



# PSIO11003 Foundations of Physiotherapy Practice 2 Term 2 - 2022

Profile information current as at 26/04/2024 06:14 pm

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 - 2022

- 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 valued the clinical experiences (e.g. gym visit, hydrotherapy session, observational placement).

#### Recommendation

It is recommended that learning experiences should continue to be incorporated that are clinically focused and optimise student engagement in hands on practical opportunities.

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

#### Feedback

Students valued the 'hour of power' sessions for revision and practical skills training.

#### Recommendation

It is recommended that the 'hour of power' sessions be continued to support the development of practical skills.

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

#### Feedback

Some students reported a lack of clarity regarding expectations for the in-class quizzes.

#### Recommendation

It is recommended that resources related to the in-class quizzes should be reviewed to ensure assessment expectations are clear.

## 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**

7th Edition (2017)

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

F.A Davis Company

Philadelphia , PA , USA

ISBN: 9780803658509

Binding: Hardcover

#### Additional Textbook Information

This book is available to read online through the Library website. If you would like your own copy, you can purchase both paper and eBook copies at the CQUni Bookshop here: <http://bookshop.cqu.edu.au> (search on the Unit code).

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

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

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

**Sasha Job** Unit Coordinator

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

## Schedule

### Week 1 - 11 Jul 2022

Module/Topic	Chapter	Events and Submissions/Topic
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Unit Introduction Introduction to Therapeutic Exercise	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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.	
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### Week 2 - 18 Jul 2022

Module/Topic	Chapter	Events and Submissions/Topic
Aerobic and Resistance Exercise	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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

### Week 3 - 25 Jul 2022

Module/Topic	Chapter	Events and Submissions/Topic
Principles of Comprehensive Patient Management	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 4 - 01 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Flexibility and Stretching Aquatic Physiotherapy	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 5 - 08 Aug 2022

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Physical Examination	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 (12 Aug. 2022) 9:00am AEST

**Vacation Week - 15 Aug 2022**

Module/Topic	Chapter	Events and Submissions/Topic
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**Week 6 - 22 Aug 2022**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Lower Limb	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 - 29 Aug 2022**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Lower Limb	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 - 05 Sep 2022**

Module/Topic	Chapter	Events and Submissions/Topic
Therapeutic Exercise Programs	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 (6 Sept 2022) 8:00 am AEST

**Week 9 - 12 Sep 2022**

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination of the Upper Limb	Kisner, C. & Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th 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 - 19 Sep 2022**

Module/Topic	Chapter	Events and Submissions/Topic
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Physical Examination of the Upper Limb	<p>Kisner, C. &amp; Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th ed.). Philadelphia, PA: F. A. Davis Company.</p> <p>Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders.</p> <p>Refer to Moodle page for prescribed textbook chapter and additional resources.</p>	
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### Week 11 - 26 Sep 2022

Module/Topic	Chapter	Events and Submissions/Topic
Mock Practical Assessment Revision	<p>Kisner, C. &amp; Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th ed.). Philadelphia, PA: F. A. Davis Company.</p> <p>Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders.</p> <p>Refer to Moodle page for prescribed textbook chapter and additional resources.</p>	<b>In-class Quiz 2 (15%)</b> Due: Week 11 Tuesday (27 Sept. 2022) 9:00am AEST

### Week 12 - 03 Oct 2022

Module/Topic	Chapter	Events and Submissions/Topic
Functional Deprivation and Facilitation Revision	<p>Kisner, C. &amp; Colby, L. A. (2017). Therapeutic Exercise: Foundations and Techniques (7th ed.). Philadelphia, PA: F. A. Davis Company.</p> <p>Magee, D. J. (2020). Orthopaedic Physical Assessment (7th ed.). St Louis, MO: Elsevier Saunders.</p> <p>Refer to Moodle page for prescribed textbook chapter and additional resources.</p>	<b>Hurdle Assessments (P/F)</b> Due: Week 12 Friday (7 Oct 2022) 4:00 pm AEST

### Review/Exam Week - 10 Oct 2022

Module/Topic	Chapter	Events and Submissions/Topic
		Practical Assessment Due: this assessment will be scheduled in Review/Exam Week or Exam Week following confirmation of the centrally timetabled exam after Week 6

### Exam Week - 17 Oct 2022

Module/Topic	Chapter	Events and Submissions/Topic
		Practical Assessment Due: this assessment will be scheduled in Review/Exam Week or Exam Week following confirmation of the centrally timetabled exam after Week 6

## Term Specific Information

### Clinical Observation Placement

Workplace learning experiences within the physiotherapy course provide you with a broad 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 hours of observational learning, offering you your first workplace learning experience. This clinical observational placement is designed to give you the opportunity to observe practicing physiotherapists interacting with patients with a range of conditions. This observation placement will be scheduled outside of your regular timetable sessions (with the possibility of being scheduled during the mid-term break week), and may be held in any clinical facility across the spectrum of healthcare.

All pre-clinical requirements must be completed prior to this observational 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 40 marks) and will have a time limit of 60 minutes.** Due: Week 5 Friday (12th August) at 8am.

