



PSIO12001 *Musculoskeletal Physiotherapy 1*

Term 1 - 2018

Profile information current as at 16/05/2024 08:28 pm

All details in this unit profile for PSIO12001 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 will provide students with an introduction to the assessment and treatment of musculoskeletal problems in the lower limb, pelvis and lumbar spine for clients across the lifespan, allowing the development of an evidence based, problem solving approach to these presentations. The unit will enable students to apply effective clinical reasoning, integrate and apply both specific and generic physiotherapeutic skills that underpin patient centred assessment and management. This will include the use of electrophysical agents.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites: PSIO11004 Foundations of Physiotherapy Practice 1 PSIO11003 Foundations of Physiotherapy Practice 2 ALLH11005 Anatomy and Physiology for Health Professionals 1 ALLH11004 Anatomy and Physiology for Health Professionals 2 Co-requisite: ALLH12008 Functional Anatomy and Biomechanics

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 - 2018

- 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: 20%

2. **Group Work**

Weighting: 30%

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 Have your say

Feedback

Students felt that the Objective Structured Clinical Examination was not long enough for them to sufficiently display their knowledge and skills.

Recommendation

The clinical examinations are consistent with other physiotherapy programs around the country. Academic staff will investigate the possibility of extending the time of the Objective Structured Clinical Examination. This will largely depend on student numbers, staffing and resource allocation.

Feedback from Have your say

Feedback

Students felt that class time was wasted with the demonstrations of clinical techniques across camera.

Recommendation

The inclusion of casual staff teaching into the unit meant that demonstrations were completed across camera. With the inclusion of a permanent staff member the between campus interaction can be minimised and teaching time maximised.

Feedback from Have your say

Feedback

Students really enjoyed the teaching staff and felt they brought a lot to the unit. For example, "Best aspect was the lecturers - Luke, Ben, Tony and Steve are all so passionate about physio that it's impossible not to get excited about it as well."

Recommendation

Where possible the teaching staff will remain consistent to facilitate high quality teaching.

Unit Learning Outcomes

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

1. Design and conduct a client interview and explain different approaches to information gathering.
2. Assess the lower limb, pelvis and lumbar spine for clients across the lifespan, and interpret and analyse findings.
3. Discuss the pathological processes, the symptomatology, clinical course, medical management and expected outcomes of common presentations and pathologies.
4. Develop a physiotherapy intervention plan, including goal setting, exercise and self-management.
5. Explain and discuss various pain mechanisms.
6. Practice and justify safe and effective use of electrophysical agents and equipment relevant to neuro-musculoskeletal physiotherapy.

The Learning Outcomes and Assessment tasks have been mapped against and aligned with the Australian Standards for Physiotherapy.

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) - 20% | | | • | | • | • |
| 2 - Group Work - 30% | • | • | • | • | • | |
| 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) - 20% | | • | • | • | | • | | | | |
| 2 - Group Work - 30% | • | • | • | • | • | • | • | • | | |
| 3 - On-campus Activity - 0% | • | | | | | | | | | |
| 4 - Practical Assessment - 50% | • | • | • | • | | | • | • | | |

Textbooks and Resources

Textbooks

PSIO12001

Prescribed

Bruckner and Khan's clinical sports medicine: injuries volume 1 (5th Ed.)

Edition: (5th ed) (2016)

Authors: Bruckner, P., Clarsen, B., Cook, J., Cools, A., Crossley, K., Hutchinson, M., McCrory, P., Bahr, R. & Khan, K.

McGraw-Hill Education

Sydney , NSW , Australia

ISBN: 978-1743761380

Binding: Other

PSIO12001

Prescribed

Musculoskeletal examination and assessment: A handbook for therapists (5th ed.)

Edition: (5th ed) (2017)

Authors: Petty, N. & Ryder, D.

Elsevier

England

ISBN: 978-0702067174

Binding: Other

[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 (<http://www.clinicsinmotion.com/>)

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

Luke Heales Unit Coordinator

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Schedule

Week 1 - 05 Mar 2018

| Module/Topic | Chapter | Events and Submissions/Topic |
|------------------------------------|---------|------------------------------|
| Introduction and Patient Interview | | |

