



CHIR8513

Functional Rehabilitation

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

Department of Chiropractic

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General Information

Unit convenor and teaching staff

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Credit points

10

Prerequisites

Corequisites

CHIR8511

Co-badged status

Unit description

This unit concerns itself with modern functional rehabilitation of musculoskeletal conditions as may be managed by registered chiropractors in practice. The students are exposed to paradigms related to active care, the biopsychosocial model, the use of outcome measures and clinical practice guidelines. Skills are developed in patient-centred communication, physical and functional capacity assessment, functional rehabilitation program design and implementation.

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: Apply key principles relating to exercise science and physical activity in relation to body functions, health, well-being, physical performance, and the prevention and management of disability.

ULO2: Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.

ULO3: Identify risks and barriers to behaviour change with respect to exercise

participation for the prevention and management of common musculoskeletal conditions.

ULO4: Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.

ULO5: Demonstrate patient-centred communication, education, and coaching during patient assessment, management, and to aid behaviour change.

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Rehabilitation Assignment 1</u>	10%	No	Week 7
<u>Rehabilitation Assignment 2</u>	10%	No	Week 12
<u>Rehabilitation - Objective structured clinical evaluation (OSCE) 1</u>	15%	No	Week 6
<u>Rehabilitation - Objective structured clinical evaluation (OSCE) 2</u>	25%	No	Week 12
<u>Rehabilitation Final Theory Exam</u>	40%	No	Exam Period

Rehabilitation Assignment 1

Assessment Type ¹: Report

Indicative Time on Task ²: 10 hours

Due: **Week 7**

Weighting: **10%**

Academic poster clinical guidelines / systematic reviews

On successful completion you will be able to:

- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.

Rehabilitation Assignment 2

Assessment Type ¹: Report

Indicative Time on Task ²: 10 hours

Due: **Week 12**

Weighting: **10%**

Exercise prescription based on a case study

On successful completion you will be able to:

- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.
- Demonstrate patient-centred communication, education, and coaching during patient assessment, management, and to aid behaviour change.

Rehabilitation - Objective structured clinical evaluation (OSCE) 1

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 6 hours

Due: **Week 6**

Weighting: **15%**

Rehabilitation - Objective structured clinical evaluation (OSCE) 1

Refer to iLearn for details

On successful completion you will be able to:

- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.
- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where

appropriate.

Rehabilitation - Objective structured clinical evaluation (OSCE) 2

Assessment Type ¹: Clinical performance evaluation

Indicative Time on Task ²: 14 hours

Due: **Week 12**

Weighting: **25%**

Rehabilitation - Objective structured clinical evaluation (OSCE) 2

Refer to iLearn for details

On successful completion you will be able to:

- Describe, perform, and interpret physical and functional capacity assessments for the musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.
- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.

Rehabilitation Final Theory Exam

Assessment Type ¹: Examination

Indicative Time on Task ²: 20 hours

Due: **Exam Period**

Weighting: **40%**

Rehabilitation Final Theory Exam

On successful completion you will be able to:

- Apply key principles relating to exercise science and physical activity in relation to body functions, health, well-being, physical performance, and the prevention and management of disability.
- Describe, perform, and interpret physical and functional capacity assessments for the

musculoskeletal system, and relate impairments or findings to presenting musculoskeletal conditions.

- Identify risks and barriers to behaviour change with respect to exercise participation for the prevention and management of common musculoskeletal conditions.
- Develop person-centered, goal-oriented exercise programs to target a variety of musculoskeletal conditions within an evidenced-based framework, with consideration of biopsychosocial and lifestyle factors, and incorporation of passive care where appropriate.
- Demonstrate patient-centred communication, education, and coaching during patient assessment, management, and to aid behaviour change.

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

Function Rehabilitation delivery is as follows:

- 2 - 2 hour Lectures per week being Thursday 1pm - 3pm and Friday 10am - 12pm
- 2 - 2 hour Tutorials per week being Monday either 9am-11am or 11am - 1pm and Friday either 12pm - 2pm or 2pm - 4pm

A workbook will be provided for the tutorial material

Unit Schedule

Lectures(Start week 1)

- Thursday 1pm - 3pm
- Friday 10am - 12pm

Tutorials (Start week 2) Please attend your enrolled tutorial time

- Monday 9am - 11am, or 11am - 1pm
- Friday 12pm - 2pm or 2pm - 4pm

Assessment tasks:				
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Task No:	Assessment	Group / individual	Weighting	Due date	Submit where?
1	Assignment 1	Group	10%	Week 7	Turnitin
2	Assignment 2	Group	10%	Week 12	Turnitin
3	OSCE 1	Individual	15%	Week 6	Tutorial venue
4	OSCE 2	Individual	25%	Week 12	Tutorial venue
5	Theory exam	Individual	40%	Exam period	Exam venue
			100%		

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](#)
- [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.