

Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	ORTHOPAEDICS AND SPORTS
Unit ID:	NHPPS3215
Credit Points:	15.00
Prerequisite(s):	(NHPPS2024 and NHPPS2124 and NHPPS2224)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	061701

Description of the Unit:

This unit will further build on students' knowledge in relation to musculoskeletal assessment and intervention by expanding their skills towards orthopaedic and sporting presentations. Students will be expected to apply evidence based research, safety considerations and, where appropriate, explore the medico-legal implications of techniques within the sporting realm. The unit is intended to give students the foundation practical abilities to work within the professional sporting realm by exposing them to up-to-date assessment and treatment methods while reiterating and exploring the ideas of team-based therapy and critical thinking to a range of clinical scenarios.

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"/>	<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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Describe key anatomical, pathophysiological and biomechanical aspects across a variety of orthopaedic procedures
- K2.** Explain key anatomical, pathophysiological and biomechanical aspects across a variety of common sporting presentations
- K3.** Discuss the physiological principles of hydrotherapy in its use within rehabilitation
- K4.** Explain how various factors (i.e sleep/nutrition/psychological wellbeing) can influence sporting performance

Skills:

- S1.** Demonstrate competent, safe and appropriate performance of selected manual assessment techniques, specific to orthopaedic and sporting presentations and show an understanding of any medico-legal requirements
- S2.** Demonstrate an ability to appropriately prescribe end-stage rehabilitation exercises to common sporting presentations across a variety of different sports

Application of knowledge and skills:

- A1.** Apply clinical reasoning skills in the assessment and treatment planning of the acute orthopaedic patient, taking into consideration the specific goals of the individual
- A2.** Utilise clinical reasoning skills in the assessment and treatment planning of the elite level sports person, taking into consideration goals of return to sport and/or high level activity
- A3.** Apply skills of interprofessional practice to understand the role of the physiotherapist within an orthopaedic or sporting context
- A4.** Utilise evidence based research into the clinical reasoning in the assessment and treatment of a variety of orthopaedic presentations to further understand timeframe of healing, treatment pathways and pathology prognosis

Unit Content:

Topics may include:

- Application of surgery within orthopaedic presentations
- Applications of joint replacements
- Surgical protocols
- Discharge planning
- Nutrition for performance
- Sleep for performance
- Load management
- Tendon management
- High level testing
- Return to play protocols
- Sporting knee

- Sporting shoulder
- Hamstring

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K3, A1, A3, A4	Essay on content from classroom and laboratory sessions	Assignment	15-35%
K1, K2, K3, K4, A1, A2, A4	Present an evidence based update specific to a upper or lower limb rehabilitation program	Presentation	20-40%
S1, S2, A1, A2, A4	Skills Mastery	Practical Assessment	5-15%
K1, K2, S1, S2, A1, A2, A4	Concepts and skills from classroom and laboratory sessions	Practical Exam	10-30%
K1, K2, K3, K4, A1, A2, A3, A4	Content from classroom and laboratory sessions	Written Final Examination	15%-40%

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](#)