EXERSCI 771
Clinical Exercise Practicum I
(15 points)
(Semester 1, Newmarket Campus)

Who should take this course?
This course is designed for students enrolled in the clinical exercise physiology specialisation. This course is aimed at providing a student with practical and clinical experience in exercise rehabilitation services to individuals living with chronic disease. The course consists of supervised clinical experience gained through a body of theoretical and practical work and some direct contact with clients of the Exercise Sciences Health & Rehabilitation Clinic. In this course, you will gain the requisite skills needed to apply the principles of exercise physiology in conducting exercise assessments and develop skills in delivering safe and effective exercise-based interventions to individuals. Completing this course along with the other Clinical Practicum courses will provide you with the opportunity to acquire the knowledge and skills required of a practicing Clinical Exercise Physiologist.

Course prescription
A body of practical supervised work of not less than 100 hours, including laboratory work. The principles and application of electrocardiography, and the assessment of people with cardiovascular disease. An introduction to the integration of the principles of exercise physiology, testing, and prescription into a practical programme for delivery to premorbid and low-risk clinical populations.

Learning Outcomes
By the end of this course, students will be able to:

1. Select and conduct basic clinical measures for individuals with chronic disease in a competent, professional, safe and accurate manner.
2. Instruct an individual through a pre-designed exercise programme.
3. Demonstrate level-appropriate supervision and monitoring to ensure safe and effective exercise training to individuals with chronic disease.
4. Interpret, document and report on basic clinical measures accurately.
5. Effectively communicate exercise assessment-related outcomes to patients, peers and staff.
6. Demonstrate professional, ethical and clinic standards expected by the Clinical Exercise Physiology profession in New Zealand.

Learning and Teaching
For this course, you can expect a 1.5 hour tutorial, 2 hours of practical skills development, 2 hours reading and thinking about the content and 2 hours of work on assignments and/or test preparation.

There will be approximately 2.5 hours of hands-on clinic experience per week available.
Course coordinator

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Assessment*

- Practical skills 40%  
- Tutorials 40%  
- Professional development 20%

*Subject to change

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