

# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Health and Wellbeing
<b>Unit Title:</b>	INTRODUCTION TO PHYSIOTHERAPY
<b>Unit ID:</b>	NHPPS1001
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	Nil
<b>Co-requisite(s):</b>	(NHPPS1111)
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	061701

## Description of the Unit:

The unit will present an introduction into the physiotherapy profession. Students will gain foundational physiotherapy knowledge and skills in the application of assessment and treatment techniques targeting the lower limb. Research and literature search skills will also be introduced. Students will also gain competency in a variety of manual treatment techniques including massage 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.** Describe the foundations of massage and its relevance to the physiotherapy profession
- K2.** Explain the physiological effects of massage & selected treatment techniques
- K3.** Discuss the inflammatory and healing process following injury across various forms of bodily tissues
- K4.** Describe introductory biomechanical principles and terminology
- K5.** Interpret the components of a basic subjective and objective examination concerning the lower limbs
- K6.** Apply basic knowledge of various injury mechanisms and pathologies that present within the lower limbs
- K7.** Understand introductory pain science and mental health principles and terminology

#### Skills:

- S1.** Demonstrate competency in massage with a thorough understanding of indications, precautions and contraindications
- S2.** Identify the signs and symptoms of inflammation
- S3.** Conduct a basic subjective and objective assessment across the various components of the lower limbs
- S4.** Demonstrate the ability to analyse various movement patterns based on anatomical knowledge, musculoskeletal analysis, and related biomechanical principles
- S5.** Be able to justify an appropriate treatment plan including the physiological rationale, consisting of both education and selected treatment techniques across a variety of lower limbs pathologies

#### Application of knowledge and skills:

- A1.** Apply the practical skills and theoretical understanding of massage into a relevant treatment plan
- A2.** Apply the knowledge of early healing stages to appropriately manage an injury through the use of cryotherapy, compression and load management
- A3.** Apply the anatomical, biomechanical and physiology knowledge gained from NHPPS1111 into the assessment and treatment plan of the lower limbs
- A4.** Interpret the information gained from both subjective and objective examination to determine a probable diagnosis and appropriate treatment plan
- A5.** Evaluate the evidence regarding physiotherapy assessment and treatment techniques

#### Unit Content:

Topics may include:

- Foundations and application of massage
- Physiological understanding of the inflammatory and healing processes and their management
- Application of biomechanics within the physiotherapy profession
- Introduce components of subjective and objective assessment
- Introduction to electrotherapy
- Introduction to hip, groin, thigh, knee, leg, ankle and foot pathology, assessment and treatment

- Introduction to clinical reasoning, pain sciences, mental health and resilience in the professional environment

**Learning Task and Assessment:**

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, S1, A1, A5	Essay on concepts from classroom and laboratory	Written Assignment	15-25%
K5, K6, S3, S4, S5, A2, A3, A4	Skills Mastery	Practical Assessment	S/U
K5, K6, S3, S4, S5, A2, A3, A4, A5	Practical assessment of concepts and skills from workshop sessions. Inherent requirement for practice	Practical Exam	25-40%
K3, K4, K5, K6, K7, S1, S2, S3, S4, S5, A2, A3, A4, A5	Content from classroom and laboratory sessions	Written Final Examination	35-55%

**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](#)