

## INHERENT REQUIREMENTS

**DEGREE:** Master of Clinical Exercise Physiology

**FACULTY:** School of Sport, Exercise and Rehabilitation, Faculty of Health

### SYNOPSIS:

UTS strongly supports the right of all people who wish to undertake a course at our university to pursue their goals and achieve their personal potential. We welcome prospective students with disabilities, and students from diverse social, economic and cultural backgrounds.

Inherent Requirements are academic and non-academic requirements that are inherent in or essential to the successful completion of a course. By identifying and effectively communicating the Inherent Requirements of our courses, UTS aims to assist prospective and current students to make informed decisions about their study, and to facilitate productive and transparent discussions about career choices.

#### ***What does this mean for prospective and current students?***

Prospective and current students should carefully read this Inherent Requirement Statement and consider whether they might experience challenges in successfully completing their preferred or chosen course. This Statement should be read in conjunction with the UTS Student Rules.

If you are a prospective or current student and are concerned about your ability to meet these Inherent Requirements, you should discuss your concerns with the Academic Liaison Officer in your faculty or school and/or the UTS Accessibility Service on 9514 1177 or at [accessibility@uts.edu.au](mailto:accessibility@uts.edu.au).

Please note that UTS also requires students to comply with the UTS Student Charter and relevant University policies, procedures and regulations. In addition, students who enrol in professional degrees are required to comply with legal requirements relating to accreditation and registration.

#### ***Reasonable adjustments***

UTS will make reasonable adjustments to teaching and learning, assessment, professional experiences, course related work experience and other course activities to facilitate maximum participation by students with disabilities, carer responsibilities, and religious or cultural obligations in their courses.

When adjusting for students, UTS will continue to ensure the integrity of its courses and assessment requirements and processes, so that the students on whom it confers an award can present themselves as having the appropriate knowledge, experience and expertise implicit in the holding of that award. The purpose of reasonable adjustments is to assist students to meet the Inherent Requirements of a course, not to replace or override them.

Registration with the UTS Accessibility Service is necessary for students to obtain reasonable adjustments for their disability. Students are not otherwise required to disclose their disability or other personal circumstances to UTS, unless they pose a risk to their health or safety, or to that of others. Students should familiarise themselves with relevant deadlines and allow sufficient time for reasonable adjustments to be made.

Requirement Area	Description of the Inherent Requirement	Examples in the Academic Environment	Examples in the Professional Environment
<b>1. Legal and Behavioural Requirements</b>	<p>Student engages in appropriate behaviour, having regard to their legal and ethical obligations under the law, professional regulations and codes of conduct.</p> <p>Student demonstrates behavioural stability, allowing them to work constructively in a diverse and changing academic and clinical environment.</p> <p>Student demonstrates knowledge of, and engages in, ethical behaviour. Student demonstrates self-awareness and ensures that their own opinions, attitudes and behaviours do not adversely affect others.</p>	<p>Is receptive and responds appropriately to constructive feedback.</p> <p>Treats confidential information appropriately.</p> <p>Participates in tutorials, lectures and clinical placements in a collegial manner.</p>	<p>Manages own emotions and behaviour effectively when dealing with individuals in the clinical setting.</p> <p>Complies with the policies of clinical facilities (e.g., work, health and safety and uniform requirements including student identification).</p> <p>Treats confidential information appropriately and respects the privacy of clients.</p> <p>Works effectively in the face of uncertainty and adapts to changing environments.</p> <p>Is receptive and responds appropriately to constructive feedback. Accurately reflects on professional performance.</p> <p>Accepts and fulfils responsibilities given in a clinical environment.</p> <p>Manages own physical and mental health effectively.</p> <p>Identifies when a clinical issue is outside their scope or expertise, or when their practice may be affected by an impairment.</p>

			<p>Works effectively with people from diverse social and cultural backgrounds.</p> <p>Communicates effectively and respectfully with people of different gender, sexuality, age, diverse linguistic, cultural, religious, socio-economic and educational backgrounds and across a variety of social contexts.</p> <p>Is respectful, clear, attentive, empathetic, honest and non-judgmental.</p> <p>Respects personal and professional boundaries.</p> <p>Respects and responds appropriately to another person’s perspective.</p> <p>Dresses appropriately and safely for clinical placement.</p>
<b>2.1. Communication Tasks – Verbal</b>	<p>Student comprehends spoken English delivered at conversational speed.</p> <p>Student communicates effectively in spoken English.</p> <p>Student understands and responds to verbal communications accurately, appropriately and in a timely manner.</p>	<p>Participates effectively in tutorial, simulation and clinical discussions.</p> <p>Understands and follows instructions.</p>	<p>Responds appropriately to a care request in the clinical environment.</p> <p>Responds to verbal communication clearly and audibly, in a variety of environments with differing volume levels.</p> <p>Collects information from clients by asking questions during assessments.</p>