**In-class Quiz 2 (15%)** constitutes 15% of the overall grade. It will occur in week 11 and assess content from weeks 5-10 inclusive. **In-class Quiz 2 will consist of 45 questions (worth 60 marks) and will have a time limit of 90 minutes.** Due: Week 11 Tuesday (27th September) 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
- Calculations
- 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 (12th August) at 8am. In-class Quiz 2 must be completed Week 11 Tuesday (27th September) at 8am.

#### Return Date to Students

Results will be returned to students no later than one week after the completion of the in-class quiz.

**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 a group presentation (with supporting documentation - patient notes and program overview) 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 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.

**Presentation**

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 (including exercise pre-screening 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 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 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 Week 7 Tuesday at 4pm.

### **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 4pm. 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 8 Tuesday (6 Sept 2022) 8:00 am AEST

### **Return Date to Students**

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

### **Weighting**

25%

### **Assessment Criteria**

The assessment rubric for this task is based on the Physiotherapy Practice Thresholds in Australia and Aotearoa New Zealand. This quality framework is mapped against the CQUniversity Graduate Attributes and is 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 (20% 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%)

### **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

### **Ethical Conduct during Group Work**

Academic integrity requires students to act with honesty, trust, fairness, respect and responsibility during team work and group assessments. Therefore students are expected to contribute equally to this assessment task and failure to do so may result in academic misconduct.

If a group member is not contributing or is not contributing to the level required for their allocated task/s, please document your concerns to the Unit Coordinator via email. The Unit Coordinator will then make an attempt to manage students who are not contributing fairly. If unethical behaviour continues, an academic misconduct claim may be logged. If the issue is not resolved, the Unit Coordinator will liaise with the Learning and Teaching Directorate to determine if academic misconduct has taken place as per the CQUniversity Academic Misconduct Procedure.

### **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.

### **Referencing Style**

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

### **Submission**

Online Group

### **Submission Instructions**

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

### **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: Clinical 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 observational 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 regular timetabled sessions (which may include the university break week) and held in any clinical facility across the spectrum of healthcare. All pre-clinical requirements must be completed prior to attending 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 and thus has been integrated as a requirement into the CB85 Physiotherapy course. If there is a genuine reason for being absent, you must inform the unit coordinator as soon as possible and submit a medical certificate or other supporting documentation via email within five days of missing the session.

The monitoring of attendance will take into consideration legitimate requests for absence such as those outlined in the Assessment Policy and Procedure (5.21 and 5.22) (e.g. medical or allied health, compassionate, misadventure and exceptional circumstances). You will be notified by the unit coordinator when you reach the 85% threshold. If you require a prolonged absence (>3 sessions) for a health-related condition, you will be required to have a face-to-face discussion with the unit coordinator and head of course to discuss your progression in the unit.

Attendance rates for this hurdle will be calculated in week 12.

Refer to Moodle for further information and additional resources.

### **Assessment Due Date**

Week 12 Friday (7 Oct 2022) 4:00 pm AEST

### **Return Date to Students**

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

### **Weighting**

Pass/Fail

### **Minimum mark or grade**

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

### **Assessment Type**

Practical Assessment

## **Task Description**

The Practical Assessment is intended to assess your theoretical knowledge and practical application of assessment techniques and 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, with each station weighted equally. All content from PSIO11003 and pre-requisite/ co-requisite units is examinable in this assessment task. The Practical Assessment will include three (3) practical skills stations that are weighted equally:

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

At each practical skills station, you be examined on one lower limb assessment and one upper limb assessment.

The practical assessment will have a total time limit of 30 minutes (10 minutes per station). For each station, you are required to demonstrate applied knowledge and understanding of the assessment and perform the practical techniques as instructed. You are expected to demonstrate:

- Safe, effective, and efficient application of the techniques
- Good communication and professional and ethical behaviour
- Accurate physiotherapy documentation

You must come appropriately attired for the Practical Assessment (full clinical uniform). When acting as patient, please change into appropriate casual clothes.

A timetable for the Practical Assessment will be published on Moodle by the end of week 12.

Refer to Moodle for further information and additional resources.

## **Assessment Due Date**

This assessment will be scheduled in Review/Exam Week or Exam Week following confirmation of the centrally timetabled exam after Week 6.

## **Return Date to Students**

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

## **Weighting**

50%

## **Minimum mark or grade**

You must achieve a PASS result for the PASS/FAIL component AND 50% or higher in the graded component for this assessment.

## **Assessment Criteria**

### **Grading of Assessment**

The assessment rubric for this task is based on the Physiotherapy Practice Thresholds in Australia and Aotearoa New Zealand . This quality framework is mapped against the CQUniversity Graduate Attributes and is intended to give a holistic understanding of standards expected for the assessment task. The rubrics for this assessment will be based on the following categories and weightings:

- Safety, Risk Management, and Professional Behaviour (P/F)
- Communication (15% - 5% per station)
- Practical Application of Techniques (85% - 28.33% per station)

Refer to Moodle for the assessment rubric.

## **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