Diploma in Physiotherapy

Course Structure (Core Modules)

YEAR 1 - SEMESTERS 1 & 2

HS1096	Introduction to Psychology
HS1097	Introduction to Sociology
HS1105	Human Anatomy 1A
HS1106	Human Anatomy 1B
HS1107	Human Physiology 1A
HS1108	Human Physiology 1B
HS1116	Foundations in Physiotherapy 1A
HS1117	Foundations in Physiotherapy I B
HS1118	Clinical Education 1
HS1119	Human Biomechanics

YEAR 2 - SEMESTERS 1 & 2

HS2134	Research Methods
HS2135	Statistics
HS2144	Neurophysiology
HS2157	Cardiopulmonary Physiotherapy 1A
HS2158	Cardiopulmonary Physiotherapy 1B
HS2159	Neuroscience Physiotherapy 1A
HS2160	Neuroscience Physiotherapy 1B
HS2161	Musculoskeletal Physiotherapy 1A
HS2162	Musculoskeletal Physiotherapy 1B
HS2163	Communication & Medical Sociology
HS2164	Developmental Psychology & Neuropsychology
HS2165	Clinical Education 2
HS2166	Exercise Prescription 1
HS9865	National Education

YEAR 3 - SEMESTERS 1 & 2

HS3147	Exercise Physiology
HS3148	Health & Social Psychology
HS3149	Cardiopulmonary Physiotherapy 2
HS3150	Paediatrics Physiotherapy
HS3151	Musculoskeletal Physiotherapy 2
HS3152	Physiotherapy Project
HS3153	Clinical Education 3
HS3154	Neuroscience Physiotherapy 2
HS3155	Physiotherapy in Gerontology
HS3156	Areas of Specialisation in Physiotherapy
HS3157	Exercise Prescription 2

Synopsis of Modules

YEAR 1 SEMESTERS 1 & 2

HS 1096 INTRODUCTION TO PSYCHOLOGY (30 HRS)
This module provides an overview of lifespan development. It aims to enhance learners' occupational and functional functions. In general, upon completion, the learners will be able to see the relevance of psychology to healthcare practice; discuss and understand basic concepts of human development and examine the impact of the individual on current social, developmental and moral issues.

HS 1097 INTRODUCTION TO SOCIOLOGY (30 HRS)
This module provides an introduction to the sociological concepts and perspectives used to understand and analyse the broad socio-cultural context of society.

HS 1105 HUMAN ANATOMY 1A (90 HRS)
This module provides a general coverage of the human structure and function with particular emphasis on aspects of special relevance to the professions of physiotherapy and occupational therapy. It covers the structure and function of tissues, musculoskeletal development, introductory biomechanics of the human body and the anatomy of the upper limb.

HS 1106 HUMAN ANATOMY 1B (75 HRS)
The aim of this module is to provide coverage of human anatomy of the head, neck, trunk and lower limb with particular emphasis on aspects of special relevance to the professions of physiotherapy and occupational therapy.

HS 1107 HUMAN PHYSIOLOGY 1A (105 HRS)
This module provides students with an understanding of normal human cell and organ structure and function with particular emphasis on aspects of special relevance to Physiotherapy and Occupational Therapy. It covers mechanisms that integrate and control body functions.

HS 1108 HUMAN PHYSIOLOGY 1B (75 HRS)
This module provides students with an understanding of neurophysiology, neuroanatomy, mechanisms of somatosensory motor pathways, pain mechanisms and muscle physiology. In addition, the module provides an understanding of the abnormal function, pathophysiology, and management of related clinical conditions.

HS 1116 FOUNDATIONS IN PHYSIOTHERAPY 1A (105 HRS)
The aim of this module is to provide the students with an understanding of normal and abnormal motor function of the upper limb and neck. In addition, the module will familiarise the students with Singapore healthcare systems.

HS 1117 FOUNDATIONS IN PHYSIOTHERAPY 1B (150 HRS)
This module consists of 4 units. The first unit, development of normal movement I, provides students with an understanding of the development of normal movement in infancy. The second unit, development of normal movement II, introduces students to aspects of normal human movement and the observation and analysis of abnormal movement. The third unit on assessment of the lower limb and trunk, covers basic assessment of normal and abnormal motor function and exercise prescription for the lower limb and trunk. The last unit covers the physical, physiological and therapeutic bases and principles related to the techniques of application of electrophysical agents currently used in physiotherapy for the treatment of patients with musculoskeletal and neuromuscular disorders.