			<p>Rapidly builds a rapport with a client to engage them in a clinical assessment.</p> <p>Effectively explains a treatment plan to a client.</p> <p>Clearly and audibly discusses a client's progress with other professionals.</p> <p>Actively participates in group discussions.</p> <p>Provides clear instructions, feedback and reporting, relevant to the context of the situation.</p>
<b>2.2. Communication Tasks – Written</b>	<p>Student comprehends written English.</p> <p>Student communicates effectively in written English.</p>	<p>Constructs an essay to required academic standards.</p> <p>Reads and comprehends information, in both hard copy and electronic formats.</p> <p>Responds appropriately and in a timely manner to communications from the University.</p>	<p>Constructs timely clinical notes, reports and information sheets that meet legal and professional standards.</p> <p>Takes accurate notes while interviewing a client.</p> <p>Reads and comprehends information, in both hard copy and electronic formats.</p> <p>Maintains appropriate records of professional practice.</p>
<b>2.3. Communication Tasks – Non-Verbal</b>	<p>Student comprehends non-verbal information and cues.</p>	<p>Recognises and responds to non-verbal cues appropriately in classroom situations.</p>	<p>Recognises and responds appropriately to non-verbal cues in the clinical environment.</p>

	<p>Student demonstrates non-verbal communication skills appropriate to the circumstances.</p>	<p>Communicates appropriately in classroom situations.</p> <p>Communicates respectfully with academic and professional staff.</p> <p>Respects personal and professional boundaries.</p> <p>Shows consistent and appropriate awareness of own behaviours.</p> <p>Is sensitive to individual and cultural differences.</p>	<p>Accurately assesses a client's appearance, behaviour, movement, posture and speech.</p> <p>Displays consistent and appropriate facial expressions and eye contact, being mindful of space, time boundaries and body movements and gestures.</p> <p>Is sensitive to individual and cultural differences.</p>
<p>3.1. Cognitive Tasks – Literacy</p>	<p>Student understands and responds to written communications accurately, appropriately, and in a timely manner.</p> <p>Student comprehends written information.</p>	<p>Gathers, organises, decodes, interprets and comprehends information from multiple sources.</p> <p>Paraphrases, summarises and references information in accordance with appropriate academic conventions.</p> <p>Produces accurate, concise and clear documentation.</p>	<p>Produces accurate, concise, and clear exercise physiology documentation.</p> <p>Understands and follows policy and procedure documents.</p> <p>Locates, understands and uses appropriate and relevant information.</p>
<p>3.2. Cognitive Tasks – Numeracy</p>	<p>Student understands, interprets and correctly applies numerical data, measurement and numerical criteria in a range of contexts.</p>	<p>Understands, interprets, and applies numerical concepts and processes appropriately in a timely, accurate and effective manner.</p>	<p>Interprets vital signs during exercise stress tests including oxygen saturation, heart rate, and blood pressure.</p> <p>Administers accurate exercise dosages with consideration of intensity, duration, and recovery.</p>

<p>3.3. Cognitive Tasks – Knowledge and Information</p>	<p>Student locates, gathers, comprehends, processes and organises relevant knowledge and information from various sources.</p> <p>Student demonstrates knowledge of, and confidence in, the use of a range of information and communication technologies.</p>	<p>Conceptualises and uses appropriate knowledge in response to academic assessment items.</p> <p>Integrates theory and knowledge from various sources.</p> <p>Participates effectively in tutorials, lectures, and presentations.</p> <p>Accurately recalls information without reference.</p>	<p>Applies knowledge of policy and procedures in the clinical setting.</p> <p>Assists with the use of applications for therapy in the clinical environment.</p> <p>Accurately recalls information without reference.</p>
<p>4.1. Sensory Tasks – Visual</p>	<p>Student uses visually based strategies to communicate effectively.</p> <p>Student accurately and effectively observes and monitors their physical surrounds to provide safe and effective Exercise Physiology services.</p>	<p>Understands learning materials delivered in a visual format.</p> <p>Actively participates in group work.</p> <p>Understands and responds appropriately when presented with comments or feedback.</p> <p>Develops and delivers presentations.</p>	<p>Observes, during assessment and treatment, subtle changes in posture, movement and the ability to perform functional activities.</p> <p>Observes changes in client appearance (e.g., sudomotor or vasomotor changes, skin colour, or loss of facial expression) that might indicate adverse symptoms.</p> <p>Safely operates pieces of equipment.</p> <p>Negotiates unfamiliar settings safely and effectively.</p>
<p>4.2. Sensory Tasks – Auditory</p>	<p>Student accurately responds to and comprehends auditory information.</p>	<p>Understands learning materials delivered in an aural format.</p> <p>Actively participates in group work.</p>	<p>Detects care requests by activation of alarms, call bells, or calls for help.</p> <p>Accurately interprets tone, pitch and volume to distinguish speech from background noise, alarms and monitors.</p>

