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## **EXSC402: Musculoskeletal Clinical Exercise Physiology**

### **Subject Outline**

6 credit points

### **Subject Information**

**Autumn, 2026**, Wollongong  
On Campus

**On-Campus Delivery** This subject is delivered in-person and includes on-campus or other location-based learning activities that cannot be undertaken by students studying Online/Distance. Students unable to attend campus or any other nominated physical delivery location should not enrol in this subject. Please note that there are also a number of compulsory online (asynchronous) learning modules students are required to complete.

Subjects with a delivery mode of On Campus and/or Flexible with International Student enrolments will be delivered in accordance with the ESOS National Code. That is, online learning experiences (such as lectures, tuition, and resources) will be supplementary to in-person learning experiences such as scheduled classes and/or scheduled contact hours.

*UOW may need to modify teaching locations, teaching delivery, and assessment delivery at short notice in response to unforeseen circumstances such as health or environmental factors.*

For up-to-date information please refer to your subject's Moodle site.

### **The Faculty of Science, Medicine and Health**

The Faculty of Science, Medicine and Health offers a range of undergraduate and postgraduate programs designed to meet the needs of a diverse student population. We carry out world-leading research which is strongly aligned with our teaching program

As a student of our faculty, you will be actively engaged in learning with extensive clinical, laboratory and/or field work experiences, use of advanced educational technologies and opportunities for enriching work experience. More information about the Faculty of Science, Medicine and Health and our School is available on our web pages: <https://www.uow.edu.au/science-medicine-health/>

Within many of our courses, attending a workplace experience or clinical placement is an exciting part of your course program. Whilst integral to your learning, these health-related placements also let you experience what it's like to work as a professional in real-life workplace settings. More information about requirements for Health Placements is available on our webpage: <https://www.uow.edu.au/student/health-placements/>

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## Teaching Staff

|                           |  |
|---------------------------|--|
| <b>Teaching Role</b>      | Coordinator  |
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| <b>Room</b>               | 41.331   |
| <b>Consultation Times</b> | Monday 10:30 - 11:30<br>Monday 1:30pm-2:30pm<br>Bookings essential through Calendly (Moodle) |

|                           |  |
|---------------------------|--|
| <b>Teaching Role</b>      | Coordinator  |
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| <b>Consultation Times</b> | Please email for appointment                                 |

|                           |  |
|---------------------------|--|
| <b>Teaching Role</b>      | Lecturer   |
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| <b>Consultation Times</b> | Please email for appointment                                     |

### Teaching Staff Additional Information

Additional specialist clinical lecturers are still to be determined. Please refer to the schedule of learning on Moodle for the most up-to-date information.

## Expectations of Students

UOW values are intellectual openness, excellence and dedication, empowerment and academic freedom, mutual respect and diversity, recognition and performance. We will provide a safe, equitable and orderly environment for the University community, and expect each member of our community to behave responsibly and ethically ([Student Conduct Rules](#)).

We expect that students demonstrate these values and professional behaviour, both face to face and online, making genuine efforts to complete their studies successfully, arriving on time to class, taking part constructively in class discussions and activities, demonstrating appropriate professional and ethical conduct in all communication with UOW staff and community members, and submitting assignments on time (or completing a request for Academic Consideration in advance if needed).

### Guiding Communication Principles for Students

**Moodle** Announcements will be the primary platform for communication of general information to students

- Students should ensure they regularly check the main announcements forum at the top of each subject's Moodle site. Information distributed via a Moodle Announcement MAY not be duplicated on any other forum on the Moodle site.
- Moodle Discussion forums pertinent to specific assignments will be used but will not replace or be used for overarching subject announcements.
  - Assignment discussion forums for specific assignments will be clearly labelled in the forum description to identify the purpose of the forum (e.g. 'Please ask any questions you have about Assessment Task 1 in this discussion forum') - students should check and ask any assignment questions on these forums and not through email.
  - The Moodle assignment discussion forums should always be used in the first instance when inquiring about assessment tasks.
- It is the student's responsibility to check all subject Moodle sites regularly for information and notifications.

**SOLS messages** will be used for all central communication relating to the following:

- Administrative matters relating to student enrolment
- Critical information relating to course or subject, e.g. Changes to assignments, policy updates, class cancellations or changes
- Timetable information
- Security and emergency information
- Students are encouraged to check SOLS messages daily as these messages are often of high priority

SOLS and Moodle announcements can NOT be responded to.

### Appropriate Online Behaviour

The University is committed to providing a safe, respectful, equitable and orderly environment for the University community, and expects each member of that community to behave responsibly and ethically. Students must comply with the University's [Student Conduct Rules](#) and related policies including the [IT Acceptable Use Policy](#) and [Bullying Prevention Policy](#), whether undertaking their studies face-to-face, online.

For more information on appropriate communication and etiquette in the online environment please refer to the guide [Online and Email Etiquette](#).

# Copyright

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Hardcopies of this document are considered uncontrolled please refer to your Moodle site for the latest version.

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# Section A: General Information

## Learning Outcomes

### Subject Learning Outcomes

On successful completion of this subject, students will be able to:

1. Demonstrate understanding of the use of exercise in musculoskeletal rehabilitation within a contemporary pain rehabilitation framework
2. Prescribe evidence-based exercise interventions which consider value-based and person-centred care, for a range of musculoskeletal injuries and conditions
3. Deliver evidence-based assessment of patients with a range of musculoskeletal injuries and conditions
4. Critically apply clinical reasoning within the context of musculoskeletal rehabilitation for Exercise Physiology
5. Demonstrate effective communication, including written and verbal, with patients and other health professionals

### Subject Description

This subject will provide students with the conceptual knowledge, professional competencies and skills to independently and effectively use evidence-based exercise interventions to treat and manage a wide range of musculoskeletal conditions. There is an emphasis on developing student competency in assessment and exercise prescription for musculoskeletal conditions, utilising a biopsychosocial and person-centred treatment approach. Considerable attention is given to developing clinical reasoning and preparing for professional practice and translation of theoretical knowledge to clinical practice. This will be achieved through student-centred teaching utilising a range of learning modalities, including online learning activities, traditional and flipped classrooms, team-based learning, clinical practicals, and simulated patients. This subject will enable students to develop strong professional practice standards and behaviours prior to commencing clinical practicum.

