

SPX413 Case Management and Occupational Rehabilitation

School: School of Health - Sport and Exercise Science

2025 | Session 5

UniSC Sunshine Coast

**BLENDED
LEARNING**

You can do this course without coming onto campus, unless your program has specified a mandatory onsite requirement.

Please go to 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

In this course you will add to your knowledge of exercise for clinical rehabilitation and further develop skills in evidence-based clinical decision making through the study of work-related illnesses and injuries in the context of employee compensation systems. You will learn related skills in worksite occupational health and safety assessment, occupational case management, functional capacity evaluations, clinical assessment, exercise management, multidisciplinary care, referral, and discharge required for the clinical care of people with work-related conditions.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – Blended learning activities included tutorials, case study analyses, simulated learning scenarios and guest speaker workshops. This workshop will run daily each morning of the intensive for 3 hours.	15hrs	Week 4	2 times
Tutorial/Workshop 2 – Blended learning including simulated activities, case study skills, exercise assessments and programming for special population groups and workshops. This workshop will run daily for each day of the intensive in the afternoon. During some days, the student cohort may be split into 2 groups each afternoon dependent on the class size.	20hrs	Week 4	2 times

1.3. Course Topics

- Introduction to functional capacity evaluations (FCE)
- Pre-employment exercise testing
- Return to work assessments
- Task analysis and physical demands analysis
- Work in extreme environments
- Using task analysis to inform FCE and return to work planning
- Chronic pain, pain behaviour, catastrophising, fear-avoidance behaviour
- Programming exercise for work hardening
- Programming exercise for work re-training
- Health legislation and governance in Australia
- Health records acts, Privacy acts, Freedom of information acts
- Professional boundaries and reporting issues for practitioners in workplaces
- Employee compensation systems
- Department of Veterans' Affairs
- Medicare and private insurance schemes
- Billing and health system navigation
- Role of the occupational rehabilitation case manager
- Medicolegal report writing
- Graduated return to work: risks and benefits for employee, employer, colleagues, insurer
- Legal processes: mediation, hearing, trial (criminal).
- Corporate health schemes
- Exercise for health promotion in the workplace

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 legal rights and obligations of working as an exercise physiologist in the Australia health system, including employee compensation systems.	Empowered
2	Explain the role, skills, and scope of practice of an exercise physiologist in occupational rehabilitation, multidisciplinary care, referral, and discharge within the Australian health system.	Empowered
3	Apply knowledge of medical, surgical, and allied health management of work-related illnesses and injuries within the scope of practice of an exercise physiologist.	Knowledgeable
4	Apply clinical decision making in order to undertake functional capacity evaluations, clinical assessment, exercise management, suitable for occupational rehabilitation practice.	Empowered
5	Apply clinical decision making to the recognition of signs and symptoms of clinical conditions before, during, and after exercise.	Empowered
6	Identify contraindications to exercise for occupational rehabilitation, and apply this knowledge by taking appropriate action.	Empowered
7	Access and apply scientific research and current clinical guidelines to clinical decision-making in occupational rehabilitation	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

SPX300 and SPX410 and SPX411 and enrolled in Program SC346 or SC304

5.2. Co-requisites

SPX412

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 the Australian health system, health promotion, public health, epidemiology, and your skills in clinical history taking, record keeping, physical examination, clinical assessment, and evidence-based clinical decision-making gained in previous 3rd and 4th year courses.

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

This course includes an assessment of a professional competency task deemed necessary to meet the Exercise and Sports Science Australia (ESSA) Professional Standards for Exercise Physiology. Therefore, your attendance and participation in practicals/laboratory's is important. Feedback will be provided to you during each of your classes and will provide you with support and guidance to become competent in the ESSA Professional Standards addressed in this course.

The first assessment will be held at the end of the first week of the course. Verbal feedback on this task will be provided immediately following the task and a numerical score will be provided to you during the second week of the course.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Practical / Laboratory Skills	Individual	50%	30 minutes	Week 1	In Class
All	2	Examination - not Centrally Scheduled	Individual	50%	120 minutes	Week 2	In Class

All - Assessment Task 1: Practical Exam

GOAL:	To demonstrate skills in the selection and performance of functional capacity evaluations, clinical assessment, exercise management, suitable for occupational rehabilitation practice.						
PRODUCT:	Practical / Laboratory Skills						
FORMAT:	You will perform the role of the "exercise physiologist". You will choose a case study from a small selection and you will have time to prepare notes before your exam. You may take these notes into the exam with you.						
CRITERIA:	No.	Learning Outcome assessed					
	1	Applies clinical decision making to scenario	2	3	4	5	6
			7				
	2	Applies recognised procedures to physical assessment practices	3	4	7		
	3	Applies knowledge to identify signs & symptoms	3	5	6		
	4	Applies knowledge to identify contraindications to exercise for rehabilitation	1	6			
	5	Presentation and use of appropriate terminology	3	7			
	6	Demonstrates understanding of scope of practice	1	2	3		
GENERIC SKILLS:	Communication, Problem solving, Information literacy						

All - Assessment Task 2: Final written examination

GOAL:	To demonstrate knowledge of key concepts in case management for health care professionals and to apply health law and governance relevant to exercise physiology practice in Australia.						
PRODUCT:	Examination - not Centrally Scheduled						
FORMAT:	Individual written examination, including short answer questions. You will demonstrate your understanding of occupational rehabilitation and apply the health laws that are relevant to exercise physiology professional practice.						
CRITERIA:	No.					Learning Outcome assessed	
	1	Demonstrate your understanding of the role, skills, and scope of practice of an exercise physiologist in occupational rehabilitation within the Australian health system.	1	2	3	4	7
	2	Demonstrate your understanding of ethical, evidence-based practice and your legal obligations as a health practitioner within the Australian health system.	1	2	3	4	7
	3	Gather information, apply and debate current clinical guidelines and your legal obligations as a health practitioner in occupational rehabilitation and Australian employee compensation schemes.	1	2	3	7	
GENERIC SKILLS:	Communication, Problem solving, 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.

7.1. Schedule

PERIOD AND TOPIC	ACTIVITIES
This course is delivered intensively over two weeks, Monday to Friday, 9am - noon and 1 - 4:30pm daily.	n/a

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

There are no required/recommended resources for this course.

8.2. Specific requirements

Not applicable

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

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

The final mark is in the percentage range 47% to 49.4%

The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty

From 15 minutes to 30 minutes: 20% penalty

More than 30 minutes: 100% penalty

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.

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.

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.

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 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 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