



# PHTY813

## Physiotherapy in Workplace and Recreation

S1 Day 2014

*Department of Health Professions*

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## General Information

Unit convenor and teaching staff

Unit Convenor

Kathryn Mills

[kathryn.mills@mq.edu.au](mailto:kathryn.mills@mq.edu.au)

Contact via [kathryn.mills@mq.edu.au](mailto:kathryn.mills@mq.edu.au)

Credit points

4

Prerequisites

PHTY808 and PHTY809 and PHTY810 and PHTY811

Corequisites

Co-badged status

Unit description

This unit has an integrated clinical component and will focus on the delivery of physiotherapy services in the areas of occupational health and sport and recreation. Students will build on and integrate material from their clinical placements and the core areas of cardiorespiratory, musculoskeletal and neurological physiotherapy as well as foundation sciences.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

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

Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury

Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury

Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions, specific to the relevant sporting, recreational or workplace activities

Develop a physiotherapy plan, in association with other professionals where relevant, that addresses the individual's goals and is based on best evidence to treat and prevent

injury from sport, recreation and in the workplace

Build on prior units to demonstrate safe and effective physiotherapy intervention in the treatment of injury sustained in sport, recreation or the workplace, and implement a prevention and wellness program

Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment, treatment and prevention of injury from sport, recreation and in the workplace

Demonstrate sound knowledge of the Work, Health and Safety (WHS) regulatory framework, medico-legal issues, risk management and the role of consultant physiotherapists in occupational health treatment, prevention and return to work

## Assessment Tasks

Name	Weighting	Due
<a href="#"><u>Sport/Rec Educator Assessment</u></a>	30%	Week 14
<a href="#"><u>WHS Educator Assessment</u></a>	30%	Week 14
<a href="#"><u>Quality Assurance Program</u></a>	40%	Week 15/16

### Sport/Rec Educator Assessment

Due: **Week 14**

Weighting: **30%**

Assessment of student's performance and professional behaviour during the sport/recreation aspect of the clinical component of this course. Assessment will be conducted on the APP

On successful completion you will be able to:

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions, specific to the relevant sporting, recreational or workplace activities
- Develop a physiotherapy plan, in association with other professionals where relevant, that addresses the individual's goals and is based on best evidence to treat and prevent injury from sport, recreation and in the workplace
- Build on prior units to demonstrate safe and effective physiotherapy intervention in the treatment of injury sustained in sport, recreation or the workplace, and implement a

prevention and wellness program

- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment, treatment and prevention of injury from sport, recreation and in the workplace

## WHS Educator Assessment

Due: **Week 14**

Weighting: **30%**

Educator assessment of student's professional behaviour and clinical performance in a work, health and safety setting. Assessment is conducted with the Interprofessional Capabilities Assessment Tool

On successful completion you will be able to:

- Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions, specific to the relevant sporting, recreational or workplace activities
- Develop a physiotherapy plan, in association with other professionals where relevant, that addresses the individual's goals and is based on best evidence to treat and prevent injury from sport, recreation and in the workplace
- Build on prior units to demonstrate safe and effective physiotherapy intervention in the treatment of injury sustained in sport, recreation or the workplace, and implement a prevention and wellness program
- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment, treatment and prevention of injury from sport, recreation and in the workplace
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## Quality Assurance Program

Due: **Week 15/16**

Weighting: **40%**

In small groups, you are to design a quality assurance program to address prevention or improve management of a prevalent injury or performance issue identified in either your workplace or sport/recreation placement

On successful completion you will be able to:

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
- Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions, specific to the relevant sporting, recreational or workplace activities
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## **Delivery and Resources**

### **Assumed knowledge**

This unit assumes that you have successfully completed PHTY800-PHTY811. Your clinical placements during this unit will draw heavily on your musculoskeletal skills developed in PHTY805 and PHTY806. It is advised that you revise these units prior to the commencement of the course. You will also need a comprehensive knowledge of anatomy and movement analysis.

### **Textbooks and Readings**

The following texts will be useful resources and available in the library reserve.

Recommendations about specific readings from these and other resources (such as research papers, books, websites and videos) will be listed on iLearn.

