



HESC4502

Workplace Assessment and Rehabilitation

**Course Outline
Term 1, 2024**

**School of Health Sciences
Faculty of Medicine & Health**

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1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
Course Convenor	Dr Daniela Castro de Jong	d.castro_de_jong@unsw.edu.au	See Moodle	Email
Lecturer	Mark Goswell	m.goswell@unsw.edu.au	See Moodle	Email

2. Course information

Units of credit: 6

Pre-requisites: Enrolment in program 3831 Science (Medicine) Honours OR (Completed HESC2452 and HESC3532 or EXPT3152).

Teaching times and locations: Class timetable can be found via: <http://www.timetable.unsw.edu.au>

2.1 Course summary

This course will equip students with the knowledge and skills required for employment opportunities as an Accredited Exercise Physiologist (AEP) within the workplace assessment and rehabilitation sector. After completing this course, new graduates will be accredited by the State Insurance Regulatory Authority (SIRA) to provide services to injured workers insured under their scheme. Students are provided with the opportunity to develop competency and understanding of workers compensation systems and SIRA legislative requirements; the epidemiology of occupational injury; occupational health and safety; functional capacity assessment; workplace injury prevention and rehabilitation; exercise interventions in workplace rehabilitation; and report writing and communication with key stakeholders at a professional standard.

2.2 Course aims

The aims of this course are to:

1. Prepare you for employment providing AEP services in workplace rehabilitation.
2. Develop key competencies in workplace and functional capacity assessment.
3. Develop reporting and communication skills required of AEP providing workplace assessment and rehabilitation services.

2.3 Course learning outcomes (CLO)

At the successful completion of this course, you (the student) should be able to:

- 1) Understand the professional scope of practice of an Accredited Exercise Physiologist (AEP), legal boundaries within the State Insurance Regulatory Authority (SIRA) framework, legislative obligations, and responsibilities of key stakeholders, relating to workplace assessment and rehabilitation.
- 2) Evaluate the work demands of different occupations; and plan and implement work specific functional capacity assessments.
- 3) Design, develop and implement workplace injury prevention training programs.
- 4) Develop competency in biopsychosocial assessment of injured workers and formulation of graded return to work plans.
- 5) Effectively communicate and report results of workplace assessment with injured workers and other health professionals and stakeholders.
- 6) Educate and provide exercise prescription for individuals with workplace injuries referred for exercise rehabilitation.

2.4 Relationship between course and program learning outcomes and assessments.

Course Learning Outcome (CLO)	LO Statement	Related Tasks & Assessment
CLO 1	Understand professional scope of practice of an Accredited Exercise Physiologist (AEP), legal boundaries within the State Insurance Regulatory Authority (SIRA) framework, legislative obligations, and responsibilities of key stakeholders, relating to workplace assessment and rehabilitation.	1, 4
CLO 2	Evaluate the work demands of different occupations; and plan and implement work specific functional capacity assessments.	2, 4
CLO 3	Design, develop and implement workplace injury prevention training programs.	3, 4
CLO 4	Develop competency in biopsychosocial assessment of injured workers and formulation of graded return to work plans.	2, 4
CLO 5	Effectively communicate and report results of workplace assessment with injured workers and other health professionals and stakeholders.	2, 4
CLO 6	Educate and provide exercise prescription for individuals with workplace injury referred for exercise rehabilitation.	3, 4

3. Strategies and approaches to learning

3.1 Learning and teaching activities

This course will be delivered in a blended learning mode and employs an active learning approach. Teaching strategies include interactive online learning activities, quizzes, and team-based learning tutorial workshops. Online learning activities are designed to present relatively large amounts of information within a given time on specific topics throughout the course. The Scientia Education Experience (SEE) was used to facilitate aspects of the digital approach in this proposed course. The online learning activities are student-centred and include demonstrative videos, quizzes, and adaptive case studies to foster key learning outcomes.

