



PHTY8205

Physiotherapy in Workplace and Recreation

Session 1, Special circumstances, North Ryde 2021

Department of Health Professions

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Disclaimer

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Notice

As part of [Phase 3 of our return to campus plan](#), most units will now run tutorials, seminars and other small group activities on campus, and most will keep an online version available to those students unable to return or those who choose to continue their studies online.

To check the availability of face-to-face activities for your unit, please go to [timetable viewer](#). To check detailed information on unit assessments visit your unit's iLearn space or consult your unit convenor.

General Information

Unit convenor and teaching staff

Convenor

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Clinical Coordinator

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Credit points

10

Prerequisites

(PHTY808 or PHTY8200) and (PHTY809 or PHTY8201) and (PHTY810 or PHTY8202) and (PHTY811 or PHTY8203)

Corequisites

Co-badged status

Unit description

This unit will focus on the delivery of physiotherapy services in the areas of occupational health, sport and recreation, within the context of the governance frameworks of these settings. You will become adept at identifying risk factors for injury, managing recovery and optimising performance in a workplace and sports setting. You will also engage in discussion of contemporary topical issues and the impact of these to physiotherapists working in these areas. An integrated clinical component is incorporated within the unit allowing you an opportunity to apply your knowledge and skills to real world scenarios.

Important Academic Dates

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

Learning Outcomes

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

ULO1: Demonstrate sound knowledge of the Work, Health and Safety (WHS) regulatory framework, medico-legal issues, and the role of consultant physiotherapists in occupational health and return to work. (Professional)

ULO2: Plan, conduct and analyse assessments of people participating in sporting or workplace activities using evidence-led screening tools and movement analysis technology. (Clinical Practitioner)

ULO3: Plan and conduct risk assessments of environments where sporting or work activities occur in order to prioritise risk avoidance, minimisation, or acceptance strategies. (Clinical Practitioner)

ULO4: Build and implement surveillance tools to identify internal and external risk factors for injury in sporting and workplace contexts. (Scientist & Scholar)

ULO5: Plan and implement a patient-centred management strategy, including on-field emergency management, that addresses the individual's goals and requirements of the sporting or workplace tasks, and supports the individual to recover at work or return to sport. (Clinical Practitioner)

ULO6: Discuss the implications of improving or enhancing sporting or workplace performance through physical training, dietary supplementation and external aids. (Scientist & Scholar)

ULO7: Discuss topical issues affecting workplace or sporting cultural diversity, performance and safety, including their implications for physiotherapy practice (Engaged Global Citizen)

General Assessment Information

Information concerning Macquarie University's assessment policy is available at <https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/assessment>. Grade descriptors and other information concerning grading requirements are contained in Schedule 1 of the Macquarie University Assessment Policy.

To pass this unit, you 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 Faculty of Medicine, Health and Human Sciences are determined by the Faculty of Medicine, Health and Human Sciences Assessment Committee, and are approved by the Faculty Board. They are not the sole responsibility of the Unit Convenor. Students will be awarded an Assessment Grade 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 Schedule 1 of the Assessment Policy. If there is a lack of sufficient evidence demonstrating that a student has met the required level of achievement in all learning outcomes they will be awarded a Fail grading with an assigned mark of 49 or less.

Extensions for Assessment Tasks

Applications for assessment task extensions must be submitted via www.ask.mq.edu.au. For further details please refer to the Special Considerations Policy available at <https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/special-consideration>

Late Submission of Work

All assignments which are officially received after the due date, and where no extension has been granted by the unit convenor or course director, will incur a deduction of 10% for the first day, and 10% for each subsequent day including the actual day on which the work is received. Assessments received 5 days or more beyond the due date, without an approved extension, will be awarded a maximum of 50% of the overall assessment marks. Weekends and public holidays are included. For example:

Due Date	Received	Days Late	Deduction	Raw Mark	Final Mark
Friday, 14th	Monday, 17th	3	30%	75%	45%

Delays in clinical placements

In some circumstances, such as periods of wet weather or postponement of sporting events, there will be unavoidable delays in students undertaking or completing clinical placements. As these circumstances are beyond the control of both the student, no penalty will be incurred for

delayed assessments. If these delays extend beyond the exam period, students will receive an "incomplete" grade due to the assessments being incomplete and will receive a waiver for any further units. Overall progression in the course will not be affected. The SNG and assessment mark will be updated once all placements are complete.