### Course Handbook

Information about subject pre-requisites, co-requisites and restrictions as well as course completion requirements and Course Learning Outcomes can be found in the [Course Handbook](#).

## Subject Details: Practical Activities, eLearning, Readings and Materials

### Subject eLearning

The University uses the eLearning system Moodle to support all coursework subjects. The subject Moodle site can be accessed via your SOLS page.

### Safety Guidelines

The rules below are general rules that are required when participating in labs or practical activities. Before commencing these activities you are to ensure that you understand specific procedures and policy related to safety.

- All first year students undertaking Chemistry (CHEM101/102/104/105) must complete the Moodle WHS Induction (see the subject Moodle site for more details below)
- Before commencing any activity you are to ensure that you understand specific procedures and policy related to the lab in which you work and safety in general.
- You may need to review a Risk Assessment and complete a Participant Acknowledgement form before commencing any experiments/practical work. These materials will be made available by the lab supervisor/Subject Coordinator.

- You must inform the Subject Coordinator of any medical conditions which may impact upon your ability to participate in these activities before commencing the practical.
- All Reasonable Adjustment cases (Access Plans) must be discussed with the Subject Coordinator prior to commencing the activity.
- Participation in the lab/practical/field/simulation activities may be denied to students who do not abide by these, and other conditions which may be specified by the Subject Coordinator.
- Never use any equipment or attempt any experiment without checking the safety implications with your laboratory supervisor or experienced delegated laboratory worker.
- Undergraduate students are not permitted to work after hours unless there is appropriate approval and supervision.

### **EMBEDDED Work Integrated Learning**

This subject contains elements of 'Embedded WIL'. Students in this subject will experience activities that relate to or simulate professional practice as part of their learning.

### **Using Generative Artificial Intelligence (GenAI)**

UOW is committed to embracing gen AI as a tool to enhance learning and development of important digital and work-readiness skills.

Your subject coordinator will provide specific guidance on the use of gen AI in your assessment tasks via your Subject Outline and/or your subject Moodle site. If gen AI use is permitted, it should be used thoughtfully, critically, and in ways that support your own learning.

Guidance on appropriate use of AI in assessments, including how to [acknowledge GenAI](#) can be found on the [Using Generative Artificial Intelligence in Assessment website](#)

You are responsible for all work you submit, and ethical use of gen AI is an important part of maintaining academic integrity. Misuse or unauthorised use may breach the [Academic Integrity Policy](#).

### **Major Text(s)**

- **ESSA's Student Manual for Health, Exercise and Sport Assessment, 2nd Edition.** By Jeff Coombes & Tina Skinner. ISBN: 9780729542692. Copyright: 2023. Publication date: 24-02-2022. Imprint: Elsevier. Available at the UOW Bookshop.
- **Brunker & Khan's Clinical Sports Medicine: Injuries, Volume 1, 5e.** By Peter Brunker, Ben Clarsen, Jill Cook, Ann Cools, Kay Crossley, Mark Hutchinson, Paul McCrory, Roald Bahr & Karim Khan. ISBN: 9781760421663. Publication date: 2017. Available at the UOW Bookshop.
- **Explain Pain Second Edition.** By David Butler & Lorimer Moseley. ISBN: 978-0-9873426-6-9. Publication date: 2013. Available at the UOW Bookshop.

If there is a textbook available for purchase, you can find the details at University Bookshop <https://unishop.uow.edu.au/>

### **Recommended Readings and Other Resources**

The following is a list of textbooks, readings and other information resources that can be found in the library to assist you with this subject.

1. ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 4th Edition. Human Kinetics, 2016.
2. ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic, Hematologic Conditions, 2nd Edition. Lippincott, Williams and Wilkins, 2010.
3. Clinical Exercise Physiology – Exercise Management for Chronic Diseases and Special Populations, 5<sup>th</sup> Edition by Ehrman et al. Human Kinetics, 2022.
4. ACSM Guidelines for Exercise Testing and Prescription, 12th Edition. Lippincott, Williams and Wilkins, 2025.

This is not an exhaustive list of references. Students should also use the library catalogue and databases to locate additional resources.

### Additional Materials

All additional materials and equipment will be provided to you for practicals.

## Lectures, Tutorials and Attendance Requirements

### Lecture Times \*

*UOW may need to modify teaching locations, teaching delivery, and assessment delivery at short notice in response to unforeseen circumstances such as health or environmental factors.*

For up-to-date information please refer to your subject's Moodle site.

