Unit Outline (Higher Education)

Institute / School: Institute of Health and Wellbeing

Unit Title: EXERCISE PHYSIOLOGY FOR CARDIOPULMONARY AND METABOLIC CONDITIONS

Unit ID: EXPHS6011

Credit Points: 15.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED: 061799

Description of the Unit:
This unit outlines the knowledge, skills and values to appropriately manage cardiopulmonary and metabolic conditions, and associated chronic diseases. Students will be required to demonstrate appropriate clinical management and exercise protocols that apply to specific cardiopulmonary and metabolic conditions, and associated chronic diseases, and prepare exercise programs based on the outcomes of assessment and testing.

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. Examine aetiology, pathophysiology and clinical risk factors for cardiopulmonary and metabolic conditions, and associated chronic diseases.

K2. Describe the purpose, methods, effects and complications of common interventions for cardiopulmonary and metabolic conditions, and associated chronic diseases.

K3. Illustrate the indications, actions, interactions and administration of commonly prescribe medications for cardiopulmonary and metabolic conditions, and associated chronic diseases.

K4. Examine and reflect on a range of appropriate assessment tools and methodologies for cardiopulmonary and metabolic conditions, and associated chronic diseases.

K5. Describe appropriate clinical management and exercise protocols that apply to specific cardiopulmonary and metabolic conditions, and associated chronic diseases

Skills:

S1. Demonstrate acquired assessment skills and testing procedures appropriate for cardiopulmonary and metabolic conditions, and associated chronic diseases.

S2. Demonstrate extended exercise program planning and design to assist in the overall management of cardiopulmonary and metabolic conditions, and associated chronic diseases.

S3. Demonstrate how to recognise common signs and symptoms of cardiopulmonary, metabolic and associated conditions and approproately adapt exercise interventions.

Application of knowledge and skills:

A1. Apply clinical judgement to select appropriate testing procedures for a client with a cardiopulmonary condition, metabolic condition, and/or associated chronic disease.

A2. Critically interpret test results to plan and design an exercise program to assist in the overall management and recovery from cardiopulmonary and metabolic conditions, and associated chronic diseases.

Unit Content:

Topics may include:

- General overview of the cardiovascular and pulmonary systems and fundamental concepts.
- Pathophysiology, comorbidities, surgical/medical management, assessment and exercise prescription for the following:
  Metabolic syndrome and polycystic ovarian syndrome.
  Obesity.
  Diabetes.
  Long-term metabolic conditions including peripheral arterial disease, chronic kidney disease and end-stage organ failure.
  Cardiovascular-related conditions including ischaemic heart disease, hypertension, atrial fibrillation, valvular heart disease and chronic heart failure.
  Pulmonary conditions.

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K5, S1-S2, A1-A2	Completion of study questions	Quizzes	20%-40%
S1, S3	Students will complete a number of practical stations that focus on assessment procedures for clients with AEP target pathologies. Tests will be incorporated from all semester one clinical courses. Students must achieve a pass (> 50%) for each individual element of the OSCE and receive an overall grade of > 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 Exam	20%-40%
K1-K5, S1-S3, A1-A2	Completion of self-directed case study questions and study of class theoretical content. All topics covered during this course are subject to assessment.	Final Test	40%-60%

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