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Webinar series</u>	40%	No	Week 8-11
<u>Sports-based clinical performance</u>	30%	No	Exam Period
<u>Placement log book</u>	0%	Yes	Week 15
<u>Workplace based clinical performance</u>	30%	No	Exam Period

Webinar series

Assessment Type ¹: Media presentation

Indicative Time on Task ²: 30 hours

Due: **Week 8-11**

Weighting: **40%**

In small groups you will submit a series of webinars based off a provided case scenario from a workplace or sporting context. Each webinar will present a different subtopic relating to the case scenario, such as assessment, early management or secondary prevention. Each group member will be responsible for their own subtopic and webinar. Each webinar will be marked individually. The group will be responsible for developing the case study and working together to ensure all subtopics fit together for an overall group mark.

On successful completion you will be able to:

- Demonstrate sound knowledge of the Work, Health and Safety (WHS) regulatory framework, medico-legal issues, and the role of consultant physiotherapists in occupational health and return to work. (Professional)
- Plan, conduct and analyse assessments of people participating in sporting or workplace activities using evidence-led screening tools and movement analysis technology. (Clinical Practitioner)
- Plan and conduct risk assessments of environments where sporting or work activities occur in order to prioritise risk avoidance, minimisation, or acceptance strategies. (Clinical Practitioner)

- Build and implement surveillance tools to identify internal and external risk factors for injury in sporting and workplace contexts. (Scientist & Scholar)
- Plan and implement a patient-centred management strategy, including on-field emergency management, that addresses the individual's goals and requirements of the sporting or workplace tasks, and supports the individual to recover at work or return to sport. (Clinical Practitioner)
- Discuss the implications of improving or enhancing sporting or workplace performance through physical training, dietary supplementation and external aids. (Scientist & Scholar)
- Discuss topical issues affecting workplace or sporting cultural diversity, performance and safety, including their implications for physiotherapy practice (Engaged Global Citizen)

Sports-based clinical performance

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 2 hours

Due: **Exam Period**

Weighting: **30%**

Your performance on sports placements will be assessed via the Integrated Clinical Placement Assessment (ICPA).

On successful completion you will be able to:

- Plan, conduct and analyse assessments of people participating in sporting or workplace activities using evidence-led screening tools and movement analysis technology. (Clinical Practitioner)
- Plan and conduct risk assessments of environments where sporting or work activities occur in order to prioritise risk avoidance, minimisation, or acceptance strategies. (Clinical Practitioner)
- Build and implement surveillance tools to identify internal and external risk factors for injury in sporting and workplace contexts. (Scientist & Scholar)
- Plan and implement a patient-centred management strategy, including on-field emergency management, that addresses the individual's goals and requirements of the sporting or workplace tasks, and supports the individual to recover at work or return to sport. (Clinical Practitioner)
- Discuss the implications of improving or enhancing sporting or workplace performance

through physical training, dietary supplementation and external aids. (Scientist & Scholar)

- Discuss topical issues affecting workplace or sporting cultural diversity, performance and safety, including their implications for physiotherapy practice (Engaged Global Citizen)

Placement log book

Assessment Type ¹: Log book

Indicative Time on Task ²: 2 hours

Due: **Week 15**

Weighting: **0%**

This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)

You will submit a logbook of briefly describing your experiences and hours accrued during clinical placements.

On successful completion you will be able to:

- Plan, conduct and analyse assessments of people participating in sporting or workplace activities using evidence-led screening tools and movement analysis technology. (Clinical Practitioner)
- Plan and conduct risk assessments of environments where sporting or work activities occur in order to prioritise risk avoidance, minimisation, or acceptance strategies. (Clinical Practitioner)
- Plan and implement a patient-centred management strategy, including on-field emergency management, that addresses the individual's goals and requirements of the sporting or workplace tasks, and supports the individual to recover at work or return to sport. (Clinical Practitioner)
- Discuss topical issues affecting workplace or sporting cultural diversity, performance and safety, including their implications for physiotherapy practice (Engaged Global Citizen)

Workplace based clinical performance

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 2 hours

Due: **Exam Period**

Weighting: **30%**

Your performance on WHS placements will be assessed via the Integrated Clinical Placement Assessment (ICPA).

On successful completion you will be able to:

- Demonstrate sound knowledge of the Work, Health and Safety (WHS) regulatory framework, medico-legal issues, and the role of consultant physiotherapists in occupational health and return to work. (Professional)
- Plan, conduct and analyse assessments of people participating in sporting or workplace activities using evidence-led screening tools and movement analysis technology. (Clinical Practitioner)
- Plan and conduct risk assessments of environments where sporting or work activities occur in order to prioritise risk avoidance, minimisation, or acceptance strategies. (Clinical Practitioner)
- Build and implement surveillance tools to identify internal and external risk factors for injury in sporting and workplace contexts. (Scientist & Scholar)
- Plan and implement a patient-centred management strategy, including on-field emergency management, that addresses the individual's goals and requirements of the sporting or workplace tasks, and supports the individual to recover at work or return to sport. (Clinical Practitioner)
- Discuss the implications of improving or enhancing sporting or workplace performance through physical training, dietary supplementation and external aids. (Scientist & Scholar)
- Discuss topical issues affecting workplace or sporting cultural diversity, performance and safety, including their implications for physiotherapy practice (Engaged Global Citizen)

¹ If you need help with your assignment, please contact:

- the academic teaching staff in your unit for guidance in understanding or completing this type of assessment
- the [Learning Skills Unit](#) for academic skills support.