HS 1118 CLINICAL EDUCATION 1 (80 HRS)
This module aims to orientate students to the Singapore healthcare system in terms of the administration and delivery of the health science services. In addition, it will provide the students with the opportunity to put into practice, knowledge and practical skills gained from the module Foundations in Physiotherapy 1A.

HS 1119 HUMAN BIOMECHANICS (45 HRS)
This module will increase the students' knowledge and skills in biomechanics as it relates to the analysis of normal and abnormal human movement.

YEAR 2 SEMESTERS 1 & 2

HS 2134 RESEARCH METHODS (30 HRS)
This module examines various methodologies for data collection and the processing of information using inferential statistics. It covers qualitative and quantitative approaches as well as an introduction to parametric and nonparametric tests in hypothesis testing.

HS 2135 STATISTICS (30 HRS)
This module introduces learners to the basic concepts and principles associated with statistical analysis. It aims to equip learners with the skills to analyze and interpret their findings. The module covers various aspects of probability, descriptive and inferential data analysis.

HS 2144 NEUROPHYSIOLOGY (60 HRS)
This module expands students' knowledge and understanding of the human structure and function as it relates to neuroanatomy and neurophysiology. Specific emphasis is placed on the role of the nervous system in sensory motor systems, postural control, pain modulation and higher cortical function. Pathophysiology of common neurological conditions and principles of management are also covered.

HS 2157 CARDIOPULMONARY PHYSIOTHERAPY 1A (60 HRS)
This module aims to introduce students to the physiotherapeutic assessment, management and prevention of problems affecting the cardiovascular and pulmonary systems. They will learn how to provide preventive education, implement physiotherapy treatment including education on prevention and evaluate its effectiveness for the patients.

HS 2158 CARDIOPULMONARY PHYSIOTHERAPY 1B (30 HRS)
This module aims to develop knowledge and skills of students in physiotherapeutic assessment, management and prevention of problems affecting the cardiovascular and pulmonary systems in the neonate, infant and child. They will also learn to evaluate the effectiveness of the physiotherapy programme for the paediatric patient.

HS 2159 NEUROSCIENCE PHYSIOTHERAPY 1A (45 HRS)
This module introduces students to clinical signs and symptoms of common neurological conditions, the physiological adjustment and dyscontrol characteristics that may occur after brain damage, and motor training techniques based on an understanding of the acquisition of skill and the biomechanics of specific motor tasks. They also learn fundamental rehabilitation skills including assessment, analysis and implementation of techniques to manage neurological conditions.

HS 2160 NEUROSCIENCE PHYSIOTHERAPY 1B (45 HRS)
This module continues the study of physiotherapy neurosciences IA. Students study in more depth the analysis and training of upper limb function. The mechanism of common chronic degenerative diseases and exploration of other physiotherapeutic approaches in neurology such as the Neurodevelopmental Theory and Techniques and Clinical Kinesiology will be studied.

HS 2161 MUSCULOSKELETAL PHYSIOTHERAPY 1A (150 HRS)
This module will enable the students to gain knowledge and skills to effectively assess and manage patients with selected problems of the peripheral musculoskeletal system including fractures and soft tissue injuries to the lower limbs. They will also gain an understanding of the physical, physiological and therapeutic bases and principles related to the techniques of application currently used in physiotherapy.

HS 2162 MUSCULOSKELETAL PHYSIOTHERAPY 1B (45 HRS)
This module aims to provide students with the knowledge and skills necessary to effectively assess and manage patients with commonly occurred problems of the upper limb musculoskeletal system.

HS 2163 COMMUNICATION & MEDICAL SOCIOLOGY (30 HRS)
This module comprises two sections. The section on Communications aims to highlight the relevance of communication to healthcare practice, and equip students with communication skills necessary for work and personal life. The section on Health, Medicine and Society aims to provide the students with an understanding of the relationship between health, illness and society.

