



Higher National Unit specification

General information for centres

Unit title: Physiotherapy Support: Disorders of Human Movement

Unit code: F2GP 34

Unit purpose: This Unit is designed to provide an introduction to the movement disorders experienced by individuals in a range of health care settings. It will provide an overview of the normal range of postures and movements and some of the causes of disorders of movement.

On completion of the Unit the candidate should be able to:

- 1 Explain and describe posture, patterns of functional movement, gait patterns and the components of balance in individuals without motor disorders.
- 2 Explain the concept of pain and describe how the body responds to pain.
- 3 Describe motor disorders and other common disorders affecting movement and explain how they influence movement and function.

Credit points and level: 1.5 HN credits at SCQF level 7: (12 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this Unit will be at the discretion of the centre and the following recommendations are for guidance only. There would be an advantage in completing F2GN 34 *Applied Anatomy and Physiology for Physiotherapy Support Workers* before undertaking this Unit.

Core Skills: There are opportunities to develop the Core Skills of Communication and Problem Solving at SCQF level 5 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: Assessment of Outcomes 1 and 2 may be undertaken using closed-book, objective and extended response questions and assessment of Outcome 3 may be undertaken using a case study.

Outcomes 1 and 3 could be integrated, with a second assessment for Outcome 2.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Explain and describe posture, patterns of functional movement, gait patterns and the components of balance in individuals without motor disorders

Knowledge and/or Skills

- ◆ Normal motor development
- ◆ Human posture
- ◆ Postural adjustment
- ◆ Components of balance including position; base of support; visual; auditory; strength; dynamic; static; external and self-generated perturbation
- ◆ Lower limb function, weight bearing and Gait Cycle
- ◆ Upper limb function

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ describe normal motor development
- ◆ explain five components and controlling mechanisms of postural adjustment and balance in one static and one dynamic activity
- ◆ describe the phases of the Gait Cycle
- ◆ describe the functions of the upper limb in reaching, manipulation and performance of functional tasks

Assessment Guidelines

Assessment of Outcome 1 may be undertaken using closed-book, objective and extended response questions and a practical demonstration and/or discussion with assessment checklist.

This Outcome may be assessed separately or could be integrated with Outcome 3. Activities and environments can include sitting, standing, walking on even and uneven surfaces, whilst performing tasks using upper limbs, stressful environments, etc.

Higher National Unit specification: statement of standards (cont)

Unit title: Physiotherapy Support: Disorders of Human Movement

Outcome 2

Explain the concept of pain and describe how the body responds to pain

Knowledge and/or Skills

- ◆ Nociception
- ◆ Theories of pain
- ◆ Types of pain
- ◆ Individual response to pain

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ explain nociception
- ◆ explain at least two theories of pain and explain the principles of those theories of pain
- ◆ describe the different types of pain
- ◆ describe the effect of pain on individuals

Assessment Guidelines

Assessment of Outcome 2 may be undertaken using closed-book, short answer questions.

Outcome 3

Describe motor disorders and other common disorders affecting movement and explain how they influence movement and function

Knowledge and/or Skills

- ◆ Acquired injuries
- ◆ Congenital abnormalities
- ◆ Orthopaedic conditions
- ◆ Neurological conditions
- ◆ Cardio respiratory conditions

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ describe the effects on movement of one example of each of the common disorders/conditions affecting movement

Higher National Unit specification: statement of standards (cont)

Unit title: Physiotherapy Support: Disorders of Human Movement

Assessment Guidelines

This Outcome may be assessed separately or could be integrated with Outcome 1. Integrated assessment may be undertaken using closed-book, objective and extended response questions and a practical demonstration and/or discussion with assessment checklist.

Outcome 3 may be assessed separately using an anonymised case study of 1,000 words or equivalent, with assessment checklist. Candidates could be asked to produce a case study which describes the effects of a specific injury or condition chosen from one of the above sections, on the movement and balance of an individual. For more details refer to Guidance and Delivery on Assessment.

