



# **PSIO12001 *Musculoskeletal Physiotherapy 1***

## **Term 1 - 2024**

Profile information current as at 12/05/2024 10:55 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.

### **Corrections**

#### **Unit Profile Correction added on 27-02-24**

Due to the Public Holiday in Bundaberg, the written test (end-of-term) in Week 12 must move from Thursday 30th of May to Wednesday 29th of May.

## General Information

### Overview

This unit will provide you with an introduction to the assessment and treatment of musculoskeletal conditions in the lower limb, pelvis and lumbar spine for clients across the lifespan. This unit will focus on the development of an evidence based, problem solving approach to the assessment and treatment of common clinical presentations in musculoskeletal practice. The completion of this unit will enable you to apply effective clinical reasoning that underpins your selection and performance of evidence-based and client-centred physiotherapeutic assessment and treatment techniques.

### 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

To enrol in PSIO12001 Musculoskeletal Physiotherapy 1 you must be enrolled into the CB85 course and have completed the following pre-requisites: PSIO11003 Foundations of Physiotherapy Practice 2 BMSC11007 Medical Anatomy and Physiology 1 BMSC11008 Medical Anatomy and Physiology 2 Co-requisite: PSIO12006 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 - 2024

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

Weighting: 40%

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

Weighting: 40%

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

Weighting: Pass/Fail

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from SUTE Data

##### **Feedback**

Students requested minor amendments to the Practical Skills Workbook and Lecture Notes Workbook to improve useability.

##### **Recommendation**

It is recommended that minor amendments be made to the Practical Skills Workbook and Lecture Slides Workbook.

## Unit Learning Outcomes

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

1. Identify and discuss the clinical presentation of musculoskeletal conditions of the lower limb, pelvis, and lumbar spine
2. Identify and discuss safe, effective, and evidence-based assessment and treatment techniques for musculoskeletal conditions of the lower limb, pelvis, and lumbar spine
3. Demonstrate safe, effective, and evidence-based assessment techniques for the lower limb, pelvis, and lumbar spine, and interpret and analyse the findings
4. Demonstrate safe, effective, and evidence-based physiotherapy interventions for the lower limb, pelvis, and lumbar spine, and be able to progress and/or regress appropriately
5. Demonstrate acceptable professional and ethical behaviours consistent with a physiotherapy practitioner.

The Learning Outcomes and Assessment tasks have been mapped against and aligned with the Australian Physiotherapy Council's Physiotherapy Practice Thresholds.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes

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

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Online Quiz(zes) - 20%	•	•			
2 - In-class Test(s) - 40%	•	•			
3 - Objective Structured Clinical Examinations (OSCEs) - 40%			•	•	•
4 - On-campus Activity - 0%					•

### Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
1 - Communication	•	•	•	•	•
2 - Problem Solving	•	•	•	•	
3 - Critical Thinking	•	•	•	•	
4 - Information Literacy	•	•	•	•	
5 - Team Work			•	•	•
6 - Information Technology Competence	•	•			
7 - Cross Cultural Competence	•	•	•	•	•
8 - Ethical practice	•	•	•	•	•
9 - Social Innovation					
10 - Aboriginal and Torres Strait Islander Cultures					

## Textbooks and Resources

### Textbooks

PSIO12001

#### **Prescribed**

##### **Brukner & Khans Clinical Sports Medicine: Injuries , VOL. 1**

Edition: 5th (2017)

Authors: Brukner, P. & Khan, K.

McGraw-Hill Education

Australia

ISBN: 9781760421663

Binding: Hardcover

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#### **Prescribed**

##### **Musculoskeletal Examination and Assessment: A Handbook for Therapists**

Edition: 5th (2018)

Authors: Petty, N. & Ryder, D.

Churchill Livingstone

Great Britain

ISBN: 9780702067174

Binding: Paperback

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#### **Supplementary**

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

Seventh Edition (2020)

Authors: Magee, D. & Manske, R.

Elsevier

St Louis , Missouri , United States of America

ISBN: 9780323749510

Binding: Hardcover

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#### **Supplementary**

##### **Principles of Musculoskeletal Treatment and Management: A Handbook for Therapists**

Edition: 3rd (2018)

Authors: Petty, N. & Barnard., K.

