



PSIO13006 *Rehabilitation of Functional Movement*

Term 1 - 2017

Profile information current as at 02/05/2024 10:18 am

All details in this unit profile for PSIO13006 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 aims to develop students' knowledge and skills on exercise, exercise prescription, and effective facilitation of exercise interventions. The focus will be on the connections between physiological capacity for improvement and symptomatology, while considering all relevant domains of the International Classification of Functioning, Disability and Health (ICF) framework.

Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

ALLH12008 - Functional Anatomy and Biomechanics PSIO12001 - Musculoskeletal Physiotherapy 1 PSIO12005 - Musculoskeletal Physiotherapy 2 PSIO13001 -Neurological and Cardio-respiratory Physiotherapy 2

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 - 2017

- 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. **Written Assessment**

Weighting: 40%

2. **Group Work**

Weighting: 20%

3. **On-campus Activity**

Weighting: Pass/Fail

4. **Practical Assessment**

Weighting: 40%

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 surveys, feedback during class and email communication.

Feedback

Content taught within the Pathological Population learning module of this course has been already covered within the Neurological and Cardiorespiratory (NCR) course.

Recommendation

The overall course structure will be reviewed prior to the commencement of the Term 1 2017 teaching period and the ongoing inclusion of this learning module will be evaluated in collaboration with teaching staff from the NCR courses.

Action

The unit structure was reviewed prior to the commencement of Term 1 2017, and the decision was made to remove the module "Fitness Testing & Exercise Prescription of Pathological populations" as this was identified to be sufficiently covered in the Neurological Physiotherapy (PSIO13001) and Neurosciences Across the Lifespan (PSIO12004) units of the Physiotherapy course.

Feedback from Have your say surveys, feedback during class and email communication.

Feedback

The self and peer assessment survey (SPA) completed for the Group Work Assignment modified each individual group member's total grade for this assessment task rather than a proportion of the grade, resulting in a large variation of grades between members in some groups.

Recommendation

The ongoing inclusion of SPA surveys for the Group Work Assessment task will be reviewed and will likely be modified to affect a smaller proportion of the grade rather than the total overall grade.

Action

A SPA survey was again used during the group work assessment task this year, however it was only applied to a 30% proportion of the grade rather than the total overall grade. This resulted in a more equitable distribution of grades for this assessment item.

Feedback from Have your say surveys, feedback during class and email communication.

Feedback

The inclusion of guest lecturers, patient interactions and a visit to a rest home were highly valued and noted to enhance student learning for these specific learning modules.

Recommendation

Input from specialist guest lecturers, and the inclusion of patient interactions and site visits will continue to be included as resources allow within this course.

Action

Guest lecturers and a visit to a Aged Care Residential Facility were again included in the unit activities this year. Feedback from students continues to highly value the input of specialists in their occupational fields and the opportunity for real-life interactions with patients and members of the community.

Feedback from Have your say surveys, feedback during class and email communication.

Feedback

Only a small number of readings from the textbook were recommended to aid specific course content.

Recommendation

The recommended readings will be reviewed in conjunction with the overall course content, with the aim to integrate a greater number of relevant textbook readings for weekly content.

Action

Textbook readings were reviewed prior to the commencement of Term 1 2017 and an increased number of relevant textbook readings were included to complement the majority of weekly topics.

Unit Learning Outcomes

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

1. Discuss pathological processes, symptomology, medical and pharmacological management, clinical course and prognosis for complex clinical conditions and pathologies.
2. Perform a comprehensive assessment that extends across all domains of the International Classification of Functioning, Disability and Health (ICF) framework.
3. Design, demonstrate and implement a safe rehabilitation programme for a specific clinical scenario that applies a variety of exercise techniques with appropriate progression and modification for that scenario.
4. Critically appraise contemporary evidence from the literature to inform interventions for complex clinical conditions and pathologies.
5. Relate the role of Physiotherapy to the management of complex conditions and pathologies using both an interprofessional and patient-centred approach.

