



Module Specification

Professional Practice 1: Essential Skills

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Part 1: Information

Module title: Professional Practice 1: Essential Skills

Module code: UZYKH6-30-1

Level: Level 4

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Allied Health Professions

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: Yes

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module introduces the essential skills required for professional practice as a physiotherapist. It introduces professionalism, continual professional development, reflective practice and key competencies/training required for placement (e.g. manual handling, basic life support).

Features: Not applicable

Educational aims: The knowledge and skills learned in this module will apply to most areas of clinical practice, regardless of the clinical specialism or setting, therefore a strong focus on exercise and physical activity is included with an emphasis on transferrable skills and knowledge. This module will therefore link with learning from all modules across the programme. As the first professional practice module, teaching and learning focusses on preparing students for their first clinical placement.

Outline syllabus: Professionalism and learning behaviour

Introduction to relevant codes of conduct or professional standards (e.g. Chartered Society of Physiotherapy, Health Care Professions Council, NHS constitution)

Communication skills

Reflective practice

Goal setting

Record keeping

Academic skills: Literature searching, Writing skills, Critical thinking

Exercise and Physical Activity

Biopsychosocial model of health and the benefits of exercise

Exercise prescription

Motivation and engagement

Types of exercise (e.g. prevention, therapeutic, conditioning, social)

Progression and regression of exercise programmes based on basic biomechanical

principles

Principles of prescription (to include risk assessment) for individual and group exercise for components of fitness (what is it, how is it assessed and measured, exercises to improve) such as:

Cardiovascular fitness

Balance and proprioception

Flexibility

Strength

Training for clinical placement

Gait assessment and walking aid provision within an orthopaedic context

Basic principles of risk assessment

Basic life support

Manual handling

Measuring clinical values within a cardiorespiratory context

Normal movement facilitation within a neurological context

Learning behaviours and expectations while on placement

Safeguarding

Conflict Resolution

Information governance

Infection prevention and control

Health, Safety and Welfare

Equality and Diversity and Human Rights

Part 3: Teaching and learning methods

Teaching and learning methods: This is a taught module, and teaching delivery will include lectures, seminar and practical sessions. The module is delivered over 2 semesters, and the contact hours per week will vary. The module is loaded at the start (to introduce the concepts of professionalism), and at the end (for clinical placement preparation sessions). In the middle, contact time will typically consist of lectures, seminars or practical sessions each week. Online learning units will be used for some of the mandatory training required prior to clinical placement.

The clinical placement will take place at the end of the module, and will typically be 5 weeks in duration.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate knowledge of: professionalism, learning behaviour, equality and diversity, ethical and legal issues, and codes of conduct related to physiotherapy practice

MO2 Demonstrate an ability to organise and communicate information in a variety of formats, tailored to the environment and the individual (e.g. to the service user, carer or member of the multidisciplinary team)

MO3 Discuss the benefits of activity in the maintenance of health within a biopsychosocial model (including motivation, engagement) and state the recommended levels of activity to maintain health

MO4 Demonstrate skills which are safe in organising, delivering, managing, prescribing and monitoring an exercise programme in relation to service users (Individuals or Groups)

MO5 Utilise a portfolio to demonstrate effective learning behaviour and an ability to undertake reflective practice and experiential learning

MO6 To achieve an acceptable standard for all practice skills (see separate Practice Outcomes document)

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 207 hours

Placement = 188 hours

Face-to-face learning = 93 hours

Total = 488

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/search.html?q=UZYKH6-30-1) via the following link

<https://uwe.rl.talis.com/search.html?q=UZYKH6-30-1>

Part 4: Assessment

Assessment strategy: Assessment Task 1: Continuous Practice Assessment

Continuous assessment of the student's performance in practice against practice placement outcomes which are aligned with the HCPC standards of proficiency. This will enable the student to demonstrate their learning and development over the duration of the placement, as marked by the practice educator.

Formative assessment and feedback are provided regularly throughout the placement by the practice educator. This happens informally following observed practice (verbal and possibly written) and at a weekly feedback session (verbal and possibly written), and formally at the midway and final appraisals (verbal and

written).

A minimum of 150 hours must be completed on the placement to be assessed. If the minimum is not reached, this is classed as a non-submission, and a further placement is required. This will normally be 6 weeks.

If the placement is failed, a 4 week resit placement is required.

A Continuous Practice Assessment form covering both assessment tasks is completed, signed and dated by the practice educator, and submitted by the student.

Assessment Task 2: Portfolio assessment

This pre-placement portfolio will include a variety of assessment methods, such as written assignments, reflective tasks and other relevant tasks and activities that are set over the duration of the module. The portfolio is designed to enable students to develop skills of evidencing university, practice and lifelong learning that can form a Continuous Professional Development portfolio. The portfolio will be assessed for the module, but subsequently can be added to throughout the programme and form the basis of formative feedback conversations and monitoring with the student's Academic Personal Tutor.

Assessment tasks:

Professional Practice Report (First Sit)

Description: Continuous Practice Assessment [Pass/Fail]

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO2, MO4, MO6

Portfolio (First Sit)

Description: Portfolio

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Practical Skills Assessment (Resit)

Description: Continuous Practice Assessment [Pass/Fail]

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO2, MO4, MO6

Portfolio (Resit)

Description: Portfolio

Weighting: 100 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Physiotherapy [Glenside] BSc (Hons) 2023-24