



# PHTY813

## Physiotherapy in Workplace and Recreation

S1 Day 2019

*Department of Health Professions*

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#### **Disclaimer**

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## General Information

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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

### 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, students must have:

- Attempted all assessment tasks; **AND**
- Demonstrated sufficient evidence of achievement of the unit 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 the Faculty of Medicine and Health 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.

### 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](http://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, may incur a deduction of 10% of the overall assessment weighting 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.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Written Exam</a>	40%	No	Week 8
<a href="#">Clinical Performance (Sports)</a>	30%	No	Final day of Sports Placement
<a href="#">Self Reflection (Sport)</a>	0%	No	Final day of Sports Placement
<a href="#">Clinical Performance (WHS)</a>	30%	No	Final day of WHS placement
<a href="#">Self Reflection (WHS)</a>	0%	No	Final day of WHS placement
<a href="#">Student Placement Log Books</a>	0%	No	On completion of placement

### Written Exam

Due: **Week 8**

Weighting: **40%**

A 90 minute written exam consisting of short answer and case-study based questions

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
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## 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
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## 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 skills developed in PHTY805, PHTY806 and PHTY807. 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 within lecture material and on iLearn.



- **Clinical Sports Medicine.** 4th or 5th Editions. Brukner P and Khan K. McGraw Hill. (1st volume of the 5th edition is sufficient)
- **Ergonomics for Therapists.** 3rd Edition. Karen Jacobs. Elsevier 2008 - available as an e-text.

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

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 sport and work-related injuries and to improve performance.

### **Teaching and Learning Strategy**

This unit consists of one 2 hour lecture and one 2 hour tutorial every week for 6 weeks. It will also involve 70 hours of clinical placement in a sport/recreation setting and 70 hours in a work, health and safety setting. Time arrangements (e.g., 1-day per week, 10 days in a row etc) vary depending on the placement in order to provide a high fidelity experience. Weekend work and travel will be required for sports placements. 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, recovery at work, return to work and topical issue. Clinical placement will then be used to further enhance practical skills in specific sporting and workplace settings.

### **Attendance**

In the Faculty of Medicine and Health Sciences professionalism is a key capability embedded in all our programs. As part of developing professionalism, Faculty of Medicine and Health Sciences students are expected to attend all small group interactive sessions including tutorials, clinical and laboratory practical sessions. In most cases lectures are recorded; however, lecture recordings cannot be guaranteed and some discussion or content may not be available via the recording system.

All lectures and tutorials 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 tutorial on a one-off basis for extenuating circumstances.

Failure to attend any learning and teaching activities, including lectures and tutorials, 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.

## 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](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central>). 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](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

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

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central) (<https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/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/study/getting-started/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](https://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <https://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)

If you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto:globalmba.support@mq.edu.au)

## IT Help

For help with University computer systems and technology, visit [http://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](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.

## 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
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## **Assessment tasks**

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- 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
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## **Assessment tasks**

- Written Exam
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- 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
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prevention and wellness program

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- 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)
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- 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
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## **Assessment tasks**

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- 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
- 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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- Determine a plan of monitoring and evaluation that uses appropriate outcome measures



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- 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

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