

**Graduate Certificate and Master
of Sports Physiotherapy
Information Package**

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Sports Physiotherapy Information and Application Package

1. Course Co-ordinator

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2. Course Description

The School of Physiotherapy at La Trobe University has a long established history of running postgraduate physiotherapy programs, and attracts students from around Australia as well as from several overseas countries. The high standard of physiotherapy education and research within the School is reflected in its reputation for excellence.

Mission of the courses

To offer highest quality, clinically based coursework masters programs in sports physiotherapy that are attractive to, and meet the educational requirements of locally trained physiotherapists.

The Graduate Certificate and Master of Sports Physiotherapy provide practicing physiotherapists with the opportunity to undertake postgraduate studies while continuing with their clinical work. These courses have been designed with the busy clinician in mind, allowing flexibility with both the time and cost commitments of the courses.

The courses enable students to :

- Develop advanced theoretical and applied skills in Sports Physiotherapy.
- Develop advanced clinical skills in Sports Physiotherapy.
- Attain a standard of advanced clinical work and theory to meet the eligibility requirements for tier-two membership of Sports Physiotherapy Australia, a national special group of the Australian Physiotherapy Association and use the title “Sports Physiotherapist” (Masters Course only).
- Develop advanced skills in research design and critical analysis of scientific literature.

3. Course Structure

Graduate Certificate

PTY5LSE	Literature Searching and Evaluation	20cp
PTY5PDS	Professional Development in Sports Physiotherapy	30cp
PTY5PSM	Physiology for Sports and Musculoskeletal Physiotherapists	10cp

The Graduate Certificate requires successful completion of 60 credit points of study over a period of up to three years. This consists of three prescribed units; PTY5PDS, PTY5PSM and PTY5LSE.

Master of Sports Physiotherapy - Graduate Certificate subjects plus :

PTY5CRM	Clinical Reasoning and Manual Physiotherapy	20cp
PTY5APS	Advanced Practice of Sports Physiotherapy	30cp
PTY5SSP	Level 3 Sports physiotherapy course	10cp

The Masters course requires completion of 120 credit points of study, of which 60 comprise the subjects included in the Graduate Certificate. The remaining 60 credit points are gained by the completion of the above two subjects over an academic year.

4. Subject Descriptions

PTY5PDS Professional Development in Sports Physiotherapy

Subject Description

In a program run by La Trobe University School of Physiotherapy incorporating courses and conferences primarily run by the Australian Physiotherapy Association (APA) and Sports Medicine Australia (SMA), students learn the scientific and clinical bases of contemporary sports physiotherapy. Relevant anatomy, physiology, radiology, medical sciences, psychology, basic clinical reasoning and practical skills are taught with particular emphasis on clinical application and evidence based practice. In addition to the core material presented at prescribed APA and SMA professional development courses students have the flexibility to enroll in other courses specific to their needs. All courses must have content

relevant to Sports Physiotherapy, be approved by the School of Physiotherapy and satisfy the requirements for APA course accreditation.

Class Requirements

104 hours of attendance at professional development courses offered by the La Trobe University School of Physiotherapy, the Australian Physiotherapy Association and Sports Medicine Australia. This must include the level 1 sports course, level 2 sports course and the level 1 spinal course (if available in your state). Advanced standing may be granted for up to 50% of the workload provided the relevant assessment tasks have been successfully completed. In addition to contact time, students are expected to complete pre and post course reading tasks as well as practicing techniques to achieve required competencies.

Assessment

1000 words must be completed for each 10 hours of continuing education courses totaling 10,000 words of assignments. These assignments will be set by La Trobe University.

PTY5PSM Physiology for Sports and Musculoskeletal Physiotherapists

Subject Description

This subject aims to improve graduate physiotherapists' knowledge of recent advances in physiology of clinical and theoretical relevance to sports and sports physiotherapists. Major emphasis will be placed on pain physiology, the effect of training and injury on muscle tissue and connective tissue reactions to mechanical stress, ageing and repair.

Class Requirements

Approximately 26 hours of online lecture material and tutorials.

Assessment

Three, 1500 word essays 100%

PTY5LSE Literature searching and evaluation

Subject Description

This subject develops skills in critically and systematically evaluating research in sports physiotherapy. The subject will be conducted online.

