

OVERVIEW OF UNIT I

Unit 1, Foundations of Physiotherapy Practice, introduces students to the theory and processes of problem-based, small group learning, using self-regulation and an evidence-based approach. Health care problems will include healthy aging, and health care problems related to musculoskeletal, cardiorespiratory and neurological conditions. This unit reviews and builds on fundamental pre-requisite knowledge related to anatomy, physiology, statistics, and social sciences. Theoretical frameworks relevant to the physiotherapy profession will be introduced. Students will master foundational skills related to performing physiotherapy assessments and treatments safely for musculoskeletal, cardiorespiratory, neurological and other conditions across the lifespan. Students will be exposed to the concepts of cultural sensitivity and the implications for practice, as well as personal and professional self-regulation communication, safety and risk in practice, privacy and consent, inter and intra professional collaboration and teamwork.

UNIT I OBJECTIVES

The purpose of Unit 1 is to introduce students to:

- The physiotherapy profession; scope of practice, professional code of ethics, and theoretical frameworks relevant to the profession.
- The theory and processes of problem-based, small group learning.
- Self-regulation for personal and professional development and growth.
- The theory and processes of evidence-based practice.
- Foundational knowledge, skills, and attitudes related to physiotherapy assessments for musculoskeletal, cardiorespiratory, and neurological conditions across the lifespan and continuum of care.
- Foundational knowledge, skills, and attitudes related to intervention for musculoskeletal, cardiorespiratory, and neurological conditions across the lifespan and continuum of care.