Churchill Livingstone

Great Britain

ISBN: 9780702067198

Binding: Paperback

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

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

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

## Referencing Style

All submissions for this unit must use the referencing style: [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Jolandi Jacobs** Unit Coordinator  
[j.jacobs2@cqu.edu.au](mailto:j.jacobs2@cqu.edu.au)

## Schedule

### Week 1 - 04 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to Musculoskeletal Physiotherapy 1 Patient Interview and diagnostic flags	Petty & Ryder (2018)* Chapter 2 Subjective Examination, p3-34 Brukner & Khan (2017) Chapter 14 Clinical Assessment: Moving from rote to rigorous, p201-207 Brukner & Khan (2017) Chapter 17 Beware: Conditions that masquerade as sports injuries, p77-84	<i>*Please note: Petty &amp; Ryder have released the 6th edition of "Musculoskeletal and Assessment: A Handbook for Therapists." The page numbers of the 6th edition may vary from the 5th edition.</i>

### Week 2 - 11 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Clinical Reasoning Outcome Measures	Petty & Ryder (2018) Chapter 4 Clinical Reasoning and Assessment, p122-145	

### Week 3 - 18 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Physical Examination Inflammation and Acute Management of Soft Tissue Injuries	Petty & Ryder (2018) Chapter 3 Physical Examination, p35-121 Brukner & Khan (2017) Chapter 17 Treatment of Sport Injuries, p247	

### Week 4 - 25 Mar 2024

Module/Topic	Chapter	Events and Submissions/Topic
Hip, Groin, and Thigh Region	Petty & Ryder (2018) Chapter 14 Examination of the Hip Region, p366-388 Brukner & Khan (2017) Chapters 31-34 Hip Pain, Groin Pain, Anterior Thigh Pain, Posterior Thigh Pain, p593-712	

### Week 5 - 01 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
Knee, Leg, and Calf Region	Petty & Ryder (2018) Chapter 15 Examination of the Knee Region p389 Brukner & Khan (2017) Chapters 35-39 Acute knee injuries, Anterior knee pain, Lateral, medial, and posterior knee pain, Leg pain, Calf pain, p713-864	

### Vacation Week - 08 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
N/A	N/A	

### Week 6 - 15 Apr 2024

Module/Topic	Chapter	Events and Submissions/Topic
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Ankle and Foot Region	Petty & Ryder (2018) Chapter 16 Examination of the Foot and Ankle, p418-452 Brukner & Khan (2017) Chapters 40-43: Pain in the Achilles region, Acute ankle injuries, Ankle pain, Foot pain, p865-972	<b>Online Quiz: Week 6 - Friday 19th April (08:00-15:00)</b>
<b>Week 7 - 22 Apr 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Introduction to Passive Accessory Movements as Treatment Introduction to Exercise Prescription as Treatment	Brukner & Khan (2017) Chapter 10 Training Programming and Prescription, p139-152 Brukner & Khan (2017) Chapter 17 Treatment of Sports Injuries, p251-252	
<b>Week 8 - 29 Apr 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Lumbar Region	Petty & Ryder (2018) Chapter 12 Examination of the Lumbar Region, p327-348 Brukner & Khan (2017) Chapter 29 Low Back Pain, p521-566	
<b>Week 9 - 06 May 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Buttock Region Neurological Assessment	Petty & Ryder (2018) Chapter 13 Examination of the Pelvis, p349-365 Brukner & Khan (2017) Chapter 29 Buttock Pain p567-592	
<b>Week 10 - 13 May 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Differentiation of Lumbar, Buttock, and Pelvis	N/A	
<b>Week 11 - 20 May 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Introduction to Interprofessional Practice OSCE Preparation	N/A	
<b>Week 12 - 27 May 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
Written Test Revision	N/A	<b>Written Test: Week 12 - Thursday 23rd May (08:00-10:30)</b>
<b>Review/Exam Week - 03 Jun 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
N/A	N/A	
<b>Exam Week - 10 Jun 2024</b>		
<b>Module/Topic</b>	<b>Chapter</b>	<b>Events and Submissions/Topic</b>
N/A	N/A	

## Assessment Tasks

1 Online Quiz



**Assessment Type**

Online Quiz(zes)

**Task Description**

There will be an online open-book quiz in Week 6. The online quiz will be a 1.5-hour (90 minute) test delivered via Moodle. You do not need to be on campus to complete the test - you can complete the assessment on your home or campus computer. This assessment will cover content from weeks 1-5, including all lectures, practicals, and required readings.

