



AUT

Master of Physiotherapy Practice

PROGRAMME OVERVIEW

Interested in a career in physiotherapy and already have an undergraduate degree?

The Master of Physiotherapy Practice (MPhyPrac) is ideal if you're ready for a change in career and want to fast-track your physiotherapy career. Once you've successfully completed this programme, you can apply for registration with the Physiotherapy Board of New Zealand.

This document provides you with a more detailed overview of the programme, including some frequently asked questions to help you decide if this programme is for you.

WHAT ARE THE MINIMUM ENTRY REQUIREMENTS?

To apply for the programme you:

- Must have completed a relevant bachelor's degree with a B+ grade average (GPA 6) or higher in courses at level 7 or equivalent (relevant degrees may include one of the health sciences or exercise science or exercise physiology, human anatomy or human physiology, kinesiology, medical or biomedical sciences)
- Must be capable of meeting the Health Practitioners Competence Assurance Act (HPCA Act) requirements and Children's Act 2014, including police clearance*
- Must have current immunisations as per the School of Clinical Sciences requirements schedule*
- Must be able to travel to clinical placements
- Understand that ranking of applicants will occur. Preference will be given to applicants with the highest level of academic achievement and/or evidence of accomplishments in the relevant field
- May be required to attend a selection interview
- Understand that admission is subject to the approval of the programme leader

*We'll send you more details about these compliance requirements when you receive an Offer of Place for this programme. Many of these requirements can take several months to complete.

ENGLISH LANGUAGE REQUIREMENTS

- IELTS (Academic) 7.0 overall with all bands 6.5 or higher
- Applicants with English as a second or other language who have not completed at least three years of secondary schooling in New Zealand will be required to meet IELTS requirements (see above).

QUICK FACTS

Duration:
2 years full-time

Campus:
AUT North Campus

Starts:
January

Apply by:
October (previous year).
Early applications are encouraged.

Skills you'll develop

The Master of Physiotherapy Practice at AUT equips you with the knowledge and skills to apply contemporary physiotherapy theory and concepts to clinical practice, pursue personal and professional goals and undertake further postgraduate study.

As a graduate you will be able to:

1. Formulate, justify, implement and critique evidence-informed **physiotherapy practice**, embedding Te Tiriti o Waitangi, promoting client self-management and demonstrating person-centred care. Demonstrate the ability to apply knowledge and problem-solving abilities in new or unfamiliar environments.
2. Demonstrate integrity and reflect upon ethical, **professional** and legal standards and obligations in Aotearoa New Zealand, forming professional and therapeutic relationships.
3. Demonstrate and facilitate effective and respectful **communication** with clients, whānau and professionals to share information, gain consent, promote hauora and manage relationships.
4. Engage in various forms of **reflection** to identify life-long learning needs and opportunities for quality improvement and innovation.
5. Work in **partnership** with clients, whānau and other professionals to advocate for and achieve client-identified goals through inclusive and collaborative approaches to contribute to knowledge and professional practice.
6. Seek opportunities to **educate**, inform, and support self and others, pursuing knowledge and skills relevant to physiotherapy practice and health.
7. Manage workload and resources to enable safe, effective and efficient physiotherapy practice as an **autonomous practitioner**, a member or leader of a team.
8. Engage in **research activities** applicable to the field of work or learning.



Programme structure

Based at the AUT North Campus, the Master of Physiotherapy Practice runs over two extended academic years, from January to December in each of the two years. There are 73 weeks of teaching and clinical placements throughout the programme, with holidays interspersed throughout.*

The programme has been designed to maximise your learning, and develop your reasoning and clinical skills.

*This programme does not follow AUT's standard university holidays or semester dates.

