EXERSCI 774
(30 points)
Clinical Exercise Practicum IV
(Semester 2, Newmarket Campus)

Who should take this course?

EXERSCI 774 is the 4th 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 this course, you will continue to practice and refine skills related to interviewing, exercise assessment (especially cardiopulmonary exercise testing), exercise prescription design and behaviour coaching as it related to physical activity. You will work within a clinical team to develop and implement safe and efficacious exercise-based interventions to adults living with one or more chronic illnesses.

In this course you become increasingly responsible for planning assessment, exercise prescription development and implementation for Clinic patients.

Completing this course along with the other EXERSCI 771, 772 & 773 Clinical Practicum courses will provide you with the opportunity to acquire the knowledge, skills and patient experience required to register as Clinical Exercise Physiologist in New Zealand.

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-surgery

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 career entry level competency in administering and interpreting the results of a cardiopulmonary exercise test.
3. Demonstrate career entry level proficiency in exercise assessment and rehabilitation prescription design for adults living with one or more chronic health conditions.

4. Demonstrate career entry level competency 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 and exercise physiology clinics. This is supplemented with mandatory weekly meetings and an online ECG course.

**Teaching Staff**

Course co-ordinator
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**Assessment***

- Clinical performance assessment 60%
- Portfolio 10%
- Practical Exam 20%
- Coursework 10%

*Subject to change*