The quiz will consist of up to 40 questions and 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
- Clinical case studies

Complete and submit the assessment in the allocated time. Allow sufficient time to finish the assessment when starting (i.e., do not start later than 1:30 pm).

**Number of Quizzes**

1

**Frequency of Quizzes****Assessment Due Date**

Week 6 - Friday, 19th April, 08:00-15:00

**Return Date to Students**

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

**Weighting**

20%

**Assessment Criteria**

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

**Referencing Style**

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

**Submission**

Online

**Submission Instructions**

The online quiz will be delivered online via the Moodle platform. Students must complete the online quiz during the pre-specified time.

**Learning Outcomes Assessed**

- Identify and discuss the clinical presentation of musculoskeletal conditions of the lower limb, pelvis, and lumbar spine
- Identify and discuss safe, effective, and evidence-based assessment and treatment techniques for musculoskeletal conditions of the lower limb, pelvis, and lumbar spine

## 2 In-Class Written Test

**Assessment Type**

In-class Test(s)

**Task Description**

The End-Term Test is a 2.5 hour (150 minutes) closed book and paper-based written assessment that will be held on campus (Bundaberg and Rockhampton campuses only). The test will examine all content covered during the term, including lectures, practicals and required readings. Access to books, notes, and online devices is prohibited during the test.

The test 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)
- Short and/or long answer questions
- Clinical case studies

### **Assessment Due Date**

Week 12 - Thursday, 23rd May, 08:00-10:30

### **Return Date to Students**

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

### **Weighting**

40%

### **Minimum mark or grade**

To PASS the written test, you must achieve 50% or higher for this test.

### **Assessment Criteria**

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

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 assessment 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 online application for deferred assessment (which may or may not be granted in line with CQU policy). If your application for deferred assessment is denied, you will receive a score of zero percent (0%) for your assessment item.

### **In order to PASS the Written Test you must:**

Achieve a mark of 50% or higher.

### **Referencing Style**

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

### **Submission**

Offline

### **Submission Instructions**

This is a paper-based written test held in-class and on-campus (Bundaberg and Rockhampton campuses only).

### **Learning Outcomes Assessed**

- Identify and discuss the clinical presentation of musculoskeletal conditions of the lower limb, pelvis, and lumbar spine
- Identify and discuss safe, effective, and evidence-based assessment and treatment techniques for musculoskeletal conditions of the lower limb, pelvis, and lumbar spine

## **3 OBJECTIVE STRUCTURED CLINICAL EXAMINATIONS**

### **Assessment Type**

Objective Structured Clinical Examinations (OSCEs)

### **Task Description**

The Objective Structured Clinical Exam (OSCE) assesses your theoretical and practical application of physiotherapy assessment, treatment, and clinical reasoning. The OSCE will include stations where we assess your practical skills and clinical reasoning. You will have 30 minutes to read and complete all questions/tasks. There will be no preparation time for this assessment. At each station, you must plan, perform and discuss relevant aspects of physiotherapy assessment/treatment and demonstrate clinical interpretation of the techniques performed.

### **You will be required to:**

1. Identify and act upon any precautions and/or contraindications to assessment and/or treatment
2. Demonstrate clear, effective and appropriate communication
3. Demonstrate safe and effective application of clinical assessment and treatment techniques
4. Explain and interpret the findings of a clinical assessment and/or treatment, including progression and regression of selected treatment techniques

#### 5. Present in your full clinical uniform for the examination

All material relevant to musculoskeletal physiotherapy assessment and treatment covered in the following pre-requisite and co-requisite units is also examinable in the OSCE: Foundations of Physiotherapy Practice 1 (PSIO11004), Foundations of Physiotherapy Practice 2 (PSIO11003), Functional Anatomy and Biomechanics (ALLH12008/PSIO2003 and PSIO2006), Medical Anatomy and Physiology 1 (BMSC11007), and Medical Anatomy and Physiology 2 (BMSC11008).