Team-based learning (TBL) tutorial workshops are a structured form of small-team learning that emphasises student preparation outside of class, and application of knowledge in class. Students are organised into diverse teams that work together throughout the tutorial workshop. A case study presentation by TBL facilitators will be held, with students responding to case study specific questions and presenting their answers to the whole class for discussion in different forms. It is imperative that online activities are completed prior to attending your team-based learning tutorials in week 5 and week 9. Attendance of team-based learning tutorials in week 5 and week 9 is compulsory.

3.2 Expectations of students

Students are reminded that UNSW recommends that a 6 units-of-credit course should involve about 150 hours of study and learning activities. The formal learning activities total approximately 50 hours throughout the term and students are expected (and strongly recommended) to do at least the same number of hours of additional study.

Students are also expected to:

Complete all online learning modules and materials prior to attending the team-based learning tutorials.

Consider and reflect on their own work experiences and future career as healthcare professionals.

Attend all tutorial classes.

Always communicate and behave in a professional and ethical manner on and off campus.

Adhere to the UNSW's policy and guide on social media:

<https://www.unsw.edu.au/socialmedia/terms>

<https://www.student.unsw.edu.au/social-media-guide>.

3.3 Attendance requirements

Students are expected to attend all scheduled clinical, laboratory and tutorial classes. An Unsatisfactory Fail (UF) may be recorded as the final grade for the course if students fail to meet the minimum requirement of 80% attendance for clinical, laboratory and tutorial classes (unless otherwise specified on Moodle). Course attendance expectations are determined by the requirements of the program accrediting body. Where a student is unable to attend, they are advised to inform the course

convenor as soon as possible but no later than 3 days after the scheduled class and, where possible, provide written documentation (e.g. medical certificate) to support their absence.

4. Course schedule and structure

In average, this course requires an estimated of 12 hours/week of work, considering contact (attending class as indicated) and non-contact hours (completing assessments, readings, and exam preparation).

Week	Topic	Activity	Related CLO
Week 1	Introduction to workplace assessment and rehabilitation	Adaptive online module	1,2
Week 2	SIRA, The Medicare Benefits Schedule (MBS), Managing DIVA, NDIS, and CTP referrals. Allied Health Recovery Request (AHRR)	Adaptive online module	1,5
Week 3	Pre-employment functional capacity assessments (PEFA)	Adaptive online module	1,2,5
Week 4	Functional Capacity Evaluations (FCE) and Workplace Assessments (WPA)	Adaptive online module	2,3,4,5
Week 5	Applied scenarios - assessment	Adaptive online module + face-to-face workshop	2,3,5,6
Week 7	EP Treatment services I	Adaptive online module	2,3,5,6
Week 8	EP Treatment services II	Adaptive online module	1,2,3,5
Week 9	Applied scenarios – treatment and rehabilitation	Adaptive online module + face-to-face workshop	1,2,5,6
Week 10	AEP and workplace injury prevention training & workplace exercise programs	Adaptive online module	1,2,3,4,5,6

Census Date: 10 March 2024

Exam Period: 26 April – 9 May 2024

Supplementary Exam Period: 20 May – 24 May 2024

5. Assessment

5.1 Assessment tasks

Assessment task	Length	Weight	Due date and time
Assessment 1: Moodle online quiz	30 min	15%	Week 4 (see Moodle for details)
Assessment 2: Written assignment (individual)	2000 words	30%	Week 7 (see Moodle for details)
Assessment 3: Presentation (group)	1 hour (30 min presentation + 30 min feedback)	30%	Week 9 Workshop (see Moodle for details)
Assessment 4: End of semester exam	2 hours	25%	End of semester exam period

Further information

UNSW grading system: <https://student.unsw.edu.au/grades>

UNSW assessment policy: <https://student.unsw.edu.au/assessment>

5.2 Assessment criteria and standards

Assessment 1: Moodle online quiz

Length: 30 minutes

Weighting: 15%

Due date: Week 4 (See Moodle for Details)

This individual assessment will take the form of an online quiz delivered through Moodle early in the term. This task is designed to test your theoretical and practical knowledge (covered during the first few weeks of the term) and will consist of both multiple-choice and short answer questions. All materials presented in the online lectures, tutorials, prescribed and recommended readings are all

examinable. It is recommended that you spend 1 minute for each multiple-choice question. The quiz will be available on Thursday of week 4 between 9-4pm. You will have 30 minutes to complete the quiz. You will only have **one** attempt. Feedback will be provided at the close of the assessment task.

