

APC Written Assessment Preparation Blueprint

A structured roadmap for preparing with topic-wise, subject-wise and full-length mock tests.

CLINICAL AREAS Musculoskeletal • Neurology • Cardiorespiratory	PROFESSIONAL PRACTICE Ethics • EBP • Risk • Scope • Quality
LIFESPAN & SETTINGS Paediatrics • Adults • Older adults • Acute • Rehab • Community • Private • Rural	CLINICAL REASONING Assess • Decide • Act • Review

How to use this blueprint: Build knowledge first, then practise applying it through clinical cases. Use topic-wise mocks to identify gaps, subject-wise mocks to consolidate each major area, and full-length mocks to practise exam stamina, timing and integrated clinical reasoning.

Prepared for MyExamPrep • Based on the APC Written Assessment framework and Australian physiotherapy practice expectations.

1. The MyExamPrep APC Framework

The goal is not simply to memorise physiotherapy facts. MyExamPrep should help candidates develop the ability to recognise a presentation, identify priorities, make safe decisions, select appropriate management and apply professional judgement.

01	Clinical Knowledge	MSK • Neurology • Cardiorespiratory
02	Lifespan	Paediatrics • Adults • Older adults • Gender health
03	Clinical Settings	Acute • Community • Rehabilitation • Private • Rural/remote
04	Professional Practice	Ethics • Scope • EBP • Risk • Quality • Communication
05	Clinical Reasoning	Assessment → Decision → Action → Review
06	Exam Simulation	Topic-wise → Subject-wise → 10 Full-Length Mocks

2. Core Clinical Areas

MUSCULOSKELETAL

- Spine and red flags
- Shoulder, elbow, wrist/hand
- Hip, knee, ankle/foot
- Sports injuries and trauma
- Tendinopathy and load management
- OA and inflammatory conditions
- Fractures and post-operative rehabilitation
- Peripheral nerve presentations

NEUROLOGY

- Stroke and acquired brain injury
- Parkinson's disease and multiple sclerosis
- Spinal cord injury
- Cerebral palsy and paediatric neurology
- Peripheral neuropathy and neuromuscular conditions
- Balance, gait and falls
- Neurorehabilitation and functional independence
- Cognition and dementia

CARDIORESPIRATORY

- COPD, asthma and pneumonia
- Bronchiectasis and cystic fibrosis
- Heart failure and ischaemic heart disease
- MI and cardiac rehabilitation
- Post-operative respiratory care
- Acute respiratory deterioration
- Exercise prescription and monitoring
- Early mobilisation and secretion management

3. Professional Practice

Ethics & Communication	Consent, capacity, confidentiality, privacy, professional boundaries, communication and ethical decision-making.
Scope & Safety	Scope of practice, escalation, referral, risk management, infection control, falls, manual handling and patient safety.
Evidence-Based Practice	Research interpretation, validity, reliability, sensitivity/specificity, clinical significance and applying evidence.
Quality & Governance	Quality improvement, audit, incident reporting, clinical governance and risk identification.
Prioritisation & Teamwork	Triage, prioritisation, delegation, handover, workload management and multidisciplinary communication.

4. Lifespan & Clinical Settings

Lifespan	Key Focus
Paediatrics	Development, milestones, CP, paediatric respiratory/MSK, family-centred care
Adults	Core MSK, neuro and cardiorespiratory assessment and management
Older adults	Falls, frailty, dementia, osteoporosis, balance, function and community rehabilitation
Gender health	Pregnancy/postpartum, pelvic health concepts and gender-sensitive care

Setting	Examples of case context
Acute	Post-operative care, medical/surgical wards, acute deterioration, early mobilisation
Rehabilitation	Stroke, neurological rehabilitation, functional goals, return to independence
Community	Falls, chronic disease, home-based rehabilitation, self-management
Private Practice	MSK presentations, screening, differential diagnosis, treatment and review
Rural/Remote	Limited resources, referral pathways, telehealth, escalation and access barriers

5. Clinical Reasoning & Question Styles

Every MyExamPrep question should test more than recall. Questions should require the candidate to interpret the case, identify priorities and choose the safest and most appropriate action for the patient.

Diagnosis	What is the most likely diagnosis?
Differential Diagnosis	Which alternative diagnosis should be considered?
Red Flags	Which finding requires urgent referral or escalation?
Assessment	What should the physiotherapist assess next?
Investigation	Which investigation or result is most appropriate?
Immediate Management	What should the physiotherapist do first?
Intervention	Which intervention is most appropriate?
Progression	What should be progressed next?
Outcome Measures	Which outcome measure is most appropriate?
Patient Education	What is the most appropriate advice?
Professional Practice	What is the most appropriate ethical or professional response?
Prioritisation	Which patient or clinical issue should be prioritised?

6. MyExamPrep Mock-Test Structure

The MyExamPrep question bank should be organised at three levels so students can move from targeted learning to complete exam simulation.

LEVEL	PURPOSE	FORMAT
TOPIC-WISE MOCK TESTS	Target one specific clinical topic and identify precise knowledge gaps.	Focused questions within individual topics such as shoulder, stroke, COPD, ethics, etc.
SUBJECT-WISE MOCK TESTS	Consolidate an entire major subject before moving to mixed practice.	MSK • Neurology • Cardiorespiratory • Professional Practice
10 FULL-LENGTH MOCK TESTS	Replicate the pressure of a complete APC-style examination and test integrated reasoning.	30 clinical cases / 120 questions per full-length simulation, split across two papers.

7. Recommended Topic-Wise Mock Categories

MSK

Shoulder • Elbow • Wrist/Hand • Hip • Knee • Ankle/Foot • Spine • Sports injuries • Tendinopathy • OA • Inflammatory conditions • Trauma • Peripheral nerve • Red flags

Neurology

Stroke • Parkinson's • MS • SCI • ABI • CP • Peripheral neuropathy • Cerebellar disorders • Dementia • Neurorehabilitation • Gait • Balance • Falls

Cardiorespiratory

COPD • Asthma • Pneumonia • Bronchiectasis • CF • Heart failure • MI • Cardiac rehabilitation • Post-operative care • Acute respiratory management

Professional Practice

Ethics • Consent • Confidentiality • Scope • Risk management • Documentation • EBP • Research interpretation • Quality improvement • Communication • Prioritisation

Lifespan & Settings

Paediatrics • Older adults • Gender health • Acute • Community • Rehabilitation • Private practice • Rural/remote practice

8. The MyExamPrep Preparation Journey

STEP 1	Learn	Build core knowledge using structured notes and high-yield resources.
STEP 2	Practise	Use topic-wise mock tests to strengthen individual areas.
STEP 3	Consolidate	Use subject-wise mock tests to combine knowledge across each major subject.
STEP 4	Reason	Review case-based questions and understand why each option is right or wrong.
STEP 5	Simulate	Complete 10 full-length mocks under timed exam conditions.
STEP 6	Analyse	Use performance tracking to identify weak subjects, topics and question types.

MYEXAMPREP PRINCIPLE

Prepare for the way the APC expects you to think — not just what it expects you to remember.

Knowledge → Clinical Reasoning → Australian Practice → Exam Simulation

This blueprint is designed as a preparation framework and should be used alongside the Australian Physiotherapy Council's official assessment information and candidate resources.