

# SPX411 Exercise in Musculoskeletal Rehabilitation

**School:** School of Health - Sport and Exercise Science

2025 | Session 1

UniSC Sunshine Coast

**BLENDED  
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

*Please go to [usc.edu.au](http://usc.edu.au) for up to date information on the teaching sessions and campuses where this course is usually offered.*

## 1. What is this course about?

### 1.1. Description

This course is required for final year students in the Bachelor of Clinical Exercise Science SC346 and Bachelor of Clinical Exercise Physiology SC304 to prepare for clinical practice. You will add to your knowledge of musculoskeletal conditions and learn skills in physical examination, clinical assessment, exercise management, multidisciplinary care, and referral pathways for clients in varied care settings. You will read and apply research on musculoskeletal conditions to clinical decision-making, developing skills in evidence-based practice..

### 1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
<b>BLENDED LEARNING</b>			
<b>Laboratory 1</b> – 3 week intensive, 5 days per week.	10hrs	Week 2	3 times
<b>Tutorial/Workshop 1</b> – 3 week intensive, 5 days per week.	15hrs	Week 2	3 times

### 1.3. Course Topics

- Scope of practice for clinical exercise physiologists in the musculoskeletal rehabilitation setting
- Referral pathways and the allied health framework
- Basic imaging
- The Arthritides
- Joint replacement surgeries and rehabilitation
- Lower back pain and regional pain syndromes
- Osteoporosis
- Aquatic and hydrotherapy
- The ankle, knee and hip
- The pelvis and spine
- The elbow, wrist and hand
- Physical examination and assessments for musculoskeletal conditions

## 2. What level is this course?

400 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

## 3. What is the unit value of this course?

12 units

## 4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...
1 Explain the role, skills, and scope of practice of an exercise physiologist in musculoskeletal rehabilitation, multidisciplinary care, referral, and discharge within the Australian health system.	Empowered Ethical
2 Apply knowledge in treatment and management of musculoskeletal conditions within the scope of practice of an exercise physiologist.	Knowledgeable Empowered
3 Apply clinical decision making in order to undertake physical examination, clinical assessment, exercise management, suitable for musculoskeletal rehabilitation practice.	Knowledgeable Creative and critical thinker
4 Identify musculoskeletal signs and symptoms, and contraindications to exercise, for musculoskeletal rehabilitation, before, during and after exercise, and take appropriate action	Knowledgeable Empowered
5 Access and apply scientific research and current clinical guidelines, to clinical decision-making in musculoskeletal exercise physiology practice.	Knowledgeable Creative and critical thinker

## 5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

### 5.1. Pre-requisites

Must have completed 288 units and SPX300, SPX302 and SPX306 and be enrolled in Program SC304 or SC346

### 5.2. Co-requisites

You are required to take at least one 400 level clinical placement in the current academic year.

### 5.3. Anti-requisites

Not applicable

### 5.4. Specific assumed prior knowledge and skills (where applicable)

It is assumed that you will build upon your knowledge of musculoskeletal health, conditions, diseases, and management gained in 3rd year courses, and your skills in clinical history taking, record keeping, and evidence-based clinical decision making gained in practicums and specific clinical skills courses.

## 6. How am I going to be assessed?

### 6.1. Grading Scale

Limited Grading (PNP)

Pass (PU), Fail (UF). All assessment tasks are required to be passed for successful completion of the course.

6.2. Details of early feedback on progress

This intensive course will provide resources and online self-managed assessments (quizzes, clinical reasoning scenarios) to provide early feedback prior to the start of the intensive and the census date. Students will also receive peer-to-peer feedback on a mock practical exam in week 2. All lecture / workshop material and class resources will be provided on LMS prior to the start of the intensive with the expectation that students will familiarise themselves with the material and self-assessments. Informal individual feedback from the Course Coordinator can be provided.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Examination - not Centrally Scheduled	Individual	50 minutes	Week 4	In Class
All	2	Examination - not Centrally Scheduled	Individual	120 minutes	Week 4	In Class