For more specific information about the assessment requirements, due dates, and grade contribution, please refer to your course Moodle site.

It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

No short extension is available for this assessment task.

Assessment 2: Written report

Length: 2000 words

Weighting: 30%

Due date: Week 7 (see Moodle for details).

Students will be required to complete an individual written assessment task based on content delivered across the online first half of term. The assignment will be due midway through the term and will be concerned with a specific component of Exercise Physiology professional practice. You will be presented with a case scenario of an injured worker. You will develop and complete a written report for the simulated client. This report is due at 12pm (noon) on Monday of week 7 and you will be required to submit your report online via Turnitin. The maximum word count for this report is 2000 words.

Marking rubrics explaining the expectation in relation to the marking criteria can be found in Moodle.

For more specific information about the assessment requirements, due dates, and grade contribution, please refer to your course Moodle site.

For this assessment task, you may use AI-based software to conduct some initial preparations prior to completing your assessment. You are permitted to use standard editing functions in word processing software (limited to spelling and grammar checking) in the creation of your submission. You must not use any functions that generate, paraphrase, or translate passages of text, whether based on your own work or not.

Please note that your submission will be passed through an AI-generated text detection tool. If your marker has concerns that your answer contains passages of AI-generated text, you may be asked to explain your work. If you are unable to satisfactorily demonstrate your understanding of your submission, you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

Short extension of 2 days is available for this assessment task.

Assessment 3: Group presentation

Length: 1 hour (30 min presenting, 30 min as a panel member - in class)

Weighting: 30%

Due date: Week 9 (See Moodle for Details)

This assessment task provides an opportunity for you as a group to demonstrate your ability to communicate orally in an effective manner with relevant stakeholders. Team-based learning (TBL) tutorials will be held late in term. This assessment requires you developing a plan for the provision of workplace rehabilitation services. You will be following the worker you met in Assessment Task 2. Students will be required to actively participate through the learning activities, an oral presentation and class discussion as a team during this in-class tutorial. Students are expected to dress in a professional manner, as the presentation will resemble a work meeting. Feedback on each team's contribution will be provided by peers and the tutorial facilitators during the TBL.

For more specific information about the assessment requirements, due dates, and grade contribution, please refer to your course Moodle site.

For this assessment task, you may use AI-based software to conduct some initial preparations prior to completing your assessment. You are permitted to use standard editing functions in word processing software (limited to spelling and grammar checking) in the creation of your submission. You must not use any functions that generate, paraphrase, or translate passages of text, whether based on your own work or not.

Please note that your submission will be passed through an AI-generated text detection tool. If your marker has concerns that your answer contains passages of AI-generated text, you may be asked to explain your work. If you are unable to satisfactorily demonstrate your understanding of your submission, you may be referred to UNSW Conduct & Integrity Office for investigation for academic misconduct and possible penalties.

No short extension is available for this assessment task.

Assessment 4: End of semester exam

Length: 2 hours

Weighting: 25%

Due date: End of semester exam period

The purpose of this exam is to test your recall and understanding of the concepts covered in this course including online learning activities, required readings and team-based learning tutorials. The exam will be held during the end of session exam period.

The exam will consist of multiple-choice questions and short answer questions based on case scenarios. The exam will be held during the formal end of semester.

It is prohibited to use any software or service to search for or generate information or answers. If such use is detected, it will be regarded as serious academic misconduct and subject to the standard penalties, which may include 00FL, suspension and exclusion.

No short extension is available for this assessment task.

5.3 Submission of assessment tasks

Late Submission

UNSW has standard late submission penalties as outlined in the UNSW Assessment Implementation Procedure, with no permitted variation. All late assignments (unless extension or exemption previously

agreed) will be penalised by 5% of the maximum mark per day (including Saturday, Sunday, and public holidays). For example, if an assessment task is worth 30 marks, then 1.5 marks will be lost per day (5% of 30) for each day it is late. So, if the grade earned is 24/30 and the task is two days late the student receives a grade of 24 – 3 marks = 21 marks.

