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

Who should take this course?

This course is designed for students with an interest in clinical exercise physiology. The course is unique in that it is almost entirely clinic-based and provides practical experience required by students who are training to be clinical exercise physiologists. If you have an interest in using exercise to help people manage a long-term disease (heart disease, diabetes etc.), this course is for you. It is a mandatory course in the PGDipSci CEP year and is a pre-requisite to EXERSCI 772 Clinical Exercise Practicum II, offered in Semester 2. Students will acquire approximately 100 hours of clinical experience. These hours can be counted toward the 600 total hours required by the American College of Sports Medicine for students to be eligible to take the Registered Certified Exercise Physiologists exam at the end of the MSc in Clinical Exercise Physiology programme.

Learning Outcomes

- Demonstrate health appraisal techniques used in the assessment of people with cardiovascular disease
- Discuss the role of exercise testing in people with cardiovascular disease
- Apply exercise prescription and monitoring to people with cardiovascular disease
- Identify physiological responses and health hazards due to inactivity in disease conditions
- Describe the benefits of and responses to exercise
- Discriminate between normal and abnormal signs and symptoms during exercise and respond accordingly
- Coordinate initial and 12 week assessments on people with cardiovascular disease and PRRIDE clients
- Interpret and report exercise tests
- Interpret resting and exercise 12 lead ECGs
- Identify contraindications to exercise by applying appropriate screening techniques
- Apply clinical functional tests where appropriate
- Discuss in depth the role of exercise testing in clinical exercise physiology
- Apply tests for client’s strength and aerobic capacity
- Apply tests for body composition evaluation
- Discuss appropriate levels of supervision for clinic safety
- Compare initial and 12 week data for patient outcomes
- Recognize when client monitoring and evaluation can be withdrawn
- Demonstrate emergency procedures including the activation of emergency medical services
- Define a clinical exercise physiologist’s scope of practice
- Demonstrate reporting and privacy principles
Learning and Teaching

Students are required to gain a minimum of 100 hours of supervised practical work in the exercise physiology clinic. This is supplemented with mandatory weekly meetings and an online ECG course.

Teaching Staff

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Assessment*

- Clinical work (made up of 7 modules) 60%
- ECG 20%
- Case reports 20%
- Total 100%

*Subject to change