- **Clinical Sports Medicine.** 4th Edition. Brukner P and Khan K. McGraw Hill 2012
- **Ergonomics for Therapists.** 3rd Edition. Karen Jacobs. Elsevier 2008

## **Technology and equipment used and required**

Teaching rooms are equipped with state of art audio-visual and ICT equipment including 1 laptop per 2 students, iPads, internet connection, high quality video cameras and multiple LCD screens. Students will use a range of physiotherapy specific equipment typically used in the assessment and management of people with sport and work-related injuries and to improve performance.

## **Assessment/Standards**

Further details for each assessment task will be available on iLearn including marking rubrics for the practical/viva examination.

Macquarie University uses the following grades in coursework units of study:

HD – High Distinction

D – Distinction

CR – Credit

P– Pass

F – Fail

Grade descriptors and other information concerning grading are contained in the Macquarie

University Grading Policy which is available at: <http://www.mq.edu.au/policy/docs/grading/policy.html>

All final grades in the Department of Health Professions are determined by a grading committee and are not the sole responsibility of the Unit Convenor. Students will be awarded one of these grades plus a Standardised Numerical Grade (SNG). The SNG is not necessarily a summation of the individual assessment components. The final grade and SNG that are awarded reflect the corresponding grade descriptor in the Grading Policy. To pass this unit, students must complete all assessments and receive a total mark of at least 50%.

## **Extensions for Assessment Tasks**

Extensions for assessment tasks will not be considered under normal circumstances. If, due to unavoidable disruption to studies (as defined in the University's Special Consideration Policy) the assessment cannot be completed at the scheduled time (written and practical examinations) or submitted on the due date (written assignments), an application for Special Consideration should be submitted online via [www.ask.mq.edu.au](http://www.ask.mq.edu.au). An application for Special Consideration of written assignments must be submitted by the due date. Written assignments submitted after the due date (and without an approved extension) will incur a penalty of 5% per day.

## **Teaching and Learning Strategy**

This unit will alternate between one 2 hour lecture and one 2 hour tutorial every week (i.e.

lectures one week and tutorial in the next). It will also involve 10 weeks of clinical placement consisting of 1 day a week in a sport/recreation setting and a work, health and safety setting. Lectures will provide foundation knowledge and also use large group demonstrations and discussion, enabling students to use tutorial time efficiently to practice fundamental skills in risk identification, injury prevention, injury management, return to work and performance improvement. Clinical placement will then be used to further enhance practical skills in specific sporting and workplace settings that are focused on returning the worker/athlete to a specific task(s).

### **Attendance**

Your attendance at lectures and tutorials is essential. You are expected to attend all lectures and tutorials as scheduled in your individual timetable. You may make a request to your Unit Convenor to attend a different tutorial on a one-off basis for extenuating circumstances.

## **Unit Schedule**

Please see iLearn site for detailed weekly schedule and concept map

## **Policies and Procedures**

Macquarie University policies and procedures are accessible from [Policy Central](#). Students should be aware of the following policies in particular with regard to Learning and Teaching:

Academic Honesty Policy [http://mq.edu.au/policy/docs/academic\\_honesty/policy.html](http://mq.edu.au/policy/docs/academic_honesty/policy.html)

Assessment Policy <http://mq.edu.au/policy/docs/assessment/policy.html>

Grading Policy <http://mq.edu.au/policy/docs/grading/policy.html>

Grade Appeal Policy <http://mq.edu.au/policy/docs/gradeappeal/policy.html>

Grievance Management Policy [http://mq.edu.au/policy/docs/grievance\\_management/policy.html](http://mq.edu.au/policy/docs/grievance_management/policy.html)

Disruption to Studies Policy [http://www.mq.edu.au/policy/docs/disruption\\_studies/policy.html](http://www.mq.edu.au/policy/docs/disruption_studies/policy.html) *The Disruption to Studies Policy is effective from March 3 2014 and replaces the Special Consideration Policy.*

In addition, a number of other policies can be found in the [Learning and Teaching Category](#) of Policy Central.

