EXERSCI 773
Clinical Exercise Practicum III
(30 points)
(Semester 1, Newmarket Campus)

Who should take this course?

EXERSCI 773 is the 3rd in a series of 4 practical learning-based courses aimed at developing clinical competency in clinical exercise physiology. The course is an immersive experiential learning experience involving direct contact with patients of the Exercise Sciences Health & Rehabilitation Clinic in combination with a body of theoretical, administrative, and practical laboratory work.

In EXERSCI 773, you begin to learn and assume the roles and responsibilities associated with leading a patient management team charged with developing and delivering individualized exercise-based rehabilitation treatments to patients with chronic health conditions.

You will take increasing responsibility for designing and planning patient physical function assessments and treatment plans as well as communicating and documenting these activities in an industry standard patient management database.

Completing this course provides learning opportunities to help you acquire the knowledge and skills required of a practicing Clinical Exercise Physiologist and your Clinic placement hours contribute to the total number of supervised practical experience hours required by professional regulatory bodies for registration as a clinical exercise physiologist.

Calendar prescription

A body of practical supervised work of not less than 200 hours. The delivery of exercise rehabilitation services to clinical populations especially individuals who have cardiac, musculoskeletal, neurological, pulmonary, immunological, neoplastic, mood, and metabolic disorders, and post-surgical cases.

Learning Outcomes

With respect to the following conditions and across the lifespan:

1. Cardiovascular disease
2. Pulmonary disease
3. Metabolic disorders
4. Musculoskeletal/orthopaedic disorders
5. Neurological and neuromuscular diseases
6. Neoplastic diseases
7. Immune disorders
8. Haematological disorders
9. Mental health
10. Post-surgical cases
At the end of this course students will be able to:

1. Plan, prepare and implement skills and techniques related to patient care, functional assessment and exercise rehabilitation.
2. Demonstrate an ability to critically appraise medical history, interview data and observational information to formulate an individualised assessment of physical function that will form the basis of a patient’s rehabilitation treatment plan.
3. Interpret clinical findings from an assessment of physical function and using findings to develop an evidence-based individualized rehabilitation exercise treatment plan that is compatible with a patient’s medical condition, their medical treatment and their ability.
4. Develop and demonstrate skill in effective communication within a allied health patient care environment.
5. Demonstrate thorough understanding of safe, ethical clinical practice.

**Learning and Teaching**

Students are required to gain a minimum of 200 hours of supervised practical work in the cardiac rehabilitation clinic. This is supplemented with mandatory weekly meetings. During a typical week in this course you can expect to spend approximately 15 hours seeing patients and maintaining their clinical records, attend 1.5 hours of tutorial and spend 3.5 hours reading and thinking about the content or preparing for tests and assignments. Total 20 hours per week.

**Teaching Staff**

Course Coordinator  
Dr Stacey Reading  
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Faculty of Science  
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**Rehabilitation Clinic practitioners**

**Assessment***

- Clinical performance assessment  60%
- Portfolio 20%
- Coursework 20%

*Subject to change