COURSES YOU COMPLETE

Year 1

Semester 1 (January – July)				
HEAL863 Concepts of Altered Health	HEAL864 Contexts of Health Practice	PHTY802 Musculoskeletal Physiotherapy I	PHTY803 Neurological Physiotherapy I	Assessments
		Clinical Placement	Clinical Placement	
Semester 2 (July – December)				
HEAL865 Health Research Design Planning	PHTY804 Cardiovascular and Respiratory Physiotherapy I	PHTY805 Musculoskeletal Physiotherapy II	PHTY806 Neurological Physiotherapy II	Assessments
	Clinical Placement	Clinical Placement	Clinical Placement	

Year 2

Semester 1 (January – July)			
PHTY807 Cardiovascular and Respiratory Physiotherapy II	PHTY808 Physiotherapy in Primary Care	Assessments	
Clinical Placement	Clinical Placement		
Semester 2 (July – December)			
PHTY810 Contemporary Physiotherapy Practice	NURS844 Practical Leadership in Health Professional Practice	PHTY809 Physiotherapy Across the Care Continuum	Assessments
		Clinical Placement	

HEAL986
Research in Practice
OR
HEAL996
Research Project

Our teaching approach

You'll be taught by an experienced teaching team with expertise in the topics covered in your courses. Using a **Guided Discovery Learning** approach, we build on your existing knowledge and experiences (professional, social and cultural). This means that you're actively involved and in charge of your learning.

1. In the initial tutorial at the start of the week you'll often be provided a case study and work in groups to identify your learning needs to complete the learning tasks for that week.
2. You'll then have independent self-directed time to focus on those identified learning needs. You may work independently or in a group. Your learning may be supported by pre-recorded videos, readings or virtual learning.
3. At the end of the week, your groups meet again to share and apply your learning in tutorials. There is also an opportunity to practise relevant skills in workshops.

This is an example of a teaching week early in the programme.

Monday	Tuesday	Wednesday	Thursday	Friday
	Clinical Placement 1 day per week over 5 weeks	Clinical Placement 1 day per week over 5 weeks		
Course 1 Initial tutorial			Course 1 Follow up	Course 2 Follow up
Course 2 Initial tutorial			Course 1 Workshop	Course 2 Workshop



SKILLS WORKSHOPS

These workshops allow you to develop and practise the therapeutic skills and techniques you'll need as a physiotherapist. These include simulated learning experiences and activities like assessing joints, listening to breath sounds and working with volunteer patients, under the supervision of qualified and experienced staff. This will also involve you acting as a model patient.



CLINICAL PLACEMENTS

Alongside in-class learning, you'll apply your knowledge during approximately 1,000 hours of clinical practice experiences (including simulated practice learning and practice placements). These begin in the first semester and are Auckland-based. Over five weeks, you'll start with one-day observational clinical placements which are embedded within your courses. You then progress to two four-week block placements in Semester 2. You start your second year with two five-week block placements and finish it with one six-week block placement. These are all linked to specific courses. The block placements are full-time, and you'll be expected to work alongside your clinical supervisor. The block placements could also be outside of Auckland.

Frequently asked questions

WHAT PREVIOUS DEGREES ARE CONSIDERED 'RELEVANT' WHEN APPLYING TO THIS PROGRAMME?

Because the programme covers a lot of knowledge in less time than an undergraduate degree, you'll need to integrate your learning and skills from your previous studies to succeed. Examples of previous degrees with useful foundational knowledge include those that have courses that provide prerequisite understanding of human anatomy and physiology, including human biological science, kinesiology, human anatomy, human physiology, sport and exercise science, sports rehabilitation, and sports and exercise therapy.

HOW MUCH TIME DO I NEED FOR MY STUDIES?

You should expect the university-based weeks to be full-time (40 hours a week), with teaching and self-directed study.

IS THE PROGRAMME TAUGHT IN A SIMILAR WAY TO MY PREVIOUS DEGREE?

It is likely to be taught differently – there are few lectures where academic staff cover the material and provide all the resources for learning. You play a more active role in generating your knowledge, but your lecturers will support you to ensure that you learn what is required. This will set you up to be an independent, self-sufficient and lifelong learner, ready for your professional life.

