

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	MUSCULOSKELETAL EXERCISE PHYSIOLOGY 1
Unit ID:	EXPHS6001
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	061799

Description of the Unit:

In this unit students will learn about the variant healing processes of the different tissue types and how it pertains to exercise prescription. Students will also learn about manual muscle testing and range of motion as part of a generalised musculoskeletal examination. This unit also provides students with the knowledge, skills and values to appropriately assess and manage common acute and chronic musculoskeletal injuries of the lumbar spine, hip, knee and shoulder. Students will be required to demonstrate appropriate clinical management and use assessment and testing outcomes to inform and guide exercise prescription for the specific musculoskeletal conditions.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	■	■	■	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	✓	■

Learning Outcomes:

Knowledge:

- K1.** Outline and describe the physiology of healing within various tissue types and explain the role of exercise within each stage of healing.
- K2.** Explain the aetiology and characteristics of common musculoskeletal injuries, pathologies and chronic conditions.
- K3.** Outline appropriate clinical management and exercise rehabilitation protocols that apply to specific musculoskeletal injuries and conditions.
- K4.** Describe and compare the purpose, methods and typical clinical outcomes of common surgical, medical and allied health treatments for common musculoskeletal injuries, pathologies and chronic conditions.

Skills:

- S1.** Demonstrate proficiency in practical manual muscle testing and range of motion techniques for musculoskeletal assessment of the lumbar spine, hip, knee and shoulder.
- S2.** Demonstrate proficiency in targeted special tests for the specific musculoskeletal conditions covered.
- S3.** Demonstrate an advanced ability to design, demonstrate, implement and modify targeted rehabilitation exercises for the musculoskeletal conditions covered.

Application of knowledge and skills:

- A1.** Apply musculoskeletal assessment techniques to determine the functional capacity of joint or muscle.
- A2.** Apply advanced clinical reasoning skills in determining and implementing appropriate management protocols for the musculoskeletal conditions covered.
- A3.** Interpret and apply assessment outcomes to inform the development and implementation of targeted and progressive exercise rehabilitation programs.

Unit Content:

Topics may include:

- The healing processes
- Manual muscle testing and range of motion assessment
- Surgical procedures and other medical management considerations for common musculoskeletal injuries, conditions and diseases
- Assessment and rehabilitation of common musculoskeletal injuries of the:
 - Lumbar spine
 - Hip
 - Knee
 - Shoulder
- Rehabilitation of arthroplasties including:
 - Total knee replacement
 - Total hip replacement

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K4, A2, A3	Completion of online theory tests throughout semester covering lecture content from weeks 1-12 inclusive.	Online theory tests	30-50%
S1, S2, A1	Practical assessment of musculoskeletal manual muscle testing and range of motion assessment techniques.	Objective structured clinical examination (OSCE)	10-20%
K1-K4, S1-S3, A1-A3	Completion of practically assessed case study scenario involving assessment and prescription components.	Oral/Practical exam	20-40%

Alignment to the Minimum Co-Operative Standards (MiCS)

The Minimum Co-Operative Standards (MiCS) are an integral part of the Co-Operative University Model. Seven criteria inform the MiCS alignment at a Course level. Although Units must undertake MiCS mapping, there is NO expectation that Units will meet all seven criteria. The criteria are as follows:

1. Co-design with industry and students
2. Co-develop with industry and students
3. Co-deliver with industry
4. FedTASK alignment
5. Workplace learning and career preparation
6. Authentic assessment
7. Industry-link/Industry facing experience

MiCS Course level reporting highlights how each Course embraces the principles and practices associated with the Co-Operative Model. Evidence of Course alignment with the MiCS, can be captured in the Course Modification Form.

MICS Mapping has been undertaken for this Unit No

Date:

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)