



## Higher National Unit specification

### General information

**Unit title:** Basic Subjective and Objective Assessment

**Unit code:** H4XW 34

**Superclass:** PJ

**Publication date:** September 2013

**Source:** Scottish Qualifications Authority

**Version:** 03

### Unit purpose

This Unit is designed to provide the learner with competence in carrying out a basic subjective and objective assessment for the purposes of planning a soft tissue therapy treatment. The Unit provides necessary underpinning knowledge and skill to enable the learner to fulfil the practical requirements in *Clinical Sports Massage*, *Sports Massage for Events and Special Populations* and *Clinical and Team Experience 1* and is a necessary pre-requirement for the second year HND Sports Therapy Unit *Clinical Assessment Techniques for Sports Injuries*.

### Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Describe the key factors relating to subjective and objective assessments.
- 2 Apply appropriate subjective and objective assessment to a specific client.

### Credit points and level

0.5 Higher National Unit credits at SCQF level 7: (4 SCQF credit points at SCQF level 7)

### Recommended entry to the Unit

This Unit has been designed as a mandatory Unit in the Group Award HNC Soft Tissue Therapy and HND Sports Therapy. It is anticipated that learners will have studied some Human Anatomy at SCQF level 6 prior to undertaking this Unit. However, entry is at the discretion of the delivering centre.

## **Higher National Unit specification: General information (cont)**

**Unit title:** Basic Subjective and Objective Assessment

### **Core Skills**

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

### **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.

The Assessment Support Pack (ASP) for this Unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

### **Equality and inclusion**

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements).

## **Higher National Unit specification: Statement of standards**

### **Unit title:** Basic Subjective and Objective Assessment

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

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. Learners 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**

Describe the key factors relating to subjective and objective assessments.

#### **Knowledge and/or Skills**

- ◆ Purpose of consultations
- ◆ Purpose of objective assessments
- ◆ Consultation and assessment procedures
- ◆ Common medical conditions relating to body systems
- ◆ Informed consent
- ◆ Data Protection
- ◆ Ideal postural alignment
- ◆ Postural types
- ◆ Main postural muscles
- ◆ Components of the phases of gait
- ◆ Referral

### **Outcome 2**

Apply appropriate subjective and objective assessment to a specific client.

#### **Knowledge and/or Skills**

- ◆ Communication skills
- ◆ Identification and interpretation of contraindications and/or cautions
- ◆ Application and interpretation of objective assessment procedures
- ◆ Principles of goniometry and tape measure assessment
- ◆ Somatotypes
- ◆ Common postural deviations
- ◆ Normal joint ranges of movement
- ◆ Gait analysis

## Higher National Unit specification: Statement of standards (cont)

**Unit title:** Basic Subjective and Objective Assessment

### Evidence Requirements for this Unit

#### Outcome 1

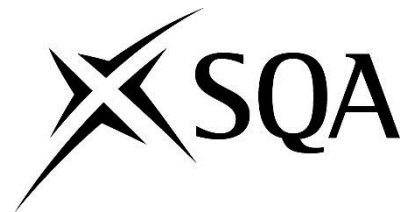
The learner will have to provide written/oral evidence in the form of a portfolio questions to include:

- ◆ A description of the purposes of undertaking consultations prior to any treatment
- ◆ A description of the purposes of undertaking objective assessments
- ◆ An outline of the rationale for informed consent and working within data protection regulations
- ◆ A description of why, and to whom, a client might be referred
- ◆ An identification of ideal postural alignment and main postural muscles
- ◆ A description of different postural types and associated muscle imbalances
- ◆ An identification of the basic phases of gait
- ◆ The production of an acceptable consultation form and basic objective assessment recording document (posture, ranges of movement, body circumference measurements, leg length discrepancy, gait analysis)

#### Outcome 2

The learner will be required to demonstrate practical competence in carrying out basic subjective and objective assessments of a specific client. Learners will also be required to produce an interpretive report of the findings. Written and oral evidence will be supported by assessor's checklist and comments to include:

- ◆ Communicate effectively and professionally with a client to illicit relevant information
- ◆ Relate to the client in a sensitive and empathic manner
- ◆ Follow industry recognised procedures to gather information
- ◆ Recognise contra-indications and cautions to treatment and where appropriate recommend referral to the correct professional
- ◆ Obtain informed consent
- ◆ Record details accurately and legibly on documentation produced for Outcome 1
- ◆ Complete a client profile report interpreting the findings of the subjective and objective assessment



## Higher National Unit Support Notes

**Unit title:** Basic Subjective and Objective Assessment

Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 20 hours.

