



**Australian Government**

**Assessment Requirements for HLTAHA015  
Deliver and monitor a hydrotherapy  
program**

**Release: 1**

# Assessment Requirements for HLTAHA015 Deliver and monitor a hydrotherapy program

## Modification History

Release	Comments
Release 1	<p>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.</p> <p>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.</p>

## 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 demonstrated evidence that the candidate has:

- conducted 3 hydrotherapy programs, 1 in a simulated environment and 2 in the workplace
- responded to 2 different aquatic emergencies in a simulated environment
- performed the activities outlined in the performance criteria of this unit during a period of at least 120 hours of work

## 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 musculo-skeletal anatomy, including:
  - joint types and function
  - major bones
  - major muscles
  - major joints
- 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 reps, circuit, single set to failure, matrix
- principles and effects of movement in water as related to hydrotherapy
- 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
- relevant guidelines and reporting requirements, including Australian Physiotherapy Association (APA) Guidelines
- factors that facilitate an effective and collaborative working relationship
- policy and procedures in relation to:
  - infection control as it relates to the allied health assistant's role in assisting with hydrotherapy programs
  - other specific organisation policies or procedures, including supervisory and reporting protocols

- legal and ethical considerations relevant to allied health:
  - duty of care
  - informed consent
  - privacy, confidentiality and disclosure
  - work role boundaries – responsibilities and limitations including other allied health team members and nursing, medical and other personnel
  - work health and safety (WHS):
    - manual handling including identification and control of manual task risk factors

## Assessment Conditions

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

- conducted 1 hydrotherapy program

The following conditions must be met for this unit:

- use of suitable facilities, equipment and resources, including:
  - hydrotherapy venue and equipment
  - emergency procedures
- modelling of industry operating conditions and contingencies, including:
  - provision of services to real people
  - scenarios for evacuation and other emergency situations that might occur

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>