

# REHA 3009 EXERCISE REHABILITATION

**Credit Points** 10

**Legacy Code** 400997

**Coordinator** Rocco Cavaleri ([https://directory.westernsydney.edu.au/search/name/Rocco Cavaleri/](https://directory.westernsydney.edu.au/search/name/Rocco%20Cavaleri/))

**Description** Exercise Rehabilitation focuses on the assessment and management of patients using exercise training. All patient groups are covered but there is an emphasis on cardiorespiratory disorders. Professional competencies addressed in this unit include an understanding of the normal physiological responses to exercise, the implications of pathology and exercise. The unit also includes further development and practice of skills in the patient physical examination, and clinical reasoning such that hypothesized problem lists and goals for patients are developed. The prescription of exercise-based interventions with other physiotherapy modalities is also covered. This unit also facilitates the attainment of professional competencies including effective communication skills, ethical reasoning, professional behaviour, and an appreciation of interprofessional care.

**School** Health Sciences

**Discipline** Physiotherapy

**Student Contribution Band** HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

**Pre-requisite(s)** BIOS 2029 AND REHA 2001

**Co-requisite(s)** REHA 3017 AND REHA 3015 AND AND REHA 3003

**Restrictions** Students must be enrolled in 4662 Bachelor of Health Science/Master of Physiotherapy, 4706 Bachelor of Physiotherapy, 4707 Bachelor of Physiotherapy (Honours) or 4733 Bachelor of Physiotherapy (Honours). Students in this program are required to participate fully in practical classes. This involves disrobing to shorts and singlet or swim-suit equivalent in mixed gender classes. Students will practice hands-on physiotherapy examination and treatment techniques on both genders, and will personally experience these techniques which will be performed on them by other students and relevant academic staff.

**Assumed Knowledge**

Knowledge of Human anatomy, human physiology, pathophysiology.

## Learning Outcomes

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

1. Interpret common cardiorespiratory disorders and related disabilities in the Australian population
2. Describe normal physiological responses and limitations to exercise in a healthy population across the lifespan
3. Differentiate between the benefits, risks, and limitations of exercise in populations with pathology

4. Apply complex clinical assessment skills including chest x-ray interpretation, lung function testing, auscultation, electrocardiographs interpretation and exercise tolerance of patients with cardiorespiratory disorders
5. Apply principles of safe exercise testing in patients with pathology
6. Perform advanced case sensitive analyses and interpretation of clinical assessment findings to formulate a patient-centred treatment plan
7. Prescribe safe and effective exercise training in patients with pathology
8. Evaluate and progress exercises appropriately in healthy populations and those with pathology
9. Apply professionalism, effective communication and educative skills with exercise therapy

## Subject Content

1. Develop a depth of knowledge of common cardiorespiratory diseases in the Australian population
2. Identify patient disability in the context of a disease of the cardiorespiratory system
3. Normal physiological responses to exercise
4. Altered physiological responses to exercise in cardiovascular and respiratory pathology
5. Advance history taking and physical examination including chest x-ray interpretation, lung function testing, auscultation, electrocardiographs interpretation, and exercise tolerance
6. Further develop the clinical reasoning skills of interpretation of findings, prioritisation of patient problems, and development of treatment plan
7. Safe and effective guidelines for exercise testing in healthy populations and those with pathology
8. Safely and effectively prescribe exercise to improve the health outcomes and rehabilitate patients in patients with cardiorespiratory and other specific medical conditions
9. Maximising patient adherence and participation in exercise and rehabilitation programs

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Practical Exam	30 minutes	30	Y	Individual
Presentation	20 minutes	20	N	Group
Final Exam	2 hours	50	Y	Individual

Prescribed Texts

- Main, E. & Denehy, L. (2016) *Cardiorespiratory Physiotherapy: Adults and Paediatrics* (5th Ed). Edinburgh: Elsevier

Teaching Periods

## 1st Half Campbelltown

**Composite**

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View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=REHA3009\\_22-1H\\_CA\\_C#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=REHA3009_22-1H_CA_C#subjects))