HOW WILL I BE ASSESSED?

In all courses you can test your understanding of the subject and receive feedback to help you learn before you complete any formal assessment that counts towards your grade. At the end of each semester, you then complete your formal assessments – which could be written, portfolios, verbal presentations, or practical assessments. The marks from these and from the assessment from your clinical placement count towards your final grade.

WHAT IF I FAIL A COURSE?

To progress to the next semester, you need to pass your courses in the current semester. However, if you fail a portion (one learning outcome) of the course you may have an additional assessment opportunity* at the end of each semester, after the exam period. If you fail a course, you'll need to wait until the next year to re-enrol in it.

*This doesn't apply to the learning outcome related to the clinical placement – you'll need to re-enrol in the course and redo the placement.

WILL I BE ABLE TO WORK PART-TIME WHILE I STUDY?

This is an intensive programme that covers a lot of material in two years. While your timetables may show some breaks and days without classes, you'll need to do a large amount of independent and group study for this programme, so will most likely need this time to study.

DO I NEED TO FIND MY OWN CLINICAL PLACEMENTS?

The AUT clinical team sources and allocates all placements to make sure that you'll gain experience in various settings. This may include community-based settings, acute and rehabilitation settings and could be through a number of clinical providers.

DO I HAVE TO ORGANISE MY OWN ACCOMMODATION AND TRAVEL WHEN ON PLACEMENT?

Yes. Commuting is a normal process for clinical placements for most of our students. You need to pay these costs before you start your placement.

HOW CAN I IMPROVE MY CHANCES OF SUCCESS IN THE PROGRAMME?

Understanding of anatomy and physiology

Understanding these concepts will provide you with a good foundation for your studies:

- General gross anatomy of the human body, including surface and regional anatomy
- Common anatomical terminology (superior/inferior, medial/lateral etc)
- Structure and function of different tissue types and their healing capacity
- Process of homeostasis
- Process of inflammation, infection and healing
- Insertion and origin of muscles, and the roles they play in movement
- Energy systems used by muscles
- Structure and roles of fascia, tendons, articular discs etc
- Structure and roles of bones and joints
- Organisation of the nervous system
- Process of generation and propagation of nerve conduction
- Roles and associated areas of the nervous system
- Organisation of the cardiovascular system
- Structure and roles of the cardiovascular system
- Structure and roles of the respiratory system

Knowledge of research methods and evidence-based practice

This includes being familiar with:

- Quantitative analysis: research rigour for sampling methods, types of data, descriptive data, common statistical tests and their reliability
- Qualitative data: various methods of sampling, data collection and data analysis
- Evidence-based practice: developing a research question from a clinical question, searching for the evidence, appraising and synthesising the evidence before applying it in practice

Understanding of Te Tiriti o Waitangi

In 1840, Te Tiriti o Waitangi (the Treaty of Waitangi) was signed between Britain and the indigenous Māori chiefs of Aotearoa New Zealand. It's considered the country's founding document and getting familiar with it will be useful for your future as a healthcare professional in New Zealand.

Useful links

- [AUT's commitment to Te Tiriti o Waitangi](#)
- [New Zealand values and customs: info for international students](#)

WHAT SUPPORT IS AVAILABLE WHILE I STUDY?

AUT has a range of services to support you throughout your studies – including study, wellbeing and employability support, clubs and activities on campus, services for various student communities, and dedicated support for international students to help you settle into life in New Zealand.

- [AUT Student Hub](#)
- [Postgraduate student support](#)
- [Library](#)
- [International student support](#)
- [Health and wellbeing](#)
- [Employability support](#)
- [Childcare and parenting support](#)
- [More support services](#)
- [Scholarships*](#)
- [Student life at AUT](#)

*You may be eligible to apply for AUT Postgraduate Research Scholarships



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