EXERSCI 710
Exercise Rehabilitation
(15 points)
(Semester 2, Newmarket Campus)

Who should take this course?
This course is an integral part of the Postgraduate Diploma of Science in Clinical Exercise Physiology, however, is relevant to those interested in exercise and physical activity as interventions for people living with long-term conditions. It is assumed that students will have previously taken courses related to human anatomy, exercise physiology and prescription, psychology and movement sciences during their study for a Bachelor of Science degree (or equivalent).

Learning Outcomes
By the end of this course students will be able to:
1. Demonstrate professional and ethical healthcare practice appropriate for professional clinical and rehabilitation settings
2. Apply client-centered practice and self-management support to enhance exercise and physical activity in patients living with long-term conditions
3. Apply evidence-based practice to the design of exercise interventions for patients living with long term conditions
4. Evaluate the impact of exercise on body structures and function other than the cardiovascular system in patients with selected musculoskeletal and neurological disorders

Learning and Teaching
The course is delivered as workshops including mini-lectures, class discussion/debate, and student seminars. Preparation tasks are provided on Canvas weekly and are compulsory activities that support workshop learning. Guest lecturers may provide additional expert knowledge. Authentic assessments are designed to provide further learning opportunities.

Teaching Staff
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Assessment*

30% Professional Portfolio part 1
30% Professional Portfolio part 2
40% Oral presentations

*subject to change*

Learning resources

Journal articles are provided throughout the semester on Canvas.

Student Feedback

Students will be asked to provide course and teaching evaluations at the end of the Semester. Assessments will be used to assist in the development and improvement of the course.