Up to date timetable and delivery information is located at <http://www.uow.edu.au/student/timetables/index.html>

You can access your personal timetable by logging into SOLS and selecting 'My Timetable'

### Lecture Program \*

| Week | Commencing  | Topics Covered   |
|------|-------------|--|
| 1    | 04 Mar 2026 | <ul style="list-style-type: none"> <li>• Subject information &amp; introduction</li> <li>• Scope of practice</li> <li>• Foundational MSK principles refresh</li> </ul>   |
| 2    | 11 Mar 2026 | Pain science including: <ul style="list-style-type: none"> <li>• Pain - what is it?</li> <li>• Pain - what happens when it persists?</li> <li>• Evidence-based care for MSK pain</li> </ul>  |
| 3    | 18 Mar 2026 | <ul style="list-style-type: none"> <li>• Anatomy refresh of shoulder &amp; cervical</li> <li>• Common shoulder &amp; cervical MSK injuries &amp; conditions</li> <li>• Evidence-based practice for shoulder &amp; cervical injuries</li> </ul> |
| 4    | 25 Mar 2026 | Key skills & approaches to conducting successful MSK initial assessments   |
| 5    | 01 Apr 2026 | <b>Assessment Task: TBL Tuesday 31st March 2026.</b>   |
| 6    | 08 Apr 2026 | <ul style="list-style-type: none"> <li>• Anatomy refresh of the spine and surrounding musculature</li> <li>• Common back MSK injuries &amp; conditions</li> <li>• Evidence-based practice for back injuries</li> </ul>                         |
| 7    | 15 Apr 2026 | <ul style="list-style-type: none"> <li>• Anatomy refresh of the distal limbs (elbows, wrists &amp; ankles)</li> <li>• Common distal limb MSK injuries &amp; conditions</li> <li>• Evidence-based practice for distal limb injuries</li> </ul>  |
|      | 20 Apr 2026 | <b>Mid-Session Recess</b>  |
| 8    | 29 Apr 2026 | <ul style="list-style-type: none"> <li>• Anatomy refresh of the hip</li> <li>• Common hip MSK injuries &amp; conditions</li> <li>• Evidence-based practice for hip injuries</li> </ul>   |
| 9    | 06 May 2026 | <ul style="list-style-type: none"> <li>• Anatomy refresh of the knee</li> <li>• Common knee MSK injuries &amp; conditions</li> <li>• Evidence-based practice for knee injuries</li> </ul>  |
| 10   | 13 May 2026 | Acute post-surgical rehabilitation principles including: <ul style="list-style-type: none"> <li>• Rehabilitation following partial and total hip &amp; knee replacements</li> </ul>  |

|    |             |   |
|----|-------------|---|
| 11 | 20 May 2026 | <b>Assessment Task: TBL Tuesday 19<sup>th</sup> May 2026.</b>   |
| 12 | 27 May 2026 | <ul style="list-style-type: none"> <li>• Rehabilitation principles for sex-specific MSK injuries &amp; conditions (e.g., pre &amp; post-partum care)</li> <li>• Rehabilitation principles for bone-related MSK conditions (e.g., osteoporosis)</li> </ul> |
| 13 | 03 Jun 2026 | Prescription foundations for complex MSK pain   |
|    | 08 Jun 2026 | <b>Study Recess</b>   |
|    | 13 Jun 2026 | <b>Examinations</b>   |
|    | 20 Jun 2026 | <b>Examinations</b>   |

\* The above times and program may be subject to change. Students will be notified of any change via SOLS.

## Recording of Teaching and Learning Activities

The University of Wollongong supports the recording of UOW educational content as a supplemental study tool, to provide students with equity of access, and as a technology-enriched learning strategy to enhance the student experience.

If you make your own recording of a lecture, class, seminar, workshop or any other educational session provided as part of your course of study you can only do so with the explicit permission of the lecturer and those people who are also being recorded.

You may only use educational content recorded through the delivery of subject or course content, whether they are your own or recorded by the university, for your own educational purposes. Recordings cannot be altered, shared or published on another platform, without permission of the University, and to do so may contravene the University's Copyright Policy, Privacy Policy, Intellectual Property Policy, IT Acceptable Use Policy and Student Conduct Rules. Unauthorised sharing of recordings may also involve a breach of law under the Copyright Act 1969.

Most lectures in this subject will be recorded, when they are scheduled in venues that are equipped with lecture recording technology and made available via the subject Moodle site within 48 hours.

## Your Privacy - Recording of Teaching and Learning

In accordance with the Student Privacy & Disclosure Statement, and Lecture Recording Procedures when undertaking our normal teaching and learning activities, the University may collect your personal information. This collection may occur incidentally during the recording of lectures in equipped venues (i.e. when your identity can be ascertained by your image, voice or opinion), or via the delivery of online content therefore the University further advises students that:

- Lecture recordings are made available to students, university staff, and affiliates, securely via the Learning Platform;
- Recordings are made available only for the purpose for which they were recorded, for example, as a supplemental study tool or to support equity and access to educational resources;

If you have any concerns about the use or accuracy of your personal information collected in a lecture recording, you may approach your Subject Coordinator to discuss your particular circumstances.

The University is committed to ensuring your privacy is protected. If you have a concern about how your personal information is being used or managed, please refer to the University's Privacy Policy or consult our Privacy webpage <https://www.uow.edu.au/privacy/>

## Tutorial/Seminar/Workshop Times

The Faculty uses the SMP Online Tutorial System and your class times and locations can be found at <https://www.uow.edu.au/student/timetables/index.html>. Please note that class times on the timetable are provisional and may change.