### Guidance on the content and context for this Unit

This is a mandatory Unit in the Group Awards HNC Soft Tissue Therapy and HND Sports Therapy and should be delivered early in the first year. It provides essential knowledge and skill for *Clinical Sports Massage*, *Sports Massage for Events and Special Populations* and *Clinical and Team Experience 1*. It is also a pre-requirement for progression to Clinical Assessment for Sports Injuries in the HND Sports Therapy award.

#### Outcome 1

- ◆ Purposes of consultations: identify medical/injury problems, highlight contra-indications, cautions or reasons for referral, review lifestyle, activity patterns and any previous treatments, identify client aims, build rapport with client.
- ◆ Purposes of objective assessments: identify musculo-skeletal problems and imbalances, help in determining achievable objectives for client, aids referral to specific professionals (eg podiatrist), provides objective starting point for treatment, allows for objective monitoring of improvement.
- ◆ Informed consent: agreement, permission.
- ◆ Data protection: legislation, safety of personal details, confidentiality.
- ◆ Referrals: GP, physio, osteopath, podiatrist, specialist coach/trainer, sports nutritionalist, sports psychologist.
- ◆ Postural muscles: ER group, SCM, deep abdominals, iliopsoas, glut max, quads, hamstrings, gastroc, soleus, tib anterior.
- ◆ Postural types: kyphosis, lordosis, flatback.
- ◆ Basic phases of gait: stance phase, swing phase, and associated stride length, stride width, foot angle, arm swing.
- ◆ Consultation form: personal details, GP details, medical history, current health, current/previous treatment for medical/injury conditions, medications, current physical activity/sport participation, lifestyle and diet, aims, informed consent, data protection.
- ◆ Objective assessments: appropriate recording documents to cover posture, ranges of movement (neck, thoracic and lumbar spine, shoulder, elbow, wrist, hip, knee, ankle, foot), body circumference measurements (upper arms, upper legs, lower legs), leg length discrepancy (real and apparent), gait analysis.

## Higher National Unit Support Notes (cont)

**Unit title:** Basic Subjective and Objective Assessment

### Outcome 2

Conduct an appropriate consultation and basic objective assessment recorded accurately on documentation prepared and approved in Outcome 1. Interpretive report should indicate understanding of all knowledge and skills under Outcome 1 and 2, however, it is not necessary for the client to indicate a treatment plan. It is recommended where possible that peers are not used as a client.

### Guidance on approaches to delivery of this Unit

This is a mandatory Unit in the awards HNC Soft Tissue Therapy/HND Sports Therapy and should be delivered early in the first year of these awards. It provides essential knowledge and practical skill for assessments in Units that follow on. Learners should be provided with plenty of opportunities to role-play subjective assessments and practice objective assessment procedure prior to summative assessment of the Evidence Requirements.

### Guidance on approaches to assessment of this Unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Outcome 1 concentrates on theoretical underpinning knowledge and should be assessed with written or oral evidence.

Outcome 2 is based on applying the knowledge and skills gained in Outcome 1 and should be primarily assessed through practical performance with supporting written or oral evidence.

### Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at [www.sqa.org.uk/e-assessment](http://www.sqa.org.uk/e-assessment).

### Opportunities for developing Core and other essential skills

There are opportunities for learners to extend their skills in *Communication*, *Numeracy*, *ICT*, *Problem Solving* and *Working with Others* in this Unit, although there is no automatic

certification of Core Skills or Core Skills components. Learners will also have the opportunity to develop interpersonal and reflective skills as a result of interacting with clients.

## History of changes to Unit

Version	Description of change	Date
03	Clarification of use of peers as clients	31/08/18
02	Clarification of assessment criteria for centres	29/08/16

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## **General information for learners**

### **Unit title:** Basic Subjective and Objective Assessment

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

This Unit looks at the underpinning knowledge you need to be able to undertake a basic subjective and objective assessment of a client prior to him/her receiving any soft tissue therapy treatment.

Subjective and objective assessments are necessary in order to establish safe parameters in which to work with clients. Objective assessments are also invaluable in identifying starting points for treatment and being able to monitor success. In this Unit, you will learn not only what you have to do, but why, and then you will have the opportunity to apply that knowledge by carrying out a subjective and objective assessment with a selected client.

Assessments will be both of a theoretical and practical nature. You will be required to produce a consultation form and an objective assessment recording form which you will use with a client to gather information. You will also produce a client profile interpreting the information gathered.