All - Assessment Task 1: Practical Examination

<b>GOAL:</b>	To demonstrate competency in physical examination, musculoskeletal assessments, signs and symptom identification, and exercise recommendations, using evidence-based practice and current guidelines. This task embeds demonstrated understanding of the clinical history, physical examination and exercise prescription required for clinical decision-making with a case study analysis of a musculoskeletal client. This examination will be of two of three regions of the body (lower limb, hip/pelvis/spine/trunk; upper limb).															
<b>PRODUCT:</b>	Examination - not Centrally Scheduled															
<b>FORMAT:</b>	You will perform physical examinations on a "client", played by a student or volunteer, in response to an allocated case study of a client with musculoskeletal conditions in two regions of the body (hip/pelvis/spine/trunk, upper limb and/or lower limb). The examination will be in Week 4 of Session 1, Week 3 of the intensive. Your case study will be provided to you 1 hour before the exam to enable you to prepare, in consistency with authentic clinical practice. You are required to demonstrate your competency with assessment (e.g., palpation, observation, range of motion and muscular strength), and to demonstrate clinical reasoning with your recommendations of rehabilitation exercises.															
<b>CRITERIA:</b>	<table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Apply clinical reasoning and critical thinking to a case study scenario.</td> <td>1 2 3 4 5</td> </tr> <tr> <td>2</td> <td>Demonstrate competency in conducting physical examination i.e. observation, palpation, range of motion, muscle strength and functional assessments.</td> <td>2 3 4 5</td> </tr> <tr> <td>3</td> <td>Identify signs and symptoms, and contraindications to exercise.</td> <td>2 3 4 5</td> </tr> <tr> <td>4</td> <td>Apply knowledge of the condition to review and gather evidence and information from scientific literature, including peer-reviewed research and current clinical guidelines or position stands, as part of the clinical decision-making process.</td> <td>2 4 5</td> </tr> </tbody> </table>	No.	Learning Outcome assessed	1	Apply clinical reasoning and critical thinking to a case study scenario.	1 2 3 4 5	2	Demonstrate competency in conducting physical examination i.e. observation, palpation, range of motion, muscle strength and functional assessments.	2 3 4 5	3	Identify signs and symptoms, and contraindications to exercise.	2 3 4 5	4	Apply knowledge of the condition to review and gather evidence and information from scientific literature, including peer-reviewed research and current clinical guidelines or position stands, as part of the clinical decision-making process.	2 4 5	
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<b>GENERIC SKILLS:</b>	Problem solving, Organisation, Information literacy															

## All - Assessment Task 2: Written Examination

<b>GOAL:</b>	To demonstrate critical knowledge of Exercise Physiologist scope of practice within the Australian health care system and a multi-disciplinary care framework; musculoskeletal pathophysiology, signs, symptoms; medication effects; common surgeries; referral pathway; and contraindications to exercise.	
<b>PRODUCT:</b>	Examination - not Centrally Scheduled	
<b>FORMAT:</b>	Individual written examination. The exam will be a mixture of multiple choice and short-answer questions. This exam will be run in Week 4 of Session 1, Week 3 of the intensive, in class time.	
<b>CRITERIA:</b>	<b>No.</b>	<b>Learning Outcome assessed</b>
	1	Knowledge of the causes, characteristics, tissue loading and physiological and biochemical mechanisms contributing to musculoskeletal conditions <span style="float: right;">2 4 5</span>
	2	Knowledge of the EP scope of practice in the Australian health care system and a multi-disciplinary framework, and medical, surgical, pharmacological and allied health treatments of a range of musculoskeletal diseases and conditions. <span style="float: right;">1 2 5</span>
	3	Knowledge of signs, symptoms, relevant medications and contraindications of musculoskeletal conditions before, during and after exercise, and the selection of appropriate actions during rehabilitation <span style="float: right;">2 3 4 5</span>
	4	Application of knowledge of the specific mechanisms of action of differing modalities of rehabilitation exercises <span style="float: right;">2 3 4 5</span>
<b>GENERIC SKILLS:</b>	Communication, Collaboration, Problem solving, Organisation, Information literacy	

## 7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

## 8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

### 8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Mark Hutchinson, Peter Brukner, Karim Khan, Ben Clarsen, Paul McCrory, Ann Cools, Kay Crossley, Jill Cook, Roald Bahr	2017	BRUKNER & KHAN'S CLINICAL SPORTS MEDICINE: INJURIES,	5th edition	McGraw-Hill Education / Australia
Required	Hazel Clarkson	2019	Musculoskeletal Assessment	4	LWW

### 8.2. Specific requirements

Goniometers, small and medium; tape measure

## 9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

## 10. What administrative information is relevant to this course?

### 10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

### 10.2. Assessment: Additional Requirements

Limited Graded Course:

This course will be graded as Pass in a Limited Grade Course (PU) or Fail in a Limited Grade Course (UF) as per clause 4.1.3 and 4.1.4 of the Grades and Grade Point Average (GPA) - Academic policy.

In a course eligible to use Limited Grades, all assessment items in that course are marked on a Pass/Fail basis and all assessment tasks are required to be passed for a student to successfully complete the course. Supplementary assessment is not available in courses using Limited Grades.

### 10.3. Assessment: Submission penalties

You must contact your Course Coordinator and provide the required documentation if you require an extension or alternate assessment. Refer to the Assessment: Courses and Coursework Programs – Procedures

### 10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email [safe@usc.edu.au](mailto:safe@usc.edu.au).

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au).

### 10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au).

### 10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au) or call 07 5430 1226.

### 10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email [AccessAbility@usc.edu.au](mailto:AccessAbility@usc.edu.au) or call 07 5430 2890.

## 10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

## 10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

## 10.10. General Enquiries

### In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

**Tel:** +61 7 5430 2890

**Email:** [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)