EXERSCI 772
Clinical Exercise Practicum II
(15 points)
(Semester 2, Newmarket Campus)

Who should take this course?

This course is the second in a series of courses in the Clinical Exercise Physiology programme aimed at immersing the student in a clinical environment to gain experience in delivering exercise rehabilitation services to adults with one or more chronic illnesses. The course is delivered in a student-led hands-on approach through supervised clinical interactions with patients attending the Exercise Sciences Health & Rehabilitation Clinic. Through problem-based learning, you will apply the principles of exercise physiology, exercise assessment, and exercise prescription, to develop safe and effective exercise interventions to adults living with one or more chronic illnesses. 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. The principles of exercise physiology, testing, and prescription will be integrated into a practical programme for delivery to premorbid and low-risk clinical populations. Emphasis is placed on the application and interpretation of exercise tests; monitoring exercise and identifying contraindications; emergency procedures; scope of practice; and reporting.

Learning Outcomes

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

1. Perform complex clinical and exercise-related assessments for individuals with chronic disease in a competent, professional, accurate and consistent manner.
2. Adapt simple elements of an overall treatment plan, to minimise risk and maximise outcomes to health.
3. Provide level-appropriate supervision and monitoring of pre-designed therapeutic exercise to ensure safe and effective exercise training to individuals with chronic disease.
4. Maintain professional standards of conduct as determined by the Clinical Exercise Physiology profession.
Learning and Teaching

During a typical week in this course you can expect to spend approximately 7 hours gaining clinical experience and maintaining clinical records, and spend 3 hours reading and thinking about the content or preparing for clinic patients. Students are required to achieve a minimum of 100 hours of clinical experience throughout the semester. This may require students to accumulate these clinical experience hours during the inter-semester break and up until the last day of term.

Course coordinator

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Assessment*

- Professional development 50%
- Portfolio 50%

*Subject to change

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