



Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	COMMUNICATION AND COMPLEX CONDITIONS IN EXERCISE PHYSIOLOGY PRACTICE
Unit ID:	EXPHS6014
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	061799

Description of the Unit:

This unit aims to a) develop students understanding of a broad range of communication and psychosocial factors that influence exercise physiology practice, and b) provide students with the knowledge, skills and values to appropriately manage mental health disorders and cancer pathologies.

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:

On successful completion of the unit the students are expected to be able to:

Knowledge:

- K1.** Describe a broad range of psychosocial factors which influence clinical practice.
- K2.** Illustrate strategies to effectively communicate with patients, facilitate behaviour change, and promote self-reflection.
- K3.** Recognise and critically examine the aetiology, pathophysiology and risk factors for mental health disorders and cancers.
- K4.** Describe the purpose, methods, effects and complications of common interventions for mental health disorders and cancers.
- K5.** Illustrate the indications, actions, interactions and administration of commonly prescribed medications and therapies for mental health disorders and cancers.
- K6.** Examine and reflect on a range of appropriate assessment tools and methodologies for mental health disorders and cancers.
- K7.** Describe appropriate clinical management and exercise protocols that apply to mental health disorders and cancers.

Skills:

- S1.** Demonstrate effective communication and interviewing techniques to facilitate behaviour change and promote treatment adherence.
- S2.** Demonstrate assessment skills, testing procedures, potential testing biases and appropriate exercise prescription for patients with a mental health disorder and/or cancer.
- S3.** Demonstrate the ability to recognise changing clinical situations and appropriately adapt exercise interventions for patients with a mental health disorder and/or cancer.

Application of knowledge and skills:

- A1.** Self-evaluate current clinical practice and appraise the effectiveness of communication and behaviour change strategies.
- A2.** Critically interpret results from appropriate testing procedures in order to plan and design an exercise program for patients with a mental health disorder and/or cancer.

Unit Content:Psychosocial Development of the Health Professional

- Communication with patients and practitioners
- Patient-practitioner interactions and motivational interviewing
- Behaviour change and strategies to promote treatment adherence
- Dealing with difficult patients
- Dealing with grief/loss
- Protecting practitioner mental health/burnout (empathy fatigue)

Mental Health and Cancer Exercise Physiology

- Anatomy, pathophysiology, assessment and medical management and exercise guidelines for mental health (and related) disorders: anxiety disorders, affective disorders, psychotic disorders, trauma and stressor-related disorders, dementia, chronic fatigue and fibromyalgia.
- Anatomy, pathophysiology, assessment and medical management and exercise guidelines for cancers: breast, prostate and colorectal.

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K7, S1-S3, A1- A2	Evaluation of personal interview and clinical skills / Reflection on Clinical Challenges	Interview and written report / Reflective Journal	20% - 50%
K1-K6, S1-S2, A1	Completion of self-directed study questions and study of class theoretical content	Mid-semester test	20% - 50%
K1-K7, S2-S3, A2	Completion of self-directed study questions and study of class theoretical content	End of semester test	20% - 50%

Adopted Reference Style:

APA

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

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