



**Australian Government**

**Assessment Requirements for HLTAHA005  
Support the delivery and monitoring of  
physiotherapy programs for mobility**

**Release: 2**

## Assessment Requirements for HLTAHA005 Support the delivery and monitoring of physiotherapy programs for mobility

### Modification History

Release	Comments
Release 2	This version was released in <i>HLT Health Training Package release 3.0</i> . Changes to the performance criteria 5.1 and 5.2. Equivalent competency outcome.
Release 1	This version was released in <i>HLT Health Training Package release 2.0</i> and meets the requirements of the 2012 Standards for Training Packages. Minimal changes to the elements and performance criteria. New evidence requirements for assessment including volume and frequency requirements. Minimum work hours added. Removal of pre-requisite.

### Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be evidence that the candidate has:

- worked with 3 clients with specific mobility requirements, 1 in a simulated environment and 2 in the workplace
- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of work
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### Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- the physiological effects and benefits of active functional exercise
- principles of biomechanics, including:
  - mass
  - force
  - speed

- acceleration
- work
- energy
- power
- strength
- momentum
- force arm
- resistance arm
- axis of rotation
- cam
- pulley
- basic musculoskeletal anatomy, including:
  - joint types and function
  - major bones
  - major muscles
  - major joints
- basic anatomy and physiology
- anatomical terminology, including:
  - flexion
  - extension
  - rotation
  - abduction
  - adduction
  - circumduction
  - inversion
  - eversion
  - pronation
  - supination
  - horizontal flexion
  - horizontal extension
- therapeutic exercise principles
- principles of exercise program design, including:
  - FITT formula – frequency, intensity, time, type
  - program phases – preparation, conditioning, recovery, adaptation
  - program types – sets and repetitions, circuit, single set to failure, matrix
- concepts and procedures for stepping down treatment or intervention when client becomes distressed, in pain or wishes to stop
- weight bearing and post fracture implications
- conditions affecting mobility
- risks for decreased mobility

- the psychological effects of disability due to injury or disease and strategies used to cope with this
- the signs of adverse reaction to different programs and treatment
- Australian Physiotherapy Association (APA) guidelines
- legal and ethical considerations relevant to allied health, including:
  - privacy, confidentiality and disclosure
  - duty of care
  - work role boundaries – responsibilities and limitations of own role and other allied health team members and nursing, medical and other personnel
  - work health and safety (WHS):
    - especially how it relates to implementing physiotherapy mobility and movement programs
    - manual handling including identification and control of manual task risk factors
- organisation policy and procedures in relation to:
  - infection control as it relates to the allied health assistant's role in implementing physiotherapy mobility and movement programs
  - other specific organisation policies or procedures, including supervisory and reporting protocols
- factors that facilitate an effective and collaborative working relationship
- record keeping practices and procedures in relation to diagnostic and therapeutic programs/treatments

## Assessment Conditions

All aspects of the performance evidence must have been demonstrated using simulation prior to being demonstrated in a therapeutic workplace under the direction and supervision (direct, indirect, remote) as determined by the physiotherapist and/or occupational therapist.

The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including individualised plans and any relevant equipment outlined in the plan
- modelling of industry operating conditions and contingencies, including provision of services to real people

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>