



PHTY813

Physiotherapy in Workplace and Recreation

S1 Day 2015

Department of Health Professions

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General Information

Unit convenor and teaching staff

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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

General Assessment Information

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>

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes.

Further details for each assessment task will be available on iLearn including marking rubrics.

All final grades in the Department of Health Professions are determined by a grading committee and are not the sole responsibility of the Unit Convener.

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.

Extension for Assessment Tasks

Applications for assessment task extensions must be submitted via www.ask.mq.edu.au. For further details please refer to the Disruption to Studies Policy available at <http://mq.edu.au/policy/docs/disruption-studies/policy.html>

Late Submission of Work

Due dates of Clinical Performance and Self Reflections will vary due to different starting times for each placement. It is the student's responsibility to ensure their self-reflections are completed and submitted on their final day of placement.

Assessment Tasks

Name	Weighting	Due
<u>Written Exam</u>	40%	Week 8
<u>Clinical Performance (Sports)</u>	30%	Final day of Sports Placement
<u>Self Reflection (Sport)</u>	0%	Final day of Sports Placement
<u>Clinical Performance (WHS)</u>	30%	Final day of WHS placement
<u>Self Reflection (WHS)</u>	0%	Final day of WHS placement
<u>Student Placement Log Books</u>	0%	On completion of placement

Written Exam

Due: **Week 8**

Weighting: **40%**

A 1 hour written exam consisting of multiple choice and short answer questions will take place in week 8. Questions will be based on 2 case scenarios: 1 on a sporting/recreation situation and 1 on a workplace setting.

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
- 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

Clinical Performance (Sports)

Due: **Final day of Sports Placement**

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 by the clinical educator

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

Self Reflection (Sport)

Due: **Final day of Sports Placement**

Weighting: **0%**

Assessment of student's performance and professional behaviour during the sports and recreation aspect of the clinical component of this course. This assessment will be conducted via the online APP by the student. There are no marks assigned to this task but submission of the

self reflection task is part of the assessment requirements of this unit of study

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

Clinical Performance (WHS)

Due: **Final day of WHS placement**

Weighting: **30%**

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

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
- 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

Self Reflection (WHS)

Due: **Final day of WHS placement**

Weighting: **0%**

Educator assessment of student's professional behaviour and clinical performance in a work, health and safety setting. Assessment is conducted with the online Interprofessional Capabilities Assessment Tool by the student, in the middle and at the end of the WHS placement. There are no marks assigned to this task but submission of the self reflection task is part of the assessment requirements of this unit of study.

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
- 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

Student Placement Log Books

Due: **On completion of placement**

Weighting: **0%**

The clinical placement log books are completed by the student throughout their WHS and Sport/ Recreation placements. They reflect on their experiences, time spent at each placement as well as skills practiced. Completion of the Logbooks are a compulsory component of the unit.

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
- 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

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.

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

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

Disruption to Studies Policy 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/

Results

Results shown in *iLearn*, or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit ask.mq.edu.au.

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) 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

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 - 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 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

- Written Exam
- Clinical Performance (Sports)
- Self Reflection (Sport)
- Clinical Performance (WHS)
- Self Reflection (WHS)
- Student Placement Log Books

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

- Written Exam
- Clinical Performance (Sports)
- Self Reflection (Sport)
- Clinical Performance (WHS)
- Self Reflection (WHS)
- Student Placement Log Books

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
- 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

- Written Exam
- Clinical Performance (Sports)
- Self Reflection (Sport)
- Clinical Performance (WHS)
- Self Reflection (WHS)

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
- 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

- 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

Assessment tasks

- Written Exam
- Clinical Performance (Sports)
- Self Reflection (Sport)
- Clinical Performance (WHS)
- Self Reflection (WHS)
- Student Placement Log Books

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
- 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

- Written Exam
- Clinical Performance (Sports)
- Self Reflection (Sport)
- Clinical Performance (WHS)
- Self Reflection (WHS)
- Student Placement Log Books

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
- 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

- Written Exam
- Clinical Performance (Sports)
- Self Reflection (Sport)
- Clinical Performance (WHS)
- Self Reflection (WHS)

Changes from Previous Offering

Based on student feedback from previous offerings of this unit, the academic assessment has been changed from a group assignment to a written exam and brought forward from week 16 to week 8. This action enables increased formal feedback opportunities earlier in the unit and offers students the opportunity to demonstrate their knowledge from the academic-based component of the course