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

Who should take this course?
This course is designed for students who have completed the PGDipSci CEP year and want to enrol in the MSc CEP programme. The course is entirely clinically based and students experience exercise testing, prescription, and administration with people who have a wide range of chronic disease (e.g., stroke, cancer survivors, chronic kidney disease). If you have an interest in using exercise to help people manage a long-term disease this course is for you. Students will acquire approximately 200 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
With respect to the following conditions:

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. Mood disorders
10. Post-surgical cases
11. The elderly

At the end of this course students will be able to:

- Demonstrate health appraisal techniques used in the assessment of people with chronic disease
- Apply exercise testing in people with chronic disease
- Apply exercise prescription and monitoring in people with chronic disease
- Identify physiological responses and health hazards due to inactivity in disease conditions
- Describe the benefits of and responses to exercise people with chronic disease
- Discriminate between normal and abnormal signs and symptoms during exercise and respond accordingly
- Coordinate initial and 12 week assessments in people with chronic disease
- Interpret and report exercise tests in people with chronic disease
- 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 assessment of client’s fitness (e.g. aerobic capacity)
- Apply tests for body composition evaluation
- Demonstrate knowledge of 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 200 hours of supervised practical work in the cardiac rehabilitation clinic. This is supplemented with mandatory weekly meetings.

Teaching Staff

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Assessment*

- Clinical work 45%
- Written Assignment 25%
- Practical Exam 30%
- Total 100%

*Subject to change