Per NPC1366

Alignment of Learning Outcomes, Assessment and Graduate Attributes



Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Written Assessment - 40%	•	•		•	•
2 - Group Work - 20%	•		•	•	•
3 - Practical Assessment - 40%	•	•	•		

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	•	•	•		•

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
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 - Written Assessment - 40%	•	•	•	•		•	•	•		
2 - Group Work - 20%	•	•		•	•	•				
3 - On-campus Activity - 0%	•				•			•		
4 - Practical Assessment - 40%	•	•	•	•	•		•	•		

Textbooks and Resources

Textbooks

PSIO13006

Prescribed

Rehabilitation Techniques for Sports Medicine and Athletic Training

Sixth Edition (2015)

Authors: William E Prentice

SLACK Incorporated

Thorofare , NJ , America

ISBN: 978-1-61711-931-6

Binding: Hardcover

[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 Website

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

Kate Gregory Unit Coordinator
k.gregory@cqu.edu.au

Schedule

Week 1 - 06 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Course Introduction, overview and revision of therapeutic exercise interventions	Refer to Moodle page for prescribed textbook chapters and additional resources.	

Week 2 - 13 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Advanced exercise prescription	Refer to Moodle page for prescribed textbook chapters and additional resources.	

Week 3 - 20 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Women's and Men's Health	Refer to Moodle page for prescribed textbook chapters and additional resources.	Submission of chosen topic for Group Work Assessment Task due

Week 4 - 27 Mar 2017

Module/Topic	Chapter	Events and Submissions/Topic
Functional rehabilitation of amputees	Refer to Moodle page for prescribed textbook chapters and additional resources.	

Week 5 - 03 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Elective Orthopaedics	Refer to Moodle page for prescribed textbook chapters and additional resources.	Quiz 1 (20%)

Vacation Week - 10 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic

Week 6 - 17 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Trauma Orthopaedics	Refer to Moodle page for prescribed textbook chapters and additional resources.	

Week 7 - 24 Apr 2017

Module/Topic	Chapter	Events and Submissions/Topic
Elderly health, circuit training in rehabilitation	Refer to Moodle page for prescribed textbook chapters and additional resources.	

Week 8 - 01 May 2017

Module/Topic	Chapter	Events and Submissions/Topic
Mental Health	Refer to Moodle page for prescribed textbook chapters and additional resources.	

Week 9 - 08 May 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Oncology and lymphoedema management	Refer to Moodle page for prescribed textbook chapters and additional resources.	
Week 10 - 15 May 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Palliative Care	Refer to Moodle page for prescribed textbook chapters and additional resources.	Quiz 2 (20%)
Week 11 - 22 May 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Management of burn injuries	Refer to Moodle page for prescribed textbook chapters and additional resources.	
Week 12 - 29 May 2017		
Module/Topic	Chapter	Events and Submissions/Topic
Revision and mock OSCE	Refer to Moodle page for prescribed textbook chapters and additional resources.	Group Work Due: Week 12 Friday (2 June 2017) 4:00 pm AEST
Review/Exam Week - 05 Jun 2017		
Module/Topic	Chapter	Events and Submissions/Topic
		Have Your Say - Unit Evaluation Presentation and Peer Assessment of Group Work Task
Exam Week - 12 Jun 2017		
Module/Topic	Chapter	Events and Submissions/Topic
		Have Your Say - Unit Evaluation

Assessment Tasks

1 Online Quiz(zes)

Assessment Type

Written Assessment

Task Description

During the unit, there will be two summative quizzes:

- **Quiz 1** will take place in Week 5 and account for 20% of the total grade for the unit. Quiz 1 will consist of mostly short essay questions based on clinical case studies. This quiz will assess content from Weeks 1-5.
- **Quiz 2** will take place in Week 10 and account for 20% of the total grade for the unit. Quiz 2 will consist of mostly short essay questions based on clinical case studies. This quiz will assess content from Weeks 1-9.

Both quizzes will consist of up to 40 questions, and will have a time limit of one hour. All summative quizzes will be closed-book assessments, access to books, notes, websites (other than the quiz) and use of other electronic devices is prohibited during the quiz. Quiz 1 and Quiz 2 may be scheduled outside of regular timetabled sessions.

Students will have one attempt at each quiz. Quizzes are time-limited and cannot be completed and submitted earlier than 3/4 of the total designated time. Students will not be allowed to exit the room until after everybody has finished. The quizzes will consist of mostly short answer essay questions but also may contain any of the following categories:

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

Policies and Procedures:

1. The CQUniversity [Assessment of Coursework Procedures](#) policy (for centrally timetabled examinations) applies to all assessment items in this unit.