## Tutorial/Seminar/Workshop Program

Where the restrictions require temporary adjustments for delivery and tutorial/seminar/workshop arrangements, any necessary changes will be advised and provided by your Subject Coordinator. Please check Subject Moodle site regularly

| Week | Week Commencing | Topics Covered  |
|------|-----------------|---|
| 1    | 02 Mar 2026     | <b>No practical or tutorial this week.</b>  |
| 2    | 09 Mar 2026     | <b>Practical:</b> exercise prescription and programming foundations<br><b>Tutorial:</b> Pain science & scope of practice flipped classroom  |
| 3    | 16 Mar 2026     | <b>Practical:</b> shoulder & cervical assessment & programming<br><b>Tutorial:</b> shoulder & cervical MSK rehab flipped classroom  |
| 4    | 23 Mar 2026     | <b>Practical:</b> conducting MSK initial assessments<br><b>Tutorial:</b> initial MSK assessments + functional anatomy quiz (0%)   |
| 5    | 30 Mar 2026     | <b>No practical or tutorial this week.</b><br><b>Workshop: team-based learning (TBL) workshop assessment (20%)</b>  |
| 6    | 06 Apr 2026     | <b>Practical:</b> assessment & exercise prescription for lower back MSK injuries<br><b>Tutorial:</b> evidence-based clinical reasoning for low-back pain rehabilitation flipped classroom                           |
| 7    | 13 Apr 2026     | <b>Practical:</b> distal limb assessment & prescription<br><b>No tutorial this week.</b>  |
|      | 20 Apr 2026     | <b>Mid-Session Recess</b>   |
| 8    | 27 Apr 2026     | <b>Practical:</b> hip assessment & exercise prescription<br><b>Tutorial:</b> evidence-based clinical reasoning hip rehabilitation flipped classroom   |
| 9    | 04 May 2026     | <b>Practical:</b> knee rehabilitation<br><b>Tutorial:</b> evidence-based clinical reasoning for knee rehabilitation flipped classroom   |
| 10   | 11 May 2026     | <b>Practical:</b> exercise prescription & programming for acute & sub-acute post-surgical MSK injuries<br><b>Tutorial:</b> evidence-based clinical reasoning for post-surgical MSK rehabilitation flipped classroom |
| 11   | 18 May 2026     | <b>No practical or tutorial this week.</b><br><b>Workshop: team-based learning (TBL) workshop assessment (20%)</b>  |
| 12   | 25 May 2026     | <b>Practical:</b> sex-specific & bone-related exercise prescription & programming<br><b>No tutorial this week.</b>  |
| 13   | 01 Jun 2026     | <b>Practical:</b> VIVA practice (open gym)<br><b>Tutorial:</b> VIVA survivor  |
|      | 08 Jun 2026     | <b>Study Recess</b>   |
|      | 13 Jun 2026     | <b>Examinations</b>   |
|      | 20 Jun 2026     | <b>Examinations</b>   |

The above program may be subject to change.

## **Recent Improvements to Subject**

The Faculty of Science, Medicine and Health is committed to continual improvement in teaching and learning and takes into consideration student feedback from many sources including, direct student feedback to tutors and lecturers and responses to the Subject and Course Evaluation Surveys. Feedback is also used to inform comprehensive reviews of subjects and courses.

Based on student, staff and external advisory feedback, this subject has undergone significant scaffolding of learning activities, particularly lecture and practical content. In 2026, all lectures have been moved online (asynchronously), to allow for greater student flexibility (in the aim to achieve better university/life balance). Significant uplift to the content of weekly content has been made to ensure up-to-date evidence-based MSK frameworks are being implemented. We have increased structure and student learning activities associated with a number of practicals, ensuring consistency across the semester.

We continue to focus on assisting students to develop a framework for MSK assessment and prescription, with greater emphasis on process and 'hands-on' skill development.

New case studies for each TBL and Assessment Task 2 have been developed to continue to provide students with variety in clinical presentation (and to reduce cross-cohort knowledge passing).

We continue to focus on students demonstrating practical skills and clinical reasoning required for clinical practicum.

## **Extraordinary Changes to the Subject Outline**

In extraordinary circumstances the provisions stipulated in this Subject Outline may require amendment after the Subject Outline has been distributed. All students enrolled in the subject must be notified and have the opportunity to provide feedback in relation to the amendment, where practicable, prior to the amendment being finalised.

## **Learning Analytics**

Learning Analytics data (such as student engagement with Moodle, access to recorded lectures, University Library usage, task marks, and use of SOLS) may be used by the Subject Coordinator and your faculty's Head of Students to assist in analysing student engagement, and to identify and recommend support for students identified who may be in need of assistance. If you have questions about the kinds of data the University uses, how we collect it, and how we protect your privacy in the use of this data, please refer to <https://www.uow.edu.au/privacy/>

# Section B: Assessment

## Assessment Summary

| Assessment Item | Form of Assessment | %    |
|-----------------|--------------------|------|
| Assessment 1    | Quiz               | 0%   |
| Assessment 2    | Presentation       | 40%  |
| Assessment 3    | Report             | 20%  |
| Assessment 4    | Professional Task  | 40%  |
|                 | <b>TOTAL MARKS</b> | 100% |

**Please note:** Copies of student work may be retained by the University in order to facilitate quality assurance of assessment processes.

### Assessment 1: Quiz - Pre-census anatomy quiz

|                              |  |
|------------------------------|--|
| <b>Length</b>                | 15mins   |
| <b>Weighting</b>             | 0%   |
| <b>Assessment Due</b>        | 23 <sup>rd</sup> Mar 2026 (In your assigned tutorial in Session Week 4)  |
| <b>Type of Collaboration</b> | Individual assessment  |
| <b>Style and format</b>      | Moodle quiz  |
| <b>Generative AI use</b>     | Generative AI cannot be used for this assessment task. This task is designed to provide students formative feedback regarding their understanding of fundamental MSK concepts (prior to census date). In order to provide students with an accurate assessment of their understanding of key MSK concepts required for continuation within this subject, generative AI cannot be utilised. |
| <b>Assessment return</b>     | Students will receive immediate individualised feedback.   |
| <b>Detailed information</b>  | A short Moodle quiz will be administered at the start of your assigned tutorial in Week 4 (Tuesday). Note: no marks will be allocated for this task. It is designed to assist you gauge your performance regarding fundamental pre-requisite knowledge.  |