² Indicative time-on-task is an estimate of the time required for completion of the assessment task and is subject to individual variation

Delivery and Resources

Assumed knowledge

This unit builds and integrates material from foundation sciences, clinical placements and the three core areas of cardio-pulmonary, neurorehabilitation and musculoskeletal physiotherapy. It also assumes you have a comprehensive knowledge of anatomy, physiology and pathophysiology.

Learning and Teaching Strategy

This unit encompasses an active learning approach where you will be expected to actively engage in enhancing your own learning experience. Lectures will provide content but will also incorporate interactive content (such as online forms and knowledge check activities), which will complement lectures and practicals. The teaching approach will be based on you developing a deep understanding of the principles and the ability to independently solve problems in various workplace and sporting contexts. The expectation is therefore that you can then translate this knowledge to different scenarios, which will be exemplified in the academic assessment associated with this unit. Also included within the unit and assessment will be a focus upon increasing your digital literacy and advanced communication skills, with creativity and innovation being embraced.

Unit Organisation

PHTY8205 will be delivered via two, five-week academic blocks followed by 70 hours of clinical placement. Students are required to participate in one of the academic blocks. Weekly three-hour face-to-face practicals will occur during each academic block. Students are required to be on campus for these practicals.

Clinical Placement

As part of this unit, students will partake in 70 hours of clinical placement hours across the semester. Clinical placement hours related to this unit can be undertaken either face-to-face or digitally. The hours are separated equally between workplace and sports. In addition to clinical placement rubrics, students will complete a log book that must be submitted as part of the overall assessment works for the unit.

Attendance

In the Faculty of Medicine, Health and Human Sciences professionalism is a key capability embedded in all our programs. As part of developing professionalism, Faculty of Medicine, Health and Human Sciences students are expected to attend all small group interactive

practicals. Online lectures and activities will be pre-recorded. Students are expected to engage with online activities prior to practicals.

Practicals are scheduled in your individual timetable. The timetable for classes can be found on the University web site at: <http://www.timetables.mq.edu.au/>. You may make a request to your tutor to attend a different practical on a one-off basis for extenuating circumstances.

Failure to attend or engage in learning and teaching activities, including online activities and practicals, may impact your final results. It is the responsibility of the student to contact their tutor or the unit convenor by email to inform tutors if they are going to be absent or unable to engage with content.

Unit materials and readings

There is no compulsory textbook for this unit. Brukner and Kahn's Sports Medicine is a generally good resource for the sporting context. However, resources enhancing the content of this unit will be referred to throughout the unit and will come from a range of sources, including journal articles, multimedia sources and government policies/legislation. Specific information will be provided on the unit iLearn site.

Technology and equipment

On-campus

Teaching rooms are equipped with state of art audio-visual and ICT equipment including 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 a range of health conditions.

Off-campus

To study optimally when off campus you will need to have access to a reliable internet connection to retrieve unit information, engage in online lecture and practical content & at times to submit assessment tasks via iLearn.

Consultation with staff

All staff will be available for individual consultation. See iLearn for contact details and times.

Policies and Procedures

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

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)

- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies](https://students.mq.edu.au/support/study/policies) (<https://students.mq.edu.au/support/study/policies>). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit [Policy Central](https://policies.mq.edu.au) (<https://policies.mq.edu.au>) and use the [search tool](#).

Student Code of Conduct

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: <https://students.mq.edu.au/admin/other-resources/student-conduct>

Results

Results published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) 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 or if you are a Global MBA student contact globalmba.support@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 help you improve your marks and take control of your study.

- [Getting help with your assignment](#)
- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module](#)

The Library provides online and face to face support to help you find and use relevant information resources.

- [Subject and Research Guides](#)
- [Ask a Librarian](#)

Student Enquiry Service

For all student enquiries, visit Student Connect at ask.mq.edu.au

If you are a Global MBA student contact globalmba.support@mq.edu.au

Equity 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.

IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

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

Changes from Previous Offering

The organisational structure and delivery of the unit has changed substantially from previous offerings, however the content of the unit remains unchanged. The academic content of the unit is now being taught in a five-week block, rather than a six-week block. Tutorials have been lengthened to three-hours from two-hours. Lecture content will now be delivered online and a range of interactive teaching-learning activities have been developed to support and consolidate learning.

AT1 has changed from a written exam to a webinar series. This change was made to better reflect professional practice.