Administrative Information

Unit code: F2GP 34

Unit title: Physiotherapy Support: Disorders of Human Movement

Superclass category: PB

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History of changes:

Version	Description of change	Date

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Higher National Unit specification: support notes

Unit title: Physiotherapy Support: Disorders of Human Movement

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 60 hours.

Guidance on the content and context for this Unit

This Unit must include normal gait patterns, theories of pain and how motor and neurological disorders affect the human movement. The Unit should include individual response to pain, chronic pain and pain in different cultures

Disorders of movement should include fracture, soft tissue injury, brain injury and cerebral palsy.

In Outcome 1, 'self-generated perturbation' refers to instances where a patient does something themselves to reach outside base of support or to alter posture in a way that requires balance adjustment. This is discussed in the neurorehabilitation literature, for example, of Carr and Sheperd.

In Outcome 3 which focuses on motor and other common disorders affecting movement and function:

- ◆ acquired injuries could include musculoskeletal injury and traumatic brain injury
- ◆ orthopaedic conditions could include fracture, osteoporosis, and bone disease
- ◆ neurological conditions could include stroke, MS, Parkinson's Disease, neuropathies, and cerebral palsy
- ◆ cardio respiratory conditions could include COPD, cardiac failure, myocardial infarction, and cystic fibrosis

Guidance on the delivery and assessment of this Unit

Assessment of Outcomes 1 and 2 may be undertaken using closed-book, objective and extended response questions and assessment of Outcome 3 may be undertaken using a case study.

In Outcome 3, candidates could be asked to produce an anonymised case study of 1,000 words or equivalent which describes the effects of a specific injury or condition chosen from one of the above sections, on the movement and balance of an individual. The case study should include the named condition and the part(s) of the body affected. The focus of the case study should be on the impact that the disorder has on normal movement and function.

Opportunities for developing Core Skills

The delivery and assessment of this Unit may contribute towards the component 'Written Communication' of the Core Skill of Communication at SCQF level 5. The general skills of the component are 'read, understand and evaluate written communication' for its reading element and 'produce well-structured written communication' for its writing element. Specific reading skills required by candidates at SCQF level 5 include identifying and summarising significant information, ideas and supporting details in a written communication, and evaluation of the effectiveness of the communication in meeting its purpose; and specific writing skills include presenting all essential ideas, information and supporting detail in a logical and effective order, and use of a structure which takes account of purpose and audience, emphasising the main points.

Higher National Unit specification: support notes (cont)

Unit title: Physiotherapy Support: Disorders of Human Movement

For assessment of Outcomes 1 and 2, candidates may be asked to complete responses on various topics. The skills outlined above may be utilised to produce responses covering such topics as explaining the components and controlling mechanisms of postural adjustment and balance in static and dynamic activity, in Outcome 1.

There may also be opportunities to develop the component 'Critical Thinking' of the Core Skill of Problem Solving, particularly in Outcome 3 through the production of an anonymised case study.

Open learning

This Unit could be delivered by distance learning with tutor support and where open learning materials are available. However it would require tight planning and control by the centre to ensure the authenticity of candidate evidence. To keep the administrative burden to a minimum it is recommended that a single assessment such as a case study or report is used for open and distance learning.

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

General information for candidates

Unit title: Physiotherapy Support: Disorders of Human Movement

This Unit will provide you with an introduction to the movement disorders experienced by individuals in a range of health care settings. It will provide an overview of the normal range of postures and movements and some of the causes of disorders of movement.

You will have the opportunity to look, in some depth, into the complexities of what can go wrong with the human body when experiencing pain and a variety of disorders.

You will look into the different components of problems affecting human movement like balance, weakness, and reduced range of movement.

On completion of the Unit you will be able to:

- 1 Explain and describe posture, patterns of functional movement, gait patterns and the components of balance in individuals without motor disorders.
- 2 Explain the concept of pain and describe how the body responds to pain.
- 3 Describe motor disorders and other common disorders affecting movement and explain how they influence movement and function.

Assessment may be by a mixture of closed-book, objective, short answer and extended response questions as well as a case study.

Over the course of this Unit there are opportunities for you to develop the Core Skills of Communication and Problem Solving at SCQF level 5.