2. **Supplementary Assessments:** As per the CQU [Assessment of Coursework Procedures](#) policy, students will be notified regarding final unit grades, including the provision of Supplementary Assessments, prior to the official Certification of Grades date for Term 1. All Supplementary Assessments will be granted in accordance with the [Grades and Results Procedures](#) policy, Supplementary Assessments will be required to be completed within the two weeks following Certification of Grades.

Assessment Due Date

Quiz 1 in Week 5 and Quiz 2 in Week 10

Return Date to Students

Within 2 weeks of submission. Results will be accessible via Moodle.

Weighting

40%

Assessment Criteria

Essay questions, multiple choice, fill in the missing word(s) questions, questions relating to multimedia material (e.g. images, videos) and short answer questions will be awarded a percentage grading.

Referencing Style

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

Submission

Online

Submission Instructions

Quizzes will be taken online. Students must submit this assessment item to be eligible to pass the unit.

Learning Outcomes Assessed

- Discuss pathological processes, symptomology, medical and pharmacological management, clinical course and prognosis for complex clinical conditions and pathologies.
- Perform a comprehensive assessment that extends across all domains of the International Classification of Functioning, Disability and Health (ICF) framework.
- Critically appraise contemporary evidence from the literature to inform interventions for complex clinical conditions and pathologies.
- Relate the role of Physiotherapy to the management of complex conditions and pathologies using both an interprofessional and patient-centred approach.

Graduate Attributes

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

2 Group Work

Assessment Type

Group Work

Task Description

Students will be randomly assigned to small groups to develop an educational patient resource that could be used in clinical Physiotherapy practice. This patient resource must be a written resource and can be submitted in the form of either a pamphlet, poster or booklet. Students will choose a topic from a list provided at the start of term. Each group must decide on their chosen topic and have this checked by the Unit Coordinator by the end of Week 3.

The developed resource must include patient targeted education, techniques for self management of their clinical condition and exercise rehabilitation. Intervention and educational choices must be informed by relevant evidence based literature. This developed resource is due on Friday 2nd of June, Week 12.

Each group will then present their developed resource to their peers. Presentations will be 10 minutes, including time for questions. Groups can choose to utilize power point, white boards or posters to present this information. During this presentation students must discuss and reference the evidence based literature that has informed their intervention

choices. Presentations will take place during the examination period and may be scheduled outside of usual teaching hours. The confirmed assessment date and a presentation timetable will be released prior to Week 12. Each group's presentation will be peer assessed by another group, which will contribute to 5% of the total grade for this assessment task.

Students will also be required to self assess both their individual participation and their peers' participation in this assessment item by completing a self and peer assessment survey (SPA).

Referencing should follow the APA format.

Policies and Procedures:

1. The CQUniversity [Assessment of Coursework Procedures](#) policy (for centrally timetabled examinations) applies to all assessment items in this unit.

2. **Supplementary Assessments:** As per the CQU [Assessment of Coursework Procedures](#) policy, students will be notified regarding final unit grades, including the provision of Supplementary Assessments, prior to the official Certification of Grades date for Term 1. All Supplementary Assessments will be granted in accordance with the [Grades and Results Procedures](#) policy, Supplementary Assessments will be required to be completed within the two weeks following Certification of Grades.

Assessment Due Date

Week 12 Friday (2 June 2017) 4:00 pm AEST

The patient resource is due on Friday 3rd June in Week 12, the presentation is due in the examination period.

Return Date to Students

Marks and feedback will be available within two weeks of submission.

Weighting

20%

Assessment Criteria

Refer to the PSIO13006 Assessment Rubric Form: Group Work. This rubric will be published in the unit Moodle site.

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

Referencing Style

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

Submission

Offline Group

Learning Outcomes Assessed

- Discuss pathological processes, symptomology, medical and pharmacological management, clinical course and prognosis for complex clinical conditions and pathologies.
- Design, demonstrate and implement a safe rehabilitation programme for a specific clinical scenario that applies a variety of exercise techniques with appropriate progression and modification for that scenario.
- Critically appraise contemporary evidence from the literature to inform interventions for complex clinical conditions and pathologies.
- Relate the role of Physiotherapy to the management of complex conditions and pathologies using both an interprofessional and patient-centred approach.