### **Student Code of Conduct**

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: [https://students.mq.edu.au/support/student\\_conduct/](https://students.mq.edu.au/support/student_conduct/)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

### Learning Skills

Learning Skills ([mq.edu.au/learningskills](http://mq.edu.au/learningskills)) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

## IT Help

For help with University computer systems and technology, visit <http://informatics.mq.edu.au/help/>.

When using the University's IT, you must adhere to the [Acceptable Use Policy](#). The policy applies to all who connect to the MQ network including students.

## Graduate Capabilities

### PG - Discipline Knowledge and Skills

Our postgraduates will be able to demonstrate a significantly enhanced depth and breadth of knowledge, scholarly understanding, and specific subject content knowledge in their chosen fields.

This graduate capability is supported by:

#### Learning outcomes

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
- Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in



impairments, activity limitations and participation restrictions, specific to the relevant sporting, recreational or workplace activities

- Develop a physiotherapy plan, in association with other professionals where relevant, that addresses the individual's goals and is based on best evidence to treat and prevent injury from sport, recreation and in the workplace
- Build on prior units to demonstrate safe and effective physiotherapy intervention in the treatment of injury sustained in sport, recreation or the workplace, and implement a prevention and wellness program
- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment, treatment and prevention of injury from sport, recreation and in the workplace
- Demonstrate sound knowledge of the Work, Health and Safety (WHS) regulatory framework, medico-legal issues, risk management and the role of consultant physiotherapists in occupational health treatment, prevention and return to work

## **Assessment tasks**

- Sport/Rec Educator Assessment
- WHS Educator Assessment
- Quality Assurance Program

## **PG - Critical, Analytical and Integrative Thinking**

Our postgraduates will be capable of utilising and reflecting on prior knowledge and experience, of applying higher level critical thinking skills, and of integrating and synthesising learning and knowledge from a range of sources and environments. A characteristic of this form of thinking is the generation of new, professionally oriented knowledge through personal or group-based critique of practice and theory.

This graduate capability is supported by:

## **Learning outcomes**

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
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## **Assessment tasks**

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## **PG - Research and Problem Solving Capability**

Our postgraduates will be capable of systematic enquiry; able to use research skills to create new knowledge that can be applied to real world issues, or contribute to a field of study or practice to enhance society. They will be capable of creative questioning, problem finding and problem solving.

This graduate capability is supported by:

## **Learning outcomes**

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
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## Assessment tasks

- Sport/Rec Educator Assessment
- WHS Educator Assessment
- Quality Assurance Program

## PG - Effective Communication

Our postgraduates will be able to communicate effectively and convey their views to different social, cultural, and professional audiences. They will be able to use a variety of technologically supported media to communicate with empathy using a range of written, spoken or visual formats.

This graduate capability is supported by:

## Learning outcomes

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
- Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury
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## Assessment tasks

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## PG - Engaged and Responsible, Active and Ethical Citizens

Our postgraduates will be ethically aware and capable of confident transformative action in relation to their professional responsibilities and the wider community. They will have a sense of connectedness with others and country and have a sense of mutual obligation. They will be able to appreciate the impact of their professional roles for social justice and inclusion related to national and global issues

This graduate capability is supported by:

### Learning outcomes

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
- Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury
- Develop a physiotherapy plan, in association with other professionals where relevant, that addresses the individual's goals and is based on best evidence to treat and prevent injury from sport, recreation and in the workplace
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### Assessment tasks

- Sport/Rec Educator Assessment
- WHS Educator Assessment
- Quality Assurance Program

## PG - Capable of Professional and Personal Judgment and Initiative

Our postgraduates will demonstrate a high standard of discernment and common sense in their professional and personal judgment. They will have the ability to make informed choices and decisions that reflect both the nature of their professional work and their personal perspectives.

This graduate capability is supported by:

### Learning outcomes

- Plan and conduct an assessment of people participating in recreational or sporting activities for the purpose of treating and/or preventing musculoskeletal injury
- Plan and conduct an assessment of people in the workplace using a biopsychosocial framework, for the purpose of treating and/or preventing workplace injury
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in

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## **Assessment tasks**

- Sport/Rec Educator Assessment
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