Late submission is capped at 5 days (120 hours). This means that a student cannot submit an assessment more than 5 days (120 hours) after the due date for that assessment.

Short Extension

UNSW has introduced a short extension procedure for submission of individual assessment tasks. This does not include timed assessments, exams, quizzes, group tasks, presentations, clinical skills assessments, or practical assessments. Students must check the availability of a short extension in the individual assessment task information for their courses. For this course, students may apply for a short extension of up to 2-days for a maximum of one assessment task during the term.

Short extensions do not require supporting documentation. They must be submitted before the assessment task deadline. No late applications will be accepted. Late penalties apply to submission of assessment tasks without approved extension.

Special Consideration

In cases where short term events beyond your control (exceptional circumstances) will affect your performance in a specific assessment task, you may formally apply for [Special Consideration](#) through myUNSW.

UNSW has a Fit to Sit rule, which means that by sitting an examination on the scheduled date, you are declaring that you are fit to do so and cannot later apply for Special Consideration. Examinations include centrally timetabled examinations and *scheduled*, timed examinations, tests and practical assessments managed by your School.

You must apply for Special Consideration **before** the start of your exam or due date for your assessment, except where your circumstances of illness or misadventure stop you from doing so.

If your circumstances stop you from applying before your exam or assessment due date, you must **apply within 3 working days** of the assessment, or the period covered by your supporting documentation.

More information can be found on the [Special Consideration website](#).

5.4. Feedback on assessment

- Feedback to the Moodle online quiz will be automated and be available prior to the census date (10/03/2024).
- Personalised written feedback (via comments on the submission) to written assessment tasks will be provided within 2 weeks of the due date.
- Peers' and instructors' feedback will be provided to group tasks conducted during the face-to-face tutorials.
- Cohort level feedback will be provided through an announcement on Moodle around the time marks are released for each assessment piece.

6. Academic integrity, referencing and plagiarism

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Please use Vancouver or APA 7th Ed. referencing style for this course.

Further information about referencing styles can be located at <https://student.unsw.edu.au/referencing>

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits: honesty, trust, fairness, respect, responsibility, and courage.¹ At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

The Current Students site <https://student.unsw.edu.au/plagiarism>, and

The ELISE training site <https://subjectguides.library.unsw.edu.au/elise>

The Conduct and Integrity Unit provides further resources to assist you to understand your conduct obligations as a student: <https://student.unsw.edu.au/conduct>.

7. Readings and resources

Please refer to your Moodle shell for more information

8. Administrative matters

Student enquiries should be submitted via student portal <https://portal.insight.unsw.edu.au/web-forms/>

9. Additional support for students

The Current Students Gateway: <https://student.unsw.edu.au/>

Academic Skills and Support: <https://student.unsw.edu.au/academic-skills>

Student Wellbeing and Health: <https://www.student.unsw.edu.au/wellbeing>

UNSW IT Service Centre: <https://www.myit.unsw.edu.au/services/students>

UNSW Student Life Hub: <https://student.unsw.edu.au/hub#main-content>

Student Support and Development: <https://student.unsw.edu.au/support>

¹ International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.

IT, eLearning, and Apps: <https://student.unsw.edu.au/elearning>

Student Support and Success Advisors: <https://student.unsw.edu.au/advisors>

Equitable Learning Services (Formerly Disability Support Unit): <https://student.unsw.edu.au/els>

Transitioning to Online Learning <https://www.covid19studyonline.unsw.edu.au/>

Guide to Online Study <https://student.unsw.edu.au/online-study>

NSW Work and Health Safety regulation 2017

<https://legislation.nsw.gov.au/view/html/inforce/current/sl-2017-0404>

NSW Work and Health Safety Act 2011 <https://legislation.nsw.gov.au/view/html/inforce/current/act-2011-010>