

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 subject include an understanding of the normal physiological responses to exercise, the implications of pathology and exercise. The subject 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 subject 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 fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 3 subject

Pre-requisite(s) NATS 2038 AND REHA 2001 AND HLTH 2024

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.

Type	Length	Percent	Threshold	Individual/ Group	Mandatory
Practical Exam	30 minutes	30	Y	Individual	Y
Presentatio	20 minutes	20	N	Group	Y
Final Exam	2 hours	50	Y	Individual	Y

Prescribed Texts

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

Teaching Periods

1st Half (2025)

Campbelltown

On-site

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

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=REHA3009_25-1H_CA_1#subjects)