Week 2 - 12 Mar 2018

| Module/Topic | Chapter | Events and Submissions/Topic |
|--------------------|---------|------------------------------|
| Clinical Reasoning | | |

| | | |
|---|----------------|-------------------------------------|
| Week 3 - 19 Mar 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Acute Management of Injuries and Tissue Healing | | |
| Week 4 - 26 Mar 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Therapeutic Exercise Interventions | | |
| Week 5 - 02 Apr 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Assessment and Treatment of the Hip | | Online Quiz #1. |
| Vacation Week - 09 Apr 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| | | |
| Week 6 - 16 Apr 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Assessment and Treatment of the Knee | | Group Work Assessment due |
| Week 7 - 23 Apr 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Assessment and Treatment of the Ankle | | |
| Week 8 - 30 Apr 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Assessment and Treatment of the Foot | | |
| Week 9 - 07 May 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Assessment of the Lumbar Spine | | |
| Week 10 - 14 May 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Assessment of the SIJ | | |
| Week 11 - 21 May 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Differentiation of Lumbar and SIJ | | Online Quiz #2 |
| Week 12 - 28 May 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| Revision | | |
| Review/Exam Week - 04 Jun 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| | | |
| Exam Week - 11 Jun 2018 | | |
| Module/Topic | Chapter | Events and Submissions/Topic |
| | | |

Assessment Tasks

1 Online Quiz(zes)

Assessment Type

Online Quiz(zes)

Task Description

There are two online quizzes accumulating a total of 20% of the unit grade (i.e. 10% for each quiz):

- Quiz 1 in Week 5 (10% of unit grade) - covering content from weeks 1-4.
- Quiz 2 in Week 11 (10% of unit grade) - covering content from weeks 1-10.

Each quiz will consist of up to 20 questions, and each quiz will have a time limit of 50 minutes. The questions will be identical for all students but the order in which they appear will be randomly generated by a computer, so that the order of questions will appear differently for each student. Access to books, notes, websites (other than the quiz) and use of other electronic devices are prohibited during the quiz. The use of a mobile phone is not permitted for this assessment item.

The quizzes will consist of some or all of these categories:

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

Weighting: 20% of your final mark (10% from each online quiz).

Day/Time Quiz 1: Tuesday 3rd April 2018 at 08:00

Day/Time Quiz 2: Tuesday 22nd May 2018 at 09:00

Number of Quizzes

2

Frequency of Quizzes

Other

Assessment Due Date

Day/Time Quiz 1: Tuesday 3rd April 2018 at 08:00 Day/Time Quiz 2: Tuesday 22nd May 2018 at 09:00

Return Date to Students

Results will be made available on Moodle within two weeks of submission.

Weighting

20%

Assessment Criteria

Quiz questions will be marked to provide a raw score with students awarded an overall percentage mark.

Referencing Style

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

Submission

Online

Learning Outcomes Assessed

- Discuss the pathological processes, the symptomatology, clinical course, medical management and expected outcomes of common presentations and pathologies.
- Explain and discuss various pain mechanisms.
- Practice and justify safe and effective use of electrophysical agents and equipment relevant to neuro-musculoskeletal physiotherapy.

Graduate Attributes

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

2 Clinical Appraisal

Assessment Type

Group Work

Task Description

You will work in a group of three to develop a formal oral presentation and a one (1) page Clinical Handout appraising **one (1) assessment OR treatment** technique relevant to a chosen musculoskeletal condition taught in MSK1.

The written component will be a maximum of one (1) page (see Moodle for specific details). The clinical handout must include a background to the technique, an appraisal of the technique, and a take home message.

The presentation will be a maximum of 10 minutes with 5 minutes of questions (see Moodle for specific details). All group members students must participate in the oral presentation.

The oral presentations will be scheduled in Week 6 on Friday 29th April between 8:00-12:30pm. You are required to submit your one page clinical handout at the time of your scheduled oral presentation. A timetable for the presentations will be released during term.

Assessment Due Date

The oral presentations will be scheduled in Week 6 on Friday 29th April between 8:00-12:30pm. You are required to submit your one page clinical handout at the time of your scheduled oral presentation

Return Date to Students

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

Weighting

30%

Assessment Criteria

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

Referencing Style

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

Submission

No submission method provided.

Learning Outcomes Assessed

- Design and conduct a client interview and explain different approaches to information gathering.
- Assess the lower limb, pelvis and lumbar spine for clients across the lifespan, and interpret and analyse findings.
- Discuss the pathological processes, the symptomatology, clinical course, medical management and expected outcomes of common presentations and pathologies.
- Develop a physiotherapy intervention plan, including goal setting, exercise and self-management.
- Explain and discuss various pain mechanisms.

Graduate Attributes

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

3 On Campus Activity

Assessment Type

On-campus Activity

Task Description

A minimum attendance requirement of 85% for all tutorial and practical sessions is required to PASS this unit. This is recommended by the Australian Physiotherapy Council and is required for accreditation purposes. The monitoring of attendance will take into consideration legitimate reasons for absence, such as those outlined in the Assessment of Coursework Procedures policy, and these will not be counted as absence for the purpose of this attendance requirement. To ensure their absence does not count towards the attendance requirement, students must contact the Unit Coordinator as their earliest convenience and supply all relevant paperwork (e.g. medical certificate).

Assessment Due Date**Return Date to Students****Weighting**

Pass/Fail

Minimum mark or grade

A minimum 85% attendance for practical classes is required to PASS this unit.