Class Requirements

One 3-hour introductory tutorial and library orientation session. On-line guidance will be provided via worksheets and instructions. It is anticipated that online activities would take approximately 50 hours in addition to any pre-reading and preparation of assessment tasks.

Assessment

Regular assessment in the form of assignments will be given through the year.

PTY5CRM Clinical Reasoning and Manual Physiotherapy

Subject Description

Through workshops, case presentations, practical tutorials and lectures, students develop the ability to integrate advanced clinical reasoning skills with advanced physiotherapy manual skills. Students learn to test hypotheses and problem solve in an analytical approach to the management of patients with sports conditions.

Class requirements

52 hours of practical sessions and workshops.

Assessment

Practical examination	50%
30 minute clinical reasoning group presentation and assignment	50%

PTY5APS Advanced Practice of Sports Physiotherapy

Subject Description

Clinical training supervised by Sports Physiotherapists will be the core of this subject. This will allow the student to develop and enhance their practice of sports physiotherapy with input from experts in the field. Students will be encouraged to have several supervisors during this subject to allow experts in several fields of sports physiotherapy to have input into their clinical development. Treating athletes in the team environment will be encouraged in this subject.

Completion of the Level 3 Sports Physiotherapy course is the final component of this subject. Students will be expected to meet the entry criteria for this course which includes educational sports experience and contribution to the physiotherapy profession.

Class Requirements

Students will attend 100 hours of clinical practice/s and work under the supervision of an APA Sports Physiotherapist. The student will be expected to be adequately prepared for each clinic and team with appropriate reading and revision for specific subject and sporting areas.

Assessment

A clinical examination will be conducted in the final clinic – 50%. The level 3 sports physiotherapy course examination will comprise 25% of the assessment and 25% will be completed with clinical reports.

PTY5SSP Level 3 Sports physiotherapy course

Subject Description

The Sports Physiotherapy Australia Level 3 course is conducted once each year. It is a full time, one week course.

Class Requirements

Attendance of the Australian Institute of Sport for one week.

Assessment

Completion of the level 3 examination.

5. Facilities

The School of Physiotherapy is located in the Health Sciences 3 building on the Bundoora Campus of La Trobe University. The building is purpose built (opened in 1998) and facilities include technologically advanced equipment. Students have opportunities to observe and use the following :

- Access to online journals through La Trobe University library.
- Modern, well equipped research laboratories including one of the most advanced movement laboratories in the world, a high class electrophysical agents laboratory, and biomechanics facilities.
- Modern library with one of the most extensive collections of physiotherapy books and serials, and advanced on-line searching facilities.
- Up-to-date information technology services including computers for on-line learning and software for thesis construction and data analysis.
- State of the art lecture, practical, and clinical teaching facilities.

6. Admission requirements

Entry requirements for the Graduate Certificate of Sports Physiotherapy are as follows :

- Bachelor of Physiotherapy (four-year degree) or equivalent.
- Registration as a physiotherapist in a state of Australia.

Entry requirements for the Master of Sports Physiotherapy are :

- Graduate Certificate of Sports Physiotherapy with an average pass grade of a B or higher.
- Registration as a physiotherapist in a state of Australia.
- At least one year's sports physiotherapy experience.

7. How to Apply

Application forms and details of closing dates are available from the School of Physiotherapy at La Trobe University.

Admission Processing

Once the application is received for the Graduate Certificate or Master of Sports Physiotherapy courses it is processed within the School and is checked for completeness :

- Academic transcripts.
- Proof of Registration.
- Birth certificate and/or Australian citizen certificate.
- Two copies of each of the above is required.

An acknowledgment letter is sent to the prospective candidate.

If application is complete :

The application is forwarded to the Course Co-ordinator.

If the application is incomplete :

The application is held until all documentation has been received.

Letters of Offer

- The offers are forwarded when the recommendation has been received from the School/Faculty.
- The candidate is given a specific date by which to reply to the offer and an enrolment date to attend enrolment. If the candidate does not reply by the specific date, the offer will be automatically withdrawn.

Closing Date for Applications

This course will take enrolments for the start of each academic year, the closing date for applications is generally the 31 of October in the year before commencement.

For example, the closing date for 2008 is 31 October 2007 and so on.

Allocation of Places

As the number of places in the course may be limited applications for the Graduate Certificate are taken in order of application prior to the commencement of each semester (subject to satisfactory completion of the application form).

Places for the Masters course will be allocated according to grades on the Graduate Certificate.