		<p>Understands and responds appropriately when presented with verbal comments or feedback.</p>	<p>Accurately undertakes blood pressure measurements by auscultation.</p>
<p>4.3. Sensory Tasks – Tactile</p>	<p>Student accurately gathers and interprets information provided through touch.</p>	<p>Effectively participates in peer practice, involving physical assessments of students of different gender, sexuality, age, and diverse linguistic, cultural, religious, socio-economic and educational backgrounds.</p>	<p>Monitors, physically assesses and detects a client’s physical characteristics and appropriately responds to any abnormalities detected.</p> <p>Accurately detects changes in circulation (e.g., temperature, pulse).</p> <p>Conducts assessments of patients of different gender, sexuality, age, and diverse linguistic, cultural, religious, socio-economic and educational backgrounds.</p>
<p>5.1. Physical Tasks – Gross Motor</p>	<p>Student safely uses gross motor skills to undertake required learning, assessment and professional tasks.</p>	<p>Effectively participates in peer practice that involves gross motor skills in the clinical exercise environment, including physical assessments and exercise training.</p>	<p>Perform assessment techniques (e.g., evaluation of upper limb, lower limb and spinal sensation and joint movement).</p> <p>Palpate joints, muscles and soft tissues and detect anatomical or movement abnormalities.</p> <p>Maintains own and client’s balance, whilst providing client support, when mobilising and transferring individuals in a safe manner.</p> <p>Safely adapts the position of self and clients of varying physical capacity when positioning on plinths, hospital beds, the floor, on chairs, and when standing.</p>

			<p>Attends clinical placements of varying lengths and in a range of physical settings (hospitals, urban, and rural).</p> <p>Moves effectively and safely in environments where there may be multiple pieces of equipment and people (e.g., exercise clinic spaces) and confined spaces (consult rooms or ancillary spaces) or defined distances (e.g., between wards or buildings).</p> <p>Sits, stands, and walks for extended periods (e.g., 2-4 hours) while frequently being required to use both upper limbs to perform a task.</p> <p>Provides physical assistance to people of all genders, age and ethnicity.</p>
<p>5.2. Physical Tasks – Fine Motor</p>	<p>Student safely uses fine motor skills to undertake required learning, assessment and professional tasks.</p>	<p>Effectively participates in peer practice that involves fine motor skills in the clinical exercise environment, including activities involving grasping, pressing, pushing, turning, squeezing, and to manipulate objects or individuals.</p>	<p>Performs a thorough physical assessment using hands, fingers and the manipulation of pieces of equipment.</p> <p>Grasps, presses, pushes, turns, squeezes and manipulates instruments and other objects.</p> <p>Effectively performs blood pressure assessment using a handheld, manual sphygmomanometer.</p> <p>Palpates anatomical landmarks for tests such as the placement of ECG electrodes.</p>



<p>6.0. Sustainable Performance</p>	<p>Student maintains physical and mental performance at a consistent and sustained level over time.</p>	<p>Participates in tutorials, lectures, and practical skills sessions throughout the day.</p> <p>Undertakes assessments and examinations required to assess necessary skills and knowledge.</p> <p>Maintains a sufficient level of concentration to complete an activity.</p>	<p>Attends clinical placements of varying lengths, ranging from half-day weekly placements to full-time (Monday-Friday, 8am to 6pm) block placements of up to 6 weeks in duration.</p> <p>Provides consistent exercise physiology care over a negotiated time frame.</p> <p>Demonstrates a consistent and sustained level of physical and mental energy to complete a specific task in a timely manner and over time.</p> <p>Accurately performs repetitive activities and focuses on an activity until it is completed appropriately.</p> <p>Maintains consistency and quality of performance throughout the designated period of duty.</p> <p>Travels to and attends scheduled clinical placements in urban, rural, community, hospital and other settings.</p>