### Assessment 2: Presentation - Team-based Learning (TBL) Assessment

|                              |   |
|------------------------------|---|
| <b>Marking Criteria</b>      | Marks will be allocated according to the marking rubric located in the Assessment section of the Moodle site for this subject.  |
| <b>Length</b>                | 3hrs (in class)   |
| <b>Weighting</b>             | 40%   |
| <b>Assessment Due</b>        | 31st March 2026 (Tuesday in Session Week 5)<br>19 <sup>th</sup> May 2026 (Tuesday in Session Week 11)<br>Final submission time: 11:30pm   |
| <b>Type of Collaboration</b> | Individual assessment and group work  |
| <b>Style and format</b>      | Multiple choice quizzes, a group presentation and a written peer review. Oral and written work required.  |
| <b>Generative AI use</b>     | Generative AI can be used for pre-task planning, idea development, and brainstorming purposes is appropriate in this assessment task. Please note that as this task is designed to strengthen as assess student's clinical reasoning. Relying solely on generative AI is not recommended. Students must be able to provide individual clinical reasoning for each set task. Please note this is an in-class task. |

|                              |   |
|------------------------------|---|
| <b>Assessment submission</b> | Online via Moodle<br><br>This assessment task has been set up to be checked by Turnitin, a tool for checking if it has unreferenced content. You can submit your assessment task to Turnitin prior to the due date and Turnitin will give you an originality report. You can then make any changes that may be required and re-submit your final version by the due date.   |
| <b>Assessment return</b>     | Students will receive individualised group feedback in-class following their team presentation. Students will receive individualised marks (and peer feedback) within 10 business days.   |
| <b>Detailed information</b>  | Students will be required to participate (through poster presentation, oral contribution and class discussion) as a group during this in-class team-based learning (TBL) workshop. There will be multiple AEP industry experts in the class to assist students with problem solving and clarifying key concepts during the workshop. Understanding of the pre-learning material will be assessed at the start of each TBL through a 10-question multiple choice quiz. Students will first complete this quiz as an individual (20 marks), and then complete the same quiz as a team (10 marks). Each team will be required to complete a 5-min presentation for which each AEP industry expert will allocate a mark (5 marks). Following the TBL, students will have 24hrs to complete a peer evaluation for each member of their team (5 marks). Student participation, contribution and marking for the TBL is dependent on the students' preparation of the pre-learning material. |

### Assessment 3: Report - Exercise Prescription Assessment

|                              |  |
|------------------------------|--|
| <b>Marking Criteria</b>      | Marks will be allocated according to the marking rubric located in the Assessment section of the Moodle site for this subject.   |
| <b>Length</b>                | 2 pages.   |
| <b>Weighting</b>             | 20%  |
| <b>Assessment Due</b>        | 03 <sup>rd</sup> May 2026 (Sunday in Session Week 8)<br>Final submission time: 11:59pm   |
| <b>Type of Collaboration</b> | Individual assessment  |
| <b>Style and format</b>      | Written report.  |
| <b>Generative AI use</b>     | Generative AI cannot be used for this assessment task. A key skill required for professional accreditation as an AEP is to design effective exercise programs for individuals. Therefore, generative AI cannot be used for this assessment task.   |
| <b>Assessment submission</b> | Online via Moodle  |
| <b>Assessment return</b>     | Students will received individualised assessment feedback within 15 business days as per University policy.  |
| <b>Detailed information</b>  | Students will be required to design 1x exercise program (initial, mid, and final treatment) based on a musculoskeletal case-study. When designing the exercise program, students will be assessed on their ability to consolidate their understanding of concepts and rehabilitation strategies presented in class and from the literature, then integrate and apply that knowledge to the case study in question. Particular focus will be on the program design and justification for the exercise interventions that are used to address the client's needs, wants, goals and individual circumstances. |

## Assessment 4: Professional Task - Clinical Skills Viva

|                              |  |
|------------------------------|--|
| <b>Marking Criteria</b>      | Marks will be allocated according to the marking rubric located in the Assessment section of the Moodle site for this subject.   |
| <b>Length</b>                | 40 minutes.  |
| <b>Weighting</b>             | 40%  |
| <b>Assessment Due</b>        | Students will be allocated one of the below dates:<br>9 <sup>th</sup> Jun 2026<br>11 <sup>th</sup> Jun 2026  |
| <b>Type of Collaboration</b> | Individual assessment  |
| <b>Style and format</b>      | Oral/practical assessment.   |
| <b>Generative AI use</b>     | Generative AI can be used for pre-task planning, idea development, and brainstorming purposes is appropriate in this assessment task. Please note that a this task is designed to strengthen as assess student's clinical reasoning. This is a time-sensitive in-class task. Students will not be able to utilise generative AI during the assessment itself. Students must be able to provide individual clinical reasoning for each set task.  |
| <b>Assessment return</b>     | Assessment feedback will be returned within 21 days as per University policy.  |
| <b>Detailed information</b>  | The clinical skills viva assesses students' ability to demonstrate practical MSK skills covered across this subject. Additionally, students are required to apply sound clinical reasoning and justification for assessment and prescription undertaken. Students will be required to perform a variety of MSK assessments and exercise prescription targeted to the needs of simulated patients (and case studies). Students will also be required to demonstrate evidence-based MSK approaches through clinical reasoning and justification.<br>This assessment task is a <b>hurdle requirement</b> . Students are required to receive minimum 50% within this exam, in order to be eligible to pass this subject. |

## Minimum Requirements to Pass this Subject

### Minimum Student Attendance and Participation

Students should note that UOW equates 1 credit point to around 1.5 - 2 hours of study per week, including lectures and tutorials/workshops/practicals, self-directed study and work on assessment tasks. For example, in a 6 credit point subject requires that students commit about 9 - 12 hours study a week, including attendance at lectures and tutorials. **For this subject, this is an absolute minimum.**

Student attendance at tutorials, practicals, seminars and/or simulations is not compulsory but is strongly recommended. If attendance is affected due to compassionate, compelling, or extenuating circumstances an academic consideration application should be lodged via SOLS and supporting documentation, for example a Medical Certificate, presented to Student Central as soon as practical.