Assessment Criteria

A role will be taken each week.

Referencing Style

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

Submission

No submission method provided.

Learning Outcomes Assessed

- Design and conduct a client interview and explain different approaches to information gathering.
- Assess the lower limb, pelvis and lumbar spine for clients across the lifespan, and interpret and analyse findings.
- Discuss the pathological processes, the symptomatology, clinical course, medical management and expected outcomes of common presentations and pathologies.
- Develop a physiotherapy intervention plan, including goal setting, exercise and self-management.
- Explain and discuss various pain mechanisms.
- Practice and justify safe and effective use of electrophysical agents and equipment relevant to neuro-musculoskeletal physiotherapy.

Graduate Attributes

- Communication

4 Objective Structured Clinical Exam (OSCE)

Assessment Type

Practical Assessment

Task Description

The Practical Assessment, commonly referred to as an Objective Structured Clinical Exam (OSCE), will be based on two (2) written clinical case scenarios (simulated patients). Students will perform and discuss aspects of relevant assessment, treatment and overall management of the condition presented. Students will rotate between 2 stations with 2 different examiners. All material from Musculoskeletal Physiotherapy 1 is examinable (along with previous pre-requisite units e.g. Anatomy & Physiology 1 & 2, Foundations of Physiotherapy 1 and 2). The OSCE will last for 60 minutes (30 minutes of preparation time [reading and writing], and 15 minutes on each case). Students are required to model for the following students' exam.

You may be requested to:

- Demonstrate knowledge of the presenting condition, including relevant pathophysiology, pathoanatomy and symptomatology.
- Identify and act upon any precautions and/or contraindications to assessment and/or treatment.
- Demonstrate knowledge and clinical reasoning in the selection of assessment, treatment and/or overall management.
- Demonstrate clear, effective and thorough communication.
- Demonstrate safe and effective application of clinical assessment, treatment and/or overall management.
- Explain and interpret the findings of a clinical assessment and/or treatment, including progression and regression of selected treatment techniques.
- Demonstrate accurate and appropriate documentation of your clinical assessment and/or treatment findings.

Weighting: 50% of your overall grade.

Day/Time: The OSCE will take place during the University Exam Period. A detailed timetable will be made available towards the end of Term 1.

Assessment Due Date

The OSCE will take place during the University Exam Period. A detailed timetable will be made available towards the end of Term 1.

Return Date to Students

Results will be available on Moodle with the official release of final unit grades, as determined by the CQUniversity certification of grades date for Term 1.

Weighting

50%

Minimum mark or grade

In order to PASS the OSCE you must: 1) PASS the PASS/FAIL component of Risk Management/Safety for each of the two case studies, and 2) achieve 50% or higher for each of the two case studies. Refer to assessment criteria for further details.

Assessment Criteria

The assessment rubric is based on the Physiotherapy Practice Thresholds in Australia and Aotearoa New Zealand and will include the following assessment categories and weightings:

- Professional behaviour (10%)
- Communication (10%)
- Anatomical knowledge (10%)
- Assessment (20%)
- Clinical Reasoning/Interpretation (20%)
- Management and Treatment (30%)
- Risk Management/Safety (PASS/FAIL)

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

1) achieve a PASS result for the PASS/FAIL component of Risk Management/Safety for each of the two clinical scenarios (i.e. PASS for clinical scenario one and PASS for clinical scenario two).

AND

2) achieve 50% or higher in the graded component for each of the two clinical scenarios (i.e. a minimum of 50% for clinical scenario one and a minimum of 50% for clinical scenario two).

If you do not meet the above criteria for each clinical scenario, you will be eligible for one opportunity to re-sit the entire OSCE assessment task, provided you have:

1) achieved an overall grade equal to, or higher than 44.5% for your OSCE.

AND

2) achieved 49.5% or higher for each of the assessment items that have been completed and graded at the time of the 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 to pass the OSCE.
2. The re-sit will be assessed by up to two examiners and will be of an equivalent format to the original assessment task.
3. Where possible, the re-sit will be conducted within two weeks of the original assessment date.
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 Unit grade), irrespective of your achievement for the graded component. This is to ensure equity to those students who only had one attempt.

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

Referencing Style

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

Submission

No submission method provided.

Learning Outcomes Assessed

- Design and conduct a client interview and explain different approaches to information gathering.
- Assess the lower limb, pelvis and lumbar spine for clients across the lifespan, and interpret and analyse findings.
- Discuss the pathological processes, the symptomatology, clinical course, medical management and expected outcomes of common presentations and pathologies.
- Develop a physiotherapy intervention plan, including goal setting, exercise and self-management.
- Explain and discuss various pain mechanisms.

- Practice and justify safe and effective use of electrophysical agents and equipment relevant to neuro-musculoskeletal physiotherapy.

Graduate Attributes

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