

## Module specification

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Module code	PHY410
Module title	Building Physiotherapy Practice One
Level	Level 4
Credit value	40
Faculty	Social and Life Sciences
HECoS Code	100252
Cost Code	GAPT

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Physiotherapy	Core

### Pre-requisites

*None*

### Breakdown of module hours

Learning and teaching hours	80 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>80 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	320 hrs
<b>Module duration (total hours)</b>	<b>400 hrs</b>

<b>For office use only</b>	
Initial approval date	3/8/22
With effect from date	Sept 22
Date and details of revision	AM2 approved by APSC Mtg 7, replacing PHY401
Version number	1

## Module aims

This module introduces normal physiology and anatomy with a focus on and relevance to musculoskeletal physiotherapy assessment, including communication skills and the individual, psychological and social factors that contribute to the concept of health and wellbeing.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Identify and describe normal anatomy, physiology and movement patterns and musculoskeletal symptoms and conditions.
2	Select, demonstrate and explain safe, appropriate, biopsychosocial assessment and clinical reasoning used in the physiotherapy management and rehabilitation with people who have common musculoskeletal conditions
3	Describe the scientific basis of physiotherapy in relation to the musculoskeletal system's response to injury, perceived threat, disease and to recovery.
4	Utilise the assessment process to identify key findings that will inform clinical reasoning.
5	Demonstrate the necessary communication skills required for effective and empathic interaction with service users

## Assessment

### Indicative Assessment Tasks:

**Assessment 1** To assess student's depth of knowledge and practical physiotherapy skills of assessment, a 75 minute practical examination on a case study provided will be undertaken.

1<sup>st</sup> 15 minutes: The students will prepare the unseen case study.

2<sup>nd</sup> 15 minutes: Students will present the physiotherapy problems in context of the service user and assessment appropriate to the chosen case study

3<sup>rd</sup> 15 minutes: subjective and objective assessment for 15 minutes

4<sup>th</sup> 15 minutes: discussion about their choice of assessment and approach.

**Assessment 2** Final 15 minutes: students will create a list of key findings

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-3, 5	OSCE	80% (Pass/Fail)
2	4	Written Assignment	20%

## **Derogations**

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Students are permitted a maximum of two attempts in any module assessment.

All learning outcomes must be passed at a satisfactory descriptor level, therefore a minimum mark of 40% must be achieved.

## **Learning and Teaching Strategies**

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The delivery of this module will consist of interactive lectures, interactive classroom sessions, tutorials, group and practical sessions based on case studies that reflect a range of settings and service users. Fundamental to learning and teaching strategies will be the guided and self-directed study activities required in preparation for the contact sessions.

A flipped classroom approach will be used to move the learning of essential content such as normal anatomy and dysfunction so that application can be transparently consolidated.

'Anatmage' will be used to facilitate self-directed of anatomy study, along with Level 5 students creating 'anatomy bingo' for Level 4 students. Self-directed study opportunities are scheduled throughout the module for practical skill consolidation in practical spaces. Cross-level revision is encouraged.

All learning and teaching is supported by the University's virtual learning environment Moodle and students will be able to access clear and timely information to support delivery of content such as videos, links to intranet information, open forums and pre-recorded lectures. The Active Learning Framework (ALF) supports both synchronous and asynchronous approaches to learning.

## **Indicative Syllabus Outline**

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This module will blend normal anatomy, physiology and human science and movement of the MSK system together with subjective and objective physiotherapy assessment. Empathetic, compassionate approaches will be encouraged, working in collaboration with patients to truly understand the impact of social and cultural diversity, values, beliefs, emotions and behaviours when experiencing a musculoskeletal problem.

Practical elements of the module will develop the handling skills of students through introduction of assessment, therapeutic handling and palpation.

The module will develop the communication and cognitive skills required to be an effective practitioner through an increased awareness and understanding of the psychological, cultural and socioeconomic factors affecting the delivery of healthcare.

The module will explore the impact that other physical health, mental health and learning disabilities can have on clinical practice, and take account of other factors such as age, self-efficacy, cognitions and physical abilities and the importance of placing the patient at the centre of the decision-making processes.

Indicative Content:

Lower limb, upper limb and spine anatomy - bones, joints, muscle and nerves

Lower limb, upper limb and spine kinesiology

Normal movement and development

Normal gait

A range of MSK presentations including acute, chronic, and adult and paediatric conditions,

which will include Osteoarthritis, Rheumatoid Arthritis, Acute Trauma, soft tissue Injuries, Fractures/dislocations and other bone and nerve injuries.

Physiology and psychology of stress

Bodies' response to pain

Collaborative service user engagement within physiotherapy

Motivational interviewing (MI), mainly MI spirit for engagement – reflective listening

Biopsychosocial model and related non-biomedical models of health

Inflammation, infection and tissue healing

Appropriate use of walking aids

Measurement including muscle and joint testing

Myotomes, dermatomes and deep tendon reflexes

Subjective and objective assessment

## **Indicative Bibliography:**

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Please note the essential reads and other indicative reading are subject to annual review and update.

### **Essential Reads**

Petty, N. & Ryder, D. (2018), *Musculoskeletal Examination and Assessment – Volume 1: A Handbook for Therapists*, 5th ed. Edinburgh: Churchill Livingstone.

Soames, R. & Palastanga, N. (2019), *Anatomy & Human Movement: Structure and Function*, 7th ed. Edinburgh: Elsevier.

### **Other indicative reading**

Biddle, S., Mutrie, N. and Gorely, T. (2015), *Psychology of Physical Activity: Determinants, well-being and interventions*, 3th ed. London: Routledge.

Butler, D. S., & Moseley, G. L. (2003), *Explain pain*, Adelaide, Noigroup Publications.

Morrison, V. and Bennett, P. (2016), *Introduction to Health Psychology*, 4th ed. London: Pearson.

Rollnick, S, Miller, W.R. and Butler, C. (2008), *Motivational Interviewing in Health Care: Helping Patients Change Behaviour*, The Guilford Press.

Tortora, G. J. and Grabowski, S. R. (2014), *Introduction to the human body: the essentials of anatomy & physiology*. 10th ed. New York: Wiley Publications

Tortora, G. J. and Grabowski, S. R. (2014), *Principles of Anatomy & Physiology*. 14th ed. New York: Field Wiley Publications

Jull, G., Moore, A., Falla, D., Lewis, J., McCarthy, C. & Sterling, M. (2015), *Grieve's Modern Musculoskeletal Physiotherapy*, 4th Ed. Edinburgh: Elsevier.

## **Employability skills – the Glyndŵr Graduate**

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as

part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

**Core Attributes**

Engaged  
Creative  
Ethical

**Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

**Practical Skillsets**

Digital Fluency  
Organisation  
Leadership and Team working  
Critical Thinking  
Emotional Intelligence  
Communication