For further details about applying for academic consideration visit the Student Central webpage:

<http://www.uow.edu.au/student/central/academicconsideration/index.htm>

### Minimum Requirements to Pass this Subject

To receive a clear pass in this subject a total mark of 50% or more must be achieved. In addition, failure to meet any of the minimum performance requirements is grounds for awarding a Technical Fail (TF) in the subject, even where total marks accumulated are greater than 50%.

The minimum performance requirements for this subject are:

- Submit/attempt all assessment tasks
- Pass (minimum 50%) the clinical skills viva

The clinical skills viva is a **hurdle requirement**. Students are required to receive minimum 50% within this exam, in order to be eligible to pass this subject. Failure to do so will result in a Technical Fail (TF).

## Hurdle Assessment

Subjects may include a hurdle assessment. A hurdle assessment is an assessment that requires a minimum level of performance as a condition for passing the subject. Examples include, achievement of a pass grade or above in a skills-based assessment or final examination. Hurdle assessments are applied to subjects to ensure students:

1. meet learning outcomes
2. demonstrate you can complete a task safely and/or meet professional standards.

For more on hurdle assessments see the Assessment and Feedback Policy [Section 8: Hurdle Assessments \(50-51-52\)](#).

Failure to meet a hurdle assessment requirement may constitute grounds for the award of a Technical Fail (TF) grade in this subject.

Should this subject contain a hurdle assessment, it will be stated under the specific assessment in Section B: Assessments.

## UOW Grade Descriptors

The UOW Grade Descriptors are general statements that communicate what our grades represent, in terms of standards of performance, and provide a frame of reference to ensure that assessment practice across the University is appropriate, consistent and fair. Grade Descriptors are expressed in general terms so that they are applicable to a broad range of disciplines. Grade Descriptors are available here <https://www.uow.edu.au/student/exams/results/>. For more information on the UOW grade descriptors refer to the Teaching and Assessment: Assessment and Feedback Policy: [Teaching and Assessment: Assessment and Feedback Policy](#)

## Assessment Learning Outcome Matrix

| Learning Outcomes  | Measures - Assessment weighting |   |   |                               |
|--|---------------------------------|---|---|-------------------------------|
|  | Pre-census anatomy quiz<br>(0%) | Team-based Learning (TBL) Assessment<br>(40%) | Exercise Prescription Assessment<br>(20%) | Clinical Skills Viva<br>(40%) |
| Demonstrate understanding of the use of exercise in musculoskeletal rehabilitation within a contemporary pain rehabilitation framework                     |                                 | ✓   | ✓   | ✓                             |
| Prescribe evidence-based exercise interventions which consider value-based and person-centred care, for a range of musculoskeletal injuries and conditions |                                 | ✓   | ✓   | ✓                             |
| Deliver evidence-based assessment of patients with a range of musculoskeletal injuries and conditions  |                                 |   |   | ✓                             |
| Critically apply clinical reasoning within the context of musculoskeletal rehabilitation for Exercise Physiology   |                                 |   |   | ✓                             |
| Demonstrate effective communication, including written and verbal, with patients and other health professionals  |                                 | ✓   |   | ✓                             |

## **Submission, Retention and Collection of Written Assessment**

Assessed work must be handed in by the date and time listed under each assessment task. All assessment tasks must represent the enrolled student's own ORIGINAL work and must not have been previously submitted for assessment in any formal course of study.

### **Extensions**

Students requesting an extension of time to submit an assessment task, deferred exam or exemption of a compulsory attendance requirement, must apply using Academic Consideration through SOLS. Students must apply before, or on the assessment/s due date and where evidence is required, students must provide evidence no later than three working days after the assessable item's due date for their request to be considered. **For information on the Academic Consideration Policy, eligibility requirements and how to apply, see:** <https://www.uow.edu.au/student/admin/academic-consideration/>

### **Late Submission of Assessment Tasks and Penalties**

Assessed work must be submitted in by the date and time given. If an assessment is submitted late, it will be marked in the normal way, and a penalty will then be applied.

In the absence of an approved request for Academic Consideration in the form of an extension, assessment tasks must be submitted in line with the assessment instructions.

- An assessment task that is submitted late will receive a penalty of 5% of the total possible marks for each 24-hour period, or part thereof, that it is late.
- Work submitted after seven calendar days will not be marked and will be given a mark of 0.
- No assessment task can be handed in for a mark once the assessment task has been returned to students.
- Penalties accrue on each day that the assessment task is late, including Saturday, Sunday and public holidays

Note: Assessments must still be submitted to meet minimum performance requirements even though no mark is to be awarded.

### **Collection**

Students will be notified when they can collect or view their marked assessment. In accordance with University Policy marked assessments will usually only be held for 21 days after the declaration of marks for that assessment.

### **Retention**

The university may retain copies of student work in order to facilitate quality assurance of assessment processes, in support of the continuous improvement of assessment design, assessment marking and for the review of the subject. The University retains records of students' academic work in accordance with the University Records Management Policy and the State Records Act 1988 and uses these records in accordance with the University Privacy Policy and the Privacy and Personal Information Protection Act 1998.

