



Production and Distribution of Training DVDs

Human Movement

An Introduction

Understanding the basic concepts of human movement is essential for people who work in the health, aged and community care sectors. This knowledge will help them in their work with clients, colleagues and other health professionals.

The language used is clear and easy to understand and the DVD uses live action and animation to demonstrate and explain the skeletal and muscular systems, biomechanics and a range of human movements.

This DVD will assist workers to safely support older clients who require assistance with basic physical movements.



The DVD *Human Movement - An Introduction* supports:

- the delivery of the human movement component of a number of units in qualifications at Certificate III and IV level in the HLT07 Health Training Package
- the delivery of musculo-skeletal anatomy and biomechanics in the manual handling component of a number of qualifications at Certificate III level in the CHC08 Community Services Training Package.

The accompanying Trainer's Guide on CD includes:

- information on how to use the DVD
- language, literacy and numeracy (LLN) tips
- mapping of the DVD to relevant Training Package Units
- the script for the DVD *Human Movement - An Introduction*.

The DVD *Human Movement - An Introduction* complements the DVD [*Healthy Bodies: An introduction to the human body systems*](#).

Project developed by [Fran Haarsma Productions](#) and [Mayfield Education](#).

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Price

AUD\$135.00

Duration

25 mins

Topics covered

Introduction

Basic Skeletal System

Joints

Basic Muscular System

Planes of Movement

Name That Move

Principles of Biomechanics

Other Words.

Resource Material for

Community Services Training Package (CH08)

A number of the chapters* in the DVD *Human Movement - An Introduction* support the delivery of biomechanics and musculo-skeletal anatomy in the manual handling component in the following qualifications:

- CHC30208 Certificate III in Age Care
- CHC30308 Certificate III in Home and Community Care
- CHC30408 Certificate III in Disability.

The DVD can be used as support material for the following units:

- CHCOHS312A Follow safety procedures for direct care
- HLTAP301A Recognise healthy body systems in a health care context.

*The relevant DVD chapters are:

Introduction

Basic Skeletal System

Basic Muscular System

Principles of Biomechanics.

Health Training Packages (HLT07)

The DVD *Human Movement - An Introduction* supports the delivery of the human movement component in the following qualifications:

- HLT42507 Cert III in Allied Health Assistance
- HLT32407 Cert IV in Allied Health Assistance
- HLT43407 Certificate IV in Nursing (Enrolled/Division 2 Nursing)

- HLT51607 Diploma of Nursing (Enrolled/Division 2 Nursing)
- HLT32507 Certificate III Health Service Assistance.

The DVD can be used as support material for the following units:

- HLTCSD305B Assist with client movement
- HLTAP301A Recognise healthy body systems in a health care context
- HLTAH403A Deliver and monitor exercise program for mobility
- HLT401A Deliver and monitor a client-specific exercise program
- HLTEN405A Implement basic nursing care
- HLTEN515A Implement & monitor care for older clients (for revision).

Underpinning Knowledge – Other units in Health Training Packages (HLT07)

The DVD *Human Movement - An Introduction* can also be used to deliver the underpinning knowledge of the principles of biomechanics, anatomical terminology in relation to human movement, musculo-skeletal anatomy and physiology in a number of units in the Health Training Packages (HLT07) including:

- HLTF402B Apply advanced first aid
- HLTREM409B Perform massage health assessment.

Physiotherapy Skills Set

The DVD *Human Movement - An Introduction* supports three of the units in the Allied Health Assistance Physiotherapy Skills Set:

- HLT401A Deliver and monitor a client-specific exercise program
- HLTAH402A Assist with physiotherapy treatments and interventions
- HLTAH403A Deliver and Monitor exercise program for mobility.

Underpinning Knowledge - Sport, Fitness and Recreation Training Package (SIS10)

The DVD *Human Movement - An Introduction* can be used to deliver the underpinning knowledge of basic biomechanics, anatomical terminology in relation to human movement, musculo-skeletal anatomy and physiology in a number of qualifications in the Sport, Fitness and Recreation Training Package (SIS10) including:

- SIS30310 Certificate III in Fitness
- SISFFIT305A Apply anatomy and physiology principles in a fitness context
- SISFFIT314 Plan and deliver exercise to older clients with managed conditions
- SIS40210 Certificate IV in Fitness
- SISFFIT314A Plan and deliver exercise to older clients with managed conditions.

More information

For more information on any of our DVDs please contact us

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