

# Unit Outline (Higher Education)

**Institute / School:** Institute of Health and Wellbeing

**Unit Title:** Introduction to Physiotherapy

**Unit ID:** NHPPS1001

**Credit Points:** 15.00

**Prerequisite(s):** Nil

**Co-requisite(s):** (NHPPS1111)

**Exclusion(s):** Nil

**ASCED:** 061701

**Description of the Unit:**

The unit will provide an introduction to the profession of physiotherapy. Students will acquire fundamental knowledge and skills in physiotherapy, focusing on assessing and treating lower limb issues. Additionally, the unit will introduce research and literature search skills. Students will develop proficiency in various physiotherapy management techniques, such as soft tissue mobilisation, heat and cryotherapy, and exercise prescription.

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

**Work Experience:**

Not wholly work experience: Student is not undertaking work experience in industry or student is undertaking work experience in industry where learning and performance is directed by the provider.

**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	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Learning Outcomes:

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

#### Knowledge:

- K1.** Understand the fundamental principles of soft tissue mobilisation, its significance in physiotherapy, and its practical application in patient care.
- K2.** Describe basic injury and healing mechanisms relevant to lower limb pathologies and their assessment.
- K3.** Identify and outline the key components of a comprehensive patient history and physical examination relevant to various lower limb pathologies.

#### Skills:

- S1.** Perform a basic patient history and physical examination covering different areas of the lower limb.
- S2.** Safely demonstrate competence in utilising basic treatment modalities such as soft tissue manipulation, heat, and cryotherapy, with a comprehensive understanding of their indications, precautions, and contraindications.
- S3.** Justify and implement an effective physiotherapy management plan, utilising diverse management techniques tailored to different lower limb conditions.

#### Application of knowledge and skills:

- A1.** Utilise information obtained from both patient history and physical examination to accurately diagnose lower limb presentations and develop suitable management plans.
- A2.** Assess and critique the evidence surrounding physiotherapy assessment and treatment techniques to inform clinical decision-making and practice.

#### Unit Content:

Topics may include:

- Foundations and application soft tissue mobilisation, heat therapy and cryotherapy.
- Pathophysiological understanding of tissue injury and stages of healing across a variety of lower limb presentations.
- Application of biomechanics within the physiotherapy profession
- Clinical reasoning and professional behaviours in the clinical environment.
- Physiotherapy assessment and management relating to various areas of the lower limb

#### Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, S2, A2	Recording of simulated patient interaction.	Video presentation	10-20%
K1, S3, A2	Written submission of evidence based practice.	Written Assignment	10-20%
K3, S1, S2, A1	Skills Mastery	Practical Assessment	S/U
K3, S1, S2, S3, A1	Objective structured clinical examination (OSCE)	Practical Exam	25-40%

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2, K3, S3, A1	Theoretical examination from semester content	Written Final Examination	35-55%

**Adopted Reference Style:**

APA

Refer to the [library website](#) for more informationFed Cite - [referencing tool](#)