### **Scaling**

Marks awarded for any assessment task or part of any assessment task, including an examination may be subject to scaling at the end of the session. Marks will be scaled only when unpredicted circumstances occur and in order to ensure fairness of marking across groups of students. The method of scaling will depend on the type of scaling required by the circumstances. When scaling is deemed necessary, it will follow a detailed consideration by the Unit Assessment Committee and/or the Faculty Assessment Committee of the marks of the group of

students concerned. Scaling will not affect any individual student's rank order within their cohort. For more information please refer to [Finalisation of Student Results Policy](#) for details.

## **Supplementary Assessment**

Supplementary assessment may be offered to students whose performance in this subject is close to that required to pass the subject, and are otherwise identified as meriting an offer of a supplementary assessment. For information about eligibility criteria and the form and timing of supplementary assessments see the [Supplementary Assessment Procedure](#)

## **Review and Appeal of Academic Decisions**

A student may request an explanation of a mark for an assessment task or a final grade for a subject consistent with the student's right to appropriate and useful feedback on their performance in an assessment task. A student may also seek further explanation for other academic decisions such as Academic Consideration, Supplementary Assessment or Credit for Prior Learning. If a student is not satisfied with the explanation, or have further concerns, they may have grounds for a formal review. For further information refer to [Review and Appeal of Academic Decisions Policy](#)

## **Assessment Quality Cycle**

The UOW Assessment Quality Cycle provides a level of assurance that assessment practices across the University are appropriate, consistent and fair. Quality assurance activities are undertaken to support the continuous improvement of assessment and promote good practices in relation to assessment design, marking and review of the subject prior to subsequent delivery.

## **Academic Integrity**

The University's Academic Integrity Policy, faculty handbook and subject guides clearly set out the University's expectation that students submit only their own original work for assessment and avoid plagiarising the work of others or cheating. Re-using any of your own work (either in part or in full) which you have submitted previously for assessment is not permitted without appropriate acknowledgement. Plagiarism can be detected and has led to students being expelled from the University.

The use by students of any website that provides access to essays or other assessment items (sometimes marketed as 'resources'), is extremely unwise. Students who provide an assessment item (or provide access to an assessment item) to others, either directly or indirectly (for example by uploading an assessment item to a website) are considered by the university to be intentionally or recklessly helping other students to cheat. Uploading an assessment task, subject outline or other course materials without express permission of the University is considered academic misconduct and students place themselves at risk of being expelled from the University.

Students should visit the following University website and become familiar with the University's policy on plagiarism [Academic Integrity Policy](#)

## **Referencing**

The Author-Date (Harvard) referencing system should, unless otherwise specified for a particular assessment (check Details of Assessment Tasks), be utilised. A summary of the Harvard system can be accessed on the Library website at: <http://uow.libguides.com/refcite>

# Section C: General Advice for Students - Policies and Procedures

## Student Services and Support

There are a range of services available to students that are provided free of charge. A good place to get to know services that may be of use to you is the [Get Started @ UOW](#) or search for "Get Started @ UOW". Services available include:

| Service                                   | Link to information about the service   |
|---|---|
| Aboriginal & Torres Strait Islander       | <a href="https://www.uow.edu.au/about/services/woolyungah-indigenous-centre/about-us/">https://www.uow.edu.au/about/services/woolyungah-indigenous-centre/about-us/</a> |
| Careers advice                            | <a href="https://www.uow.edu.au/student/careers/">https://www.uow.edu.au/student/careers/</a>   |
| Counselling                               | <a href="https://www.uow.edu.au/student/support-services/counselling/">https://www.uow.edu.au/student/support-services/counselling/</a>                                 |
| Student Accessibility and Inclusion (SAI) | <a href="https://www.uow.edu.au/student/support-services/sai/">https://www.uow.edu.au/student/support-services/sai/</a>   |
| Information Tech.                         | <a href="https://www.uow.edu.au/its/index.html?ssSourceSiteId=getstarted">https://www.uow.edu.au/its/index.html?ssSourceSiteId=getstarted</a>                           |
| Study Skills                              | <a href="https://www.uow.edu.au/student/support-services/academic-skills/">https://www.uow.edu.au/student/support-services/academic-skills/</a>                         |

## Student Support Coordinator (SSC)

If you have a temporary or ongoing issue or a problem that is affecting your study, including issues that are related to belonging to an equity group, then the Student Support Coordinators may be able to help. There are Student Support Coordinators available to assist students who are studying at all UOW Campuses and in all UOW Faculties. Contact details can be found on the UOW website: <https://www.uow.edu.au/student/support-services/coordinators/>

## Student Advocacy Service

The Student Advocacy Service (SAS) is free, confidential and independent service for all UOW students. The SAS provides advocacy and referral for a range of academic, procedural and administrative issues. For more information visit: <https://www.uow.edu.au/student/support-services/advocacy/>

## AskUOW

AskUOW is your primary administrative and information contact during your studies.

Our purpose is to ensure students have access to the information they need, at the time they need it. We can help with a wide range of enquiries, including key topics such as:

- Applying for [academic consideration](#)
- Fees and scholarships
- Official documentation and student letter requests
- Student forms such as course transfer and leave of absence applications
- Student ID card issuance and replacement
- Subject enrolment
- Transport concession cards and Opal cards
- Updating personal details

Get instant answers 24/7 online using [AskUOW](#). Log in with your UOW username and password.

For further support contact [askuow@uow.edu.au](mailto:askuow@uow.edu.au) or call on 1300 275 869 (1300 ASK UOW) or +61 2 4221 3927.

## Library Services

Save yourself time and enhance your studies: connect with information specialists and resources anytime, anywhere.

- For Library support connect with [Live Chat](#) or [contact the Library](#).
- For self-help see [Frequently Asked Questions](#) or browse [Library guides](#) to find information, databases and skills tutorials.
- [Research consultations](#) are available to UOW Postgraduate, Honours and Deans Scholar students.