You should aim to arrive at least 15 minutes before the official assessment commencement time. In the extraordinary circumstance that you are late, you will be permitted late entry to the OSCE of up to 10 minutes after the official commencement time. The period of lateness will be deducted from your overall assessment time. Suppose you are denied access to the assessment due to lateness (i.e. arriving beyond the permitted late entry period). In that case, you should apply 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 zero percent (0%) grade for the assessment item.

#### **Assessment Due Date**

The Practical Assessment (OSCE) will be held in the Exam Week.

#### **Return Date to Students**

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

#### **Weighting**

40%

#### **Minimum mark or grade**

To PASS the OSCE you must: 1) PASS the PASS/FAIL component of Risk Management/Safety, and 2) achieve 50% or higher on the rubric.

#### **Assessment Criteria**

Detailed marking criteria sheet will be available on Moodle, and will be based on the following rubric categories:

Risk Management/Safety and Professional Behaviour (PASS/FAIL)

Communication (10%)

Correct application of the assessment/treatment technique (60%)

Knowledge and interpretation of assessment/treatment and relevant clinical reasoning (30%)

#### **In order to PASS the OSCE you must:**

Achieve a mark of 50% or higher; AND

Achieve a PASS result for the PASS/FAIL component of Safety and Risk Management.

#### **Referencing Style**

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

#### **Submission**

No submission method provided.

#### **Submission Instructions**

Practical OSCE will be conducted in-person and on campus.

#### **Learning Outcomes Assessed**

- Demonstrate safe, effective, and evidence-based assessment techniques for the lower limb, pelvis, and lumbar spine, and interpret and analyse the findings
- Demonstrate safe, effective, and evidence-based physiotherapy interventions for the lower limb, pelvis, and lumbar spine, and be able to progress and/or regress appropriately
- Demonstrate acceptable professional and ethical behaviours consistent with a physiotherapy practitioner.

## 4 Attendance Pass/Fail Hurdle

#### **Assessment Type**

On-campus Activity

#### **Task Description**

A minimum attendance of 85% to tutorial/practical sessions is recommended by the Australian Physiotherapy Council. This has been integrated as a requirement for the CB85 Physiotherapy course. Therefore, a minimum of 85% attendance to tutorial/practical sessions is required to PASS this unit. The monitoring of attendance will take into consideration legitimate reasons for absences, as outlined in the Assessment Policy and Procedure (5.21 & 5.22, Pg. 10-11). When there is a genuine reason for being absent, you must inform the Unit Coordinator as soon as possible. You will be warned

by the Unit Coordinator when you reach the 85% threshold.

Please note: It is mandatory that medical certificates or other supporting documentation (e.g., funeral notices) are emailed to the Unit Coordinator within five days of missing a session. Students who fail to meet the minimum 85% attendance requirement or do not submit documentation within the required time frame will FAIL the unit. Students who require a prolonged absence (i.e. not meeting the 85% attendance hurdle) due to medical or health-related conditions (e.g., serious or debilitating illness or injury; hospitalisation; giving or recently given birth; mental health illness or condition) will require a face-to-face discussion with the Head of Course and the Unit Coordinator to discuss the most appropriate pathway for completion of the unit.

**Assessment Due Date**

Attendance rate will be determined at the end of term (i.e. Week 12).

**Return Date to Students**

Attendance rate will be determined at the end of term (i.e. Week 12)

**Weighting**

Pass/Fail

**Minimum mark or grade**

In order to PASS the Attendance Hurdle you must attend at least 85% of all scheduled practicals for this unit.

**Assessment Criteria**

To pass the Attendance Hurdle, you must attend at least 85% of all scheduled tutorials/practicals for this unit. The tutor will record your attendance at each scheduled practical session using an attendance spreadsheet.

**Referencing Style**

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

**Submission**

No submission method provided.

**Submission Instructions**

N/A

**Learning Outcomes Assessed**

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

## 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