HS 2164 DEVELOPMENTAL PSYCHOLOGY & NEUROPSYCHOLOGY(30 HRS)
This module consists of two units. The unit on Developmental Psychology aims to provide the students with a comprehensive understanding and scientific foundation of human development over the lifespan. The unit on Neuropsychology aims to provide an appreciation of the cognitive and behavioral deficits produced in humans due to insults to the brain, and generate an understanding of the assessment and management issues and the role of neuropsychology in the multidisciplinary approach in the clinical setting.

HS 2165 CLINICAL EDUCATION 2 (520 HRS)
Each respective placement will enable students to put into practice knowledge and skills gained from various academic modules, providing them with a perspective for foundation in both in and out-patient physiotherapy practice.

HS 2166 EXERCISE PRESCRIPTION 1 (45 HRS)
This module introduces the students to a theoretical framework for exercise prescription for sports and wellness for the general population. Athlete screening and technique for postural assessment and design of exercise programmes will be included.
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YEAR 3 SEMESTERS 1 & 2

HS 3147 EXERCISE PHYSIOLOGY (45 HRS)
This module covers theoretical issues and practical applications related to exercise capacity, oxygen consumption, the human body's response to aerobic and anaerobic exercise, adaptations to chronic exercise, and thermoregulation.

HS 3148 HEALTH AND SOCIAL PSYCHOLOGY (45 HRS)
This module comprises two units. The unit on Health Psychology aims to educate students on behavioural science issues specific to social psychology relative to work place chronic conditions. The unit on Social Psychology aims to help students develop an understanding of behaviours such as pain, stress and disability which affect health, illness and recovery.

HS 3149 CARDIOPULMONARY PHYSIOTHERAPY 2 (45 HRS)
This module aims to teach students physiotherapeutic assessment, management and prevention of problems affecting the cardiovascular and pulmonary systems in the critically ill adult. They will also learn to evaluate the effectiveness of the physiotherapy programme for the critically ill patient.

HS 3150 PAEDIATRIC PHYSIOTHERAPY (45 HRS)
This module aims to provide students with knowledge and skills to manage infants and young children with motor dysfunctions with particular emphasis on musculoskeletal and neurological conditions.

HS 3151 MUSCULOSKELETAL PHYSIOTHERAPY 2 (60 HRS)
This module aims to equip students with the knowledge and skills necessary to effectively assess and manage patients with musculoskeletal spinal disorders and the temporomandibular joint.

HS 3152 PHYSIOTHERAPY PROJECT (75 HRS)
The aim of this module is to provide students with the opportunity to scientifically carry out a Physiotherapy Project to investigate a specific issue of physiotherapy theory, practice or equipment that will have benefits towards quality of patient care.

HS 3153 CLINICAL EDUCATION 3 (600 HRS)
This module builds on the experience of Clinical Education 2 and provides further clinical experience for the assessment and treatment of patients who have more complex conditions in the areas of musculo-skeletal, cardiopulmonary and neuroscience physiotherapy.

HS 3154 NEUROSCIENCE PHYSIOTHERAPY 2 (45 HRS)
This module continues the study of physiotherapy in neurosciences. Students will study the management of adults with spinal cord injuries and acquire knowledge of the recent developments in neuroscience physiotherapy.

HS 3155 PHYSIOTHERAPY IN GERONTOLOGY (45 HRS)
The aim of this module is to prepare students to understand and manage age related changes. They will acquire the ability to analyse and plan physiotherapy intervention for community-dwelling older persons, at risk older persons and those with chronic conditions, in specific geriatric neurological, orthopaedic, cardiopulmonary and psychological areas.

HS 3156 AREAS OF SPECIALISATION IN PHYSIOTHERAPY (60 HRS)
This module will enable students to acquire the ability to analyse and plan physiotherapy intervention for specific conditions in areas such as amputation, burns, women's health, oncology and chronic pain

HS 3157 EXERCISE PRESCRIPTION 2 (90 HRS)
This module has 2 units. Unit 1, focuses on health promotion for general population and workplace health assessment and intervention, inclusive of ergonomics, occupational health and functional capacity evaluation. Unit 2 focuses on physiotherapeutic assessment, management and prevention of problems affecting the musculoskeletal, cardiovascular and pulmonary systems of children and adults. Pre-habilitation and long term exercise rehabilitation will be emphasized.