

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	MUSCULOSKELETAL EXERCISE PHYSIOLOGY 2
Unit ID:	EXPHS6006
Credit Points:	15.00
Prerequisite(s):	(EXPHS6001)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	061799

Description of the Unit:

This unit aims to extend the students knowledge, skills and values to appropriately assess and manage acute and chronic injuries of the ankle/foot/lower leg, wrist/hand/forearm and cervical/thoracic spines. Students will also learn about pathologies of the aging musculoskeletal system including arthritis, osteoporosis/osteopenia and sarcopenia as well the effect of aging on falls risk. Students will learn indications and considerations of common orthopedic surgical procedures of the major joints. 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.** Explain the aetiology and extent of common musculoskeletal injuries, pathologies, and chronic conditions.
- K2.** Outline appropriate clinical management and exercise rehabilitation protocols that apply to specific musculoskeletal injuries and conditions.
- K3.** Describe common pathologies associated with the ageing musculoskeletal system including arthritis, osteoporosis, osteopenia and sarcopenia. Explain how the various physiological effects of aging influence falls risk.
- K4.** Describe and compare indications, considerations and typical clinical outcomes for common allied health treatments and orthopedic procedures of the spine, upper and lower extremities.

Skills:

- S1.** Demonstrate proficiency in practical manual muscle testing and range of motion techniques for musculoskeletal assessments of the foot/ankle/lower leg, hand/wrist/forearm and cervical/thoracic spine.
- S2.** Demonstrate proficiency in targeted special tests for 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 a 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:

- Pathologies of the aging musculoskeletal system:
 - Osteoarthritis
 - Rheumatoid arthritis
 - Osteoporosis
 - Sarcopenia
- Aging and falls risk
- Surgical procedures and other medical management considerations for common musculoskeletal injuries, conditions and diseases.
- Common orthopedic surgical and associated minor procedures of the:
 - Spine
 - Upper extremity
 - Lower extremity
- Assessment and rehabilitation of common musculoskeletal injuries of the:

- Ankle/foot/lower leg
- Cervical/thoracic spines
- Hand/wrist/forearm

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
S1, S2, A1	Practical assessment of musculoskeletal manual muscle testing and range of motion assessment techniques Students must achieve a pass (equal to or greater than 50%) for each individual element of the OSCE and receive an overall grade of (equal to or greater than) 70% to successfully complete this task. If during the OSCE the student is assessed to be unsafe or to place a client at unnecessary risk they will fail and be required to re-sit the exam.	Objective structured clinical examination	20% - 30%
K1-K4, S1-S3, A1-A3	Completion of practically assessed case study scenario involving assessment and prescription component.	Oral / Practical exams	20% - 40%
K1-K4, A2, A3	Completion of self-directed study questions and study of class theoretical content	Final Theory Exams	30%- 50%

Adopted Reference Style:

APA

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

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