



PHTY8205

Physiotherapy in Workplace and Recreation

Session 1, In person-scheduled-intensive, North Ryde 2022

Department of Health Sciences

Contents

<u>General Information</u>	2
<u>Learning Outcomes</u>	2
<u>General Assessment Information</u>	3
<u>Assessment Tasks</u>	4
<u>Delivery and Resources</u>	8
<u>Unit Schedule</u>	9
<u>Policies and Procedures</u>	9
<u>Changes from Previous Offering</u>	11
<u>Changes since First Published</u>	11

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General Information

Unit convenor and teaching staff

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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://www.mq.edu.au/study/calendar-of-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

All final grades are determined by a grading committee, in accordance with the Macquarie University [Assessment Policy](#), and are not the sole responsibility of the Unit Convenor. Students will be awarded a final grade, which corresponds to the grade descriptors specified in the [Assessment Procedure](#) (clause 128). The final grade awarded is not necessarily a summation of the individual assessment components.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes, meet any ungraded requirements including professionalism, and achieve a final mark of 50 or better.

Extensions for Assessment Tasks

Applications for assessment task extensions may be considered for short-term, unexpected, serious, and unavoidable circumstances affecting assessment. Applications must be submitted via www.ask.mq.edu.au. For further details please refer to the [Special Considerations Policy](#). You can also find out more on the MQ Student Portal at the following link: <https://students.mq.edu.au/study/assessment-exams/special-consideration>

Should you encounter any personal issues or concerns in regard to health and wellbeing during your studies you can also gain personal support and advice on campus. Please see the following link for further information: <https://students.mq.edu.au/support/personal>

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, will incur a deduction of 5% of the overall assessment weighting for the first day, and 5% 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	15%	75	60

Late Completion of Clinical Placement

PHTY8205 includes 70 hours of clinical placement involving 35 hours of sports placement and 35 hours of workplace placement. At times, sports placements are effected by unexpected events including inclement weather or postponements of games/trainings. Similarly, workplace placement may be effected by public health orders. If a situation arises where you are unable to complete all placement hours by the end of session 1, you will be awarded a K grade for this unit until your placement can be completed and your grade is finalised.

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Webinar series</u>	40%	No	Week 10
<u>Workplace based clinical performance</u>	30%	No	End of placement
<u>Sports-based clinical performance</u>	30%	No	End of placement
<u>Placement log book</u>	0%	Yes	End of placement

Webinar series

Assessment Type ¹: Media presentation

Indicative Time on Task ²: 30 hours

Due: **Week 10**

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)

Workplace based clinical performance

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 2 hours

Due: **End of placement**

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)

Sports-based clinical performance

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 2 hours

Due: **End of placement**

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: **End of placement**

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)

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 [Writing Centre](#) 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

Teaching and Learning Strategy

The blended learning and teaching approach in this unit aims to help students develop a deep understanding of principles and the ability to independently solve problems, with the expectation that students can then translate this knowledge to different clinical settings (e.g., clinics, sporting fields and workplaces). All content is provided in learning modules covering different aspects of workplace and sports governance, risk reduction, management and topical issues. Each module contains online lectures, videos and interactive activities that will help students develop both foundational and specific knowledge for this unit. Weekly on-campus practical sessions are designed to help student integrate and apply what they are learning from each module. The modules do not follow a week-to-week program and students will be advised which modules need to be covered in order to fully participate in the on-campus sessions. There are also moderated clinical discussion forums and in-class preparation time for students to work on their webinar series.

Unit organisation

This is a ten credit point unit. Overall, it is anticipated that you spend approximately 150 hours across the session on this unit. The first 6-weeks of session consist of the academic component of the unit and include 12 hours of tutorials (2 hours per week). There is 70 hours of clinical placement within this unit. The start date for placement will vary from site to site. The remaining hours consist of online learning activities as well as assessment preparation and completion.

Attendance

In the Faculty of Medicine, Health & Human Sciences professionalism is a key capability embedded in all our programs. As part of developing professionalism, Faculty of Medicine, Health & Human Sciences students are expected to attend all practical sessions and clinical placement hours. You should be punctual and prepared for all sessions.

All on-campus practical sessions are scheduled in your individual timetable. The timetable for classes can be found on the University web site at: <https://students.mq.edu.au/study/course/timet>

able. You may make a request to your unit convenor to attend a different workshop on a one-off basis for extenuating circumstances.

Failure to attend any learning and teaching activities may impact your final results. It is your responsibility to contact the unit convenors by email to inform tutors if you are going to be absent.

Unit materials and readings

It is recommended that you obtain the following textbook for this unit. Electronic and physical copies of this textbook and older editions are available via the MQ library.

Brunker P, Khan K, Clarsen B, Cook J, Cools A, Crossley K, Hutchinson M, McCrory P, Bahr R, eds. Brunker & Khan's clinical sports medicine. Volume 1: injuries. 5th ed. Sydney: McGraw-Hill; 2017.

Additional resources enhancing the content of this unit will be referred to throughout the unit and will come from a range of sources, journal articles, and multimedia sources. The following texts will also be useful references for this unit are:

- Magee DJ. Orthopedic Physical Assessment. 7th ed. London: Elsevier Health Sciences; 2021.
- Cook CE, Hegedus EJ. Orthopedic physical examination tests: an evidence-based approach. 2nd ed. Boston: Pearson; 2013.

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.

Off-campus

To study optimally when off campus you will need to have access to a reliable internet connection to retrieve unit information & at times to complete assessment tasks via iLearn.

Consultation with staff

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

Unit Schedule

Detailed information pertaining to the unit schedule can be found on iLearn.

Policies and Procedures

Macquarie University policies and procedures are accessible from Policy Central (<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](#)
- [Assessment Procedure](#)
- [Complaints Resolution 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

Academic Integrity

At Macquarie, we believe [academic integrity](#) – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free [online writing and maths support](#), [academic skills development](#) and [wellbeing consultations](#).

Student Support

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

The Writing Centre

[The Writing Centre](#) provides resources to develop your English language proficiency, academic writing, and communication skills.

- [Workshops](#)
- [Chat with a WriteWISE peer writing leader](#)
- [Access StudyWISE](#)

- [Upload an assignment to Studiosity](#)
- [Complete the 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 Services and Support

Macquarie University offers a range of [Student Support Services](#) including:

- [IT Support](#)
- [Accessibility and disability support](#) with study
- Mental health [support](#)
- [Safety support](#) to respond to bullying, harassment, sexual harassment and sexual assault
- [Social support](#) including information about finances, tenancy and legal issues

Student Enquiries

Got a question? Ask us via [AskMQ](#), or contact [Service Connect](#).

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 timetabling of the unit has changed from previous offerings. While no change has been made to the total number of contact hours, students will now undertake 6 weeks of 2-hour practical sessions rather than 4-weeks of 3 hour sessions.

Changes since First Published

Date	Description
08/02/2022	First three paragraph of general assessment information is removed.

Unit information based on version 2022.03 of the [Handbook](#)