessment task. The OSCE will include three (3) stations:

- Joint Range of Movement (ROM)
- Muscle Length
- Muscle Strength

At each station, you be examined on one (1) lower limb scenario and one (1) upper limb scenario.

Your OSCE will have a total time limit of 90 minutes. The examination will commence with 30 minutes of preparation time, at which point the two scenarios for each station will be provided to you. You will be then be allocated 10 minutes to complete each station. Following this, you will be given 30 minutes to document one assessment from each station. Your performance on each scenario may be assessed by a different examiner. Once your examination is complete, you will be required to be a patient model for another examination. For each practical skill, you may be requested to:

- Discuss indications/ aims/ overall objectives for the assessment technique
- Discuss precautions, contraindications or considerations for the assessment technique
- Discuss key information relating to the interpretation of assessment findings (e.g. normative data, common findings, implications for diagnosis)
- Demonstrate specific assessment techniques
- Document physiotherapy intervention (e.g. assessment technique and findings)

You must come appropriately attired for the Practical Assessment. When being examined, you must be attired in your full clinical uniform. When you are a 'patient', you should be suitably attired for a physical examination.

A timetable for the Practical Assessment will be published on Moodle at the end of Term 2.

Refer to Moodle for further information and additional resources.

### Assessment Due Date

University's Examination Period

### Return Date to Students

Results will be accessible on Moodle within two weeks of the submission date

## Weighting

50%

## Minimum mark or grade

In order to be eligible to PASS the unit, you must achieve a PASS result (50%) for the practical assessment task.

## Assessment Criteria

The assessment rubric for this task is based on the Australian Standards for Physiotherapy, the Accreditation Standard set by the Australian Physiotherapy Council and The Assessment of Physiotherapy Practice Instrument. These quality frameworks are mapped against the CQUniversity Graduate Attributes and are intended to give a holistic understanding of standards expected for the assessment task. The rubric for this assessment will be based on the following categories and weightings:

- Professional Behaviour (5%)
- Communication (20%)
- Knowledge and Understanding (15%)
- Practical Application of Technique (55%)
- Risk Management (5%)

Refer to Moodle for the assessment rubric.

## Requirements to PASS the Practical Assessment (OSCE)

In order to PASS the Objective Structured Clinical Examination (OSCE) you must:

- Achieve 50% or higher in the graded component for each of the three stations (i.e. a minimum of 50% for station one, a minimum of 50% for station two, and a minimum of 50% for station three).

If you do not meet the above criteria for each station, you will be eligible for one opportunity to re-sit the entire OSCE assessment task, provided you have achieved an overall grade equal to, or higher than 44.5% for your original OSCE.

## OSCE Re-sit Conditions

1. If you meet the eligibility criteria for a re-sit, you will be given only one re-sit opportunity.
2. The re-sit will be conducted within two weeks of the term 2 University Examination Period.
3. The re-sit will be assessed by up to two examiners and will be of an equivalent format to the original assessment task.
4. The assessment criteria of the re-sit will be identical to the original OSCE.
5. If you pass the re-sit you will receive a grade of exactly 50% for the OSCE (i.e. 25% of the total unit grade), irrespective of your achievement for the graded component of the re-sit. This is to ensure equity to those students who only had one attempt.

If you do not meet the requirements for a re-sit, you will receive your original OSCE grade and may be awarded a supplementary assessment in line with CQUniversity Policy.

## Late Arrival to Assessment

You should aim to arrive at least 15 minutes prior to the official assessment commencement time. In the extraordinary circumstance that you are late, you will be permitted late entry to your assessment of up to 10 minutes after the official commencement time. The period of lateness will be deducted from your overall assessment time. If you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period), you should make an application for deferred assessment, which may or may not be approved in line with CQU policy. If the application for deferred assessment is denied, you will receive a grade of zero percent (0%) for the assessment item and will not be eligible for a re-sit but may be eligible for a supplementary assessment in line with CQU policy.

## Referencing Style

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

## Submission

Offline

## Learning Outcomes Assessed

- Apply principles of evidence-based practice and client-centred care through research and application of the International classification of Functioning, Disability and Health Framework (ICF)
- Demonstrate effective skills in patient communication and risk management
- Demonstrate theoretical and applied knowledge of physical examination, including observation, palpation, functional tasks, range of movement, muscle strength and muscle length
- Demonstrate professional and ethical behaviours consistent with a physiotherapy practitioner.

## Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Team Work
- Cross Cultural Competence
- Ethical 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