## Academic Integrity Policy

Academic integrity involves upholding ethical standards in all aspects of academic work, including learning, teaching and research. It involves acting with the principles of honesty, fairness, trust and responsibility and requires respect for knowledge and its development. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=26>

## Code of Practice - Research

This Code mandates the current policy and best practice relating to procedures for responsible research. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=11>

## Honours Policy

This policy sets out the responsibilities of all parties involved in managing students undertaking Honours Programs. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=36>

## The Code of Practice - Work Integrated Learning (Professional Experience)

The Code of Practice - Work Integrated Learning (Professional Experience) sets out what is expected from students, the University and Host Organisations in providing work integrated learning professional experience programs. It applies to professional experience programs that form the whole or part of a subject or course offered at the University. The Code assists in promoting a productive work integrated learning experience for students and in promoting relevant UOW Work Integrated Learning Design Principles.

<https://policies.uow.edu.au/document/view-current.php?id=12>

## Copyright Policy

The purpose of this Policy is to outline responsibilities and procedures regarding the use of third party copyright material, with the objectives of reducing staff and UOW exposure to the risks associated with the use of third party copyright material, assisting staff to make full legal use of the materials at their disposal by clearly identifying responsibilities and promoting copyright compliance. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=135>

## Course Progress Policy

The Course Progress Policy establishes the requirements, definitions and procedures to be used in determining the standards of acceptable course progress. The Policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=30>

## Examination Rules and Procedures

The UOW rules and procedures outline exam conditions, student conduct in exams, and the procedures for exam management. Further information can be found here: <https://www.uow.edu.au/student/exams/>

## Ethical Objection by Students to the Use of Animal and Animal Products in Coursework Subjects

This policy provides a framework for recognition of and responses to students' ethical or religious objection to animal use in coursework subjects at the University of Wollongong. For the purpose of this policy, animal use includes killing of animals in experimental work, dissection of animals that are already dead, use of animal tissues, use of animal-derived products (such as sera). These uses are relevant to teaching and assessment. Further information about this policy can be found here: <https://policies.uow.edu.au/document/view-current.php?id=154>

### **Coursework Rules**

The Coursework Rules (hereafter the Rules) govern the admission, enrolment, progression through, and qualification for a coursework award offered by the University. Further information can be found here: <https://policies.uow.edu.au/document/view-current.php?id=4>

### **Human Research Ethics**

The Human Research Ethics Committee protects the welfare and rights of the participants in research activities. Further information can be found here: <https://www.uow.edu.au/research-and-innovation/researcher-support/ethics/human-ethics/>

### **Inclusive Language Guidelines**

UOW endorses a policy of non-discriminatory language practice in all academic and administrative activities of the University. Further information is available from: <https://policies.uow.edu.au/document/view-current.php?id=239>

### **Intellectual Property Policy**

UOW's IP Intellectual Property Policy provides guidance on the approach taken to Intellectual Property (IP), including its ownership, protection and exploitation. Further information about the management of IP is available at <https://policies.uow.edu.au/document/view-current.php?id=146>

### **Review and Appeal of Academic Decisions Policy**

UOW aims to provide a transparent and consistent process for resolving a student concern about an academic decision that has affected their academic progress, including a mark or grade. Further information is available at: <https://policies.uow.edu.au/document/view-current.php?id=40>

### **Student Academic Consideration Policy**

The purpose of the Student Academic Consideration Policy is to enable student requests for academic consideration for assessable components of a subject to be evaluated in a fair, reasonable, timely and consistent manner throughout the University. **For information on the Policy, eligibility and how to apply see:** <https://www.uow.edu.au/student/admin/academic-consideration/>

### **The Student Charter - Your Rights and Responsibilities**

The Student Charter is based on principles that guide all members of the University and that promote responsible partnerships within and beyond the University community. <https://www.uow.edu.au/student/charter/>

### **Student Assignment of Intellectual Property (IP) Policy**

This policy applies to all Students (under-graduate and post-graduate) of the University of Wollongong (UOW). It may also apply to other persons by agreement. This policy sets out the approach taken by UOW in relation to Student assignment of intellectual property. Further information about this policy can be found here: <https://policies.uow.edu.au/document/view-current.php?id=146>

## **Student Conduct Rules**

These Rules outline the required conduct of students of UOW, and direct staff and students to University Rules, standards, codes, policies, guidelines, procedures and other requirements which specify acceptable and unacceptable student conduct, and the management of alleged student misconduct.

<https://policies.uow.edu.au/document/view-current.php?id=6>

## **Teaching and Assessment: Assessment and Feedback Policy**

The purpose of this Policy is to set out the University of Wollongong's approach to effective learning, teaching and assessment, including the principles and minimum standards underlying teaching and assessment practice.

The Policy can be found at: <https://policies.uow.edu.au/document/view-current.php?id=38>

## **Teaching and Assessment: Code of Practice - Teaching**

This Code is a key document in implementing the University's Teaching and Assessment Policy and sets out the specific responsibilities of parties affected in relation to learning, teaching and assessment, as well as procedures for teaching staff. The Code can be found at: <https://policies.uow.edu.au/document/view-current.php?id=9>

## **Teaching and Assessment: Subject Delivery Policy**

This Policy sets out specific requirements in relation to the delivery of Subjects. The policy can be found at:

<https://policies.uow.edu.au/document/view-current.php?id=39>

## **Workplace Health & Safety Policy**

The Workplace Health and Safety (WHS) unit at UOW aims to provide structures, system and support to ensure the health, safety and welfare of all at the campus. Further information is available from:

<https://policies.uow.edu.au/document/view-current.php?id=177>