Graduate Attributes

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

3 Hurdle

Assessment Type

On-campus Activity

Task Description

At least 85% attendance of tutorial/practical sessions is required for a PASS grade. If there is a genuine reason for being absent, students need to inform the Unit Coordinator as soon as possible.

A minimum attendance requirement of 85% is recommended from the Australian Physiotherapy Council for all tutorials

and practical sessions. The monitoring of attendance will take into consideration legitimate reasons for absence, such as those outline in the Assessment of Coursework Procedures (1.21, 1.23 and 1.24) and these will not be counted as absence for the purpose of this attendance requirement.

Policies and Procedures:

1. The CQUniversity [Assessment of Coursework Procedures](#) policy (for centrally timetabled examinations) applies to all assessment items in this unit. The monitoring of attendance will take into consideration legitimate reasons for absence, as outlined in the aforementioned CQUniversity [Assessment of Coursework Procedures](#) policy, and these will not be counted as an absence for the purpose of this attendance requirement.

2. **Supplementary Assessments:** As per the CQU [Assessment of Coursework Procedures](#) policy, students will be notified regarding final unit grades, including the provision of Supplementary Assessments, prior to the official Certification of Grades date for Term 1. All Supplementary Assessments will be granted in accordance with the [Grades and Results Procedures](#) policy, Supplementary Assessments will be required to be completed within the two weeks following Certification of Grades.

Assessment Due Date

See above.

Return Date to Students

End of Term 1.

Weighting

Pass/Fail

Minimum mark or grade

A PASS grade is required in order to pass the unit.

Assessment Criteria

The Hurdle Requirement is a Pass/Fail formative assessment task.

Referencing Style

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

Submission

Offline

Graduate Attributes

- Communication
- Team Work
- Ethical practice

4 Practical Assessment

Assessment Type

Practical Assessment

Task Description

The Practical Assessment (OSCE) will consist of two 15 minute examinations based on two written clinical case scenarios (simulated patients). Students will perform and discuss aspects of relevant assessment, treatment, clinical reasoning and overall management of the condition presented.

Students will be provided with the clinical case scenarios prior to the commencement of the OSCE and will have up to 30 minutes to read the instructions and plan their physical examination and treatment.

The OSCE will last for approximately 30 minutes, and will be video recorded for moderation purposes. Students should be prepared to model for other examinees after completing their own assessment and students from other year groups may also act as models during the assessment as required. This requires attendance in the examination for a minimum of one hour.

Policies and Procedures:

1. The CQUniversity [Assessment of Coursework Procedures](#) policy (for centrally timetabled examinations) applies to all assessment items in this unit.

2. **Supplementary Assessments:** As per the CQU [Assessment of Coursework Procedures](#) policy, students will be notified regarding final unit grades, including the provision of Supplementary Assessments, prior to the official Certification of Grades date for Term 1. All Supplementary Assessments will be granted in accordance with the [Grades and Results Procedures](#) policy, Supplementary Assessments will be required to be completed within the two weeks following Certification of Grades.

Assessment Due Date

The Practical Examination will take place during the exam period. An individual assessment timetable will be published prior to the end of Week 12.

Return Date to Students

Results and feedback will become available with the official release of final unit grades, as determined by the CQUniversity Certification of Grades Term 1 date.

Weighting

40%

Minimum mark or grade

A minimum grade of 50% in BOTH clinical case scenarios in the OSCE is required in order to pass this course.

Assessment Criteria

Refer to the PSIO13006 Assessment Rubric Form: Practical Assessment. This rubric will be published in the course Moodle site.

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

Referencing Style

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

Submission

Offline

Learning Outcomes Assessed

- Discuss pathological processes, symptomology, medical and pharmacological management, clinical course and prognosis for complex clinical conditions and pathologies.
- Perform a comprehensive assessment that extends across all domains of the International Classification of Functioning, Disability and Health (ICF) framework.
- Design, demonstrate and implement a safe rehabilitation programme for a specific clinical scenario that applies a variety of exercise techniques with appropriate progression and modification for that scenario.

Graduate Attributes

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