

Course Outline

Code: SPX402

Title: Clinical Exercise Physiology Professional Practicum I

School: Health & Sport Sciences
Teaching Session: Semester 1
Year: 2020
Course Coordinator: Michelle Small Tel: 5459 4615 Email: msmall@usc.edu.au Room: T-4.39
Course Moderator: Suzanne Broadbent

Please go to the USC website for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1 Description

This course provides you with an advanced level of supervised professional clinical experience. Together with SPX403, you will undertake 360 hours of clinical work across different sports and exercise settings and focussing on different physiology domains. This course is a requirement and satisfies ESSA standards and clinical expectations.

1.2 Field trips, WIL placements or activities required by professional accreditation

Activity	Details
One clinical placement block (5 or 6 weeks)	You will undertake one full time placement block of 5 or 6 weeks in Semester 1, in a clinical setting. The placement locations can range as far north as Townsville to south in Ipswich. You will undertake your placement in one placement site (full-time at one location) or at two placement sites (part-time at each location) over a 5 or 6-week period (block). The block will take place between week 2 and week 13 of Semester 1. Allocation of placement sites and block dates (placement roster) for both SPX402 and SPX403 are released by early January so you can plan your year around your placements. It is your responsibility to arrange and pay for any accommodation and travel associated with your placements.

2. What level is this course?

400 level Graduate - Independent application of graduate knowledge and skills. Meets AQF and professional requirements. May require pre-requisites and developing level knowledge/skills. Normally taken in the 4th year of an undergraduate program.

3. What is the unit value of this course?

24 units

4. How does this course contribute to my learning?

Specific Learning Outcomes On successful completion of this course, you should be able to:	Assessment tasks You will be assessed on the learning outcomes in task/s:	Graduate Qualities or Professional Standards mapping Completing these tasks successfully will contribute to:
Demonstrate professional skills in the provision of clinical exercise science services in collaboration with clients	2	Engaged.
Apply evidence and theory to exercise assessment, prescription and delivery, for individuals	2	Empowered.
Assess and reflect on professional skills to develop personal awareness and social responsibility within the placement environment and own professional development	1, 2	Engaged.
Practice within ethical, legal and professional boundaries and demonstrates compliance with the student placement Code of conduct	1	Ethical.
Demonstrate effective and appropriate skills in communicating information, advice, education and professional opinion to individuals and other health professionals	2	Engaged.
Demonstrate the ability to design, implement, monitor and evaluate exercise and life-style intervention for individuals that is client-centred	2	Engaged.

5. Am I eligible to enrol in this course?

Refer to the [USC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

You are required to submit mandatory requirements to be eligible for a manual face to face enrolment meeting for SPX402. You must commence this process June the year prior. Mandatory information can be found on the [Sport and Exercise Community page](#), [SONIA online](#) (select Sport & Exercise Science), and/or the USC website under [Sport and Exercise Science/ Clinical Exercise Physiology- Placements](#).

This is a 24-unit course and you complete the course across the first semester of the fourth year of study in the Bachelor of Clinical Exercise Physiology program. You are required to complete all 1st, 2nd and 3rd year courses before enrolling in SPX402. In some exceptional circumstances (e.g. inflexible clinical practice requirements), students may be permitted to complete the clinical placement aspect of the program (SPX402 and SPX403) over a longer period of time (4 semesters maximum). You are not permitted to complete all clinical placements (total of 360hrs) in a single semester. SPX402 must be taken in the same academic year as each of SPX411 Exercise in Musculoskeletal Rehabilitation, SPX410 Exercise Management

in Chronic Disease, SPX412 Exercise in Neurological Rehabilitation, SPX413 Case Management and Occupational Rehabilitation.

5.1 Enrolment restrictions

Placement Coordinator consent is required, and enrolment close in early December the year prior. You are required to be in the fourth year of study in the Bachelor of Clinical Exercise Physiology program and mandatory requirements need to be submitted to SONIA for this course before you are eligible to attend a manual enrolment meeting with the Course coordinator. Before you attend your enrolment meeting and as part of the requirements for SPX403 you are also required to complete your Student Placement agreement-Disclosure. This form is completed in SONIA under the forms tab.

5.2 Pre-requisites

SPX300 and SPX301 and SPX302 and SPX306 and SPX322 and SPX331 and NUT203 and PUB351. No other 100, 200 or 300 level courses are to be completed concurrently with SPX402. Instructor consent required for enrolment

5.3 Co-requisites

Nil

5.4 Anti-requisites

Nil

5.5 Specific assumed prior knowledge and skills (where applicable)

It is assumed that you will familiarise yourself with the ESSA guidelines and documentation for Exercise Physiology. This information can be found on the ESSA website- essa.org.au.

6. How am I going to be assessed?

6.1 Grading scale

Limited – Pass (PU), Fail (UF). All assessment tasks are required to be passed for successful completion of the course.

6.2 Details of early feedback on progress

In week 3 of placement you will attend an assessment review meeting to discuss your learning plan, initial supervisor feedback, professional practice reflections, resource sheets and logbook. This review will provide you with formative feedback on academic progress and help identify the need for additional support. The meeting will be provided in face to face meeting or via a zoom meeting with the course coordinator/ placement coordinator.

6.3 Assessment tasks

Task No.	Assessment Product	Individual or Group	Weighting %	What is the duration / length?	When should I submit?	Where should I submit it?
1	Code of Conduct - adherence	Individual	N/A	N/A	0 Week	SONIA
2	Placement Performance	Individual	N/A	N/A	1st, 2nd, final week of placement and one week after placement	SONIA

Assessment Task 1: Code of Conduct

Goal:	This task enables you to become familiar with and demonstrate the requisite professional behaviours captured in the Code of Conduct for your discipline and work environment
Product:	Code of Conduct
Format:	<p>Whilst completing your 360 Exercise Physiology professional placement hours across SPX402 and SPX403, you will be expected to abide by the disciplines code of conduct. Like any authentic work contract, you will be required to comply with Code of conduct. Your Course coordinator will be available to answer any questions.</p> <p>To be eligible to pass, you are required to complete this placement satisfactorily according to the criteria below.</p> <p>If you fail to meet the student placement code of conduct you may fail the course and can be withdrawn from the workplace immediately, as per the USC Workplace and Industry Placement procedures.</p>
Criteria:	<p>(a) Behaviour in accordance with the discipline and ESSA's (governing body) code of conduct, in a professional setting (EP Graduate attribute 1)</p> <p>(b) Participation in a performance review to improve professional practice (EP Graduate attribute 1)</p> <p>(c) Completion of allocated placement block in an approved professional organisation (EP Graduate attributes 1)</p>

Assessment Task 2: Professional Competencies

Goal:	You will demonstrate your competency and professional standard as an Exercise Physiologist. To do this you will undertake supervised work integrated learning placements and perform the tasks of an Exercise Physiologist working in a professional setting. A key element of this assessment will be the collation of documents demonstrating competency development
Product:	Placement Performance
Format:	<p>Exercise and Sports Science Australia (ESSA) has identified a number of core skills that are fundamental to Accredited Exercise Physiologist Professional Standards. This assessment task captures professional skills in professional practice, exercise assessment, exercise prescription and exercise delivery, and other Accredited Exercise Physiologist Professional Standards. Each placement contains component of the overall task and each component must be submitted on time and passed for the task (of required standard) to achieve a PU grade. The quality standards of the assessment items are expected to be applied through semester utilising the quality checklist.</p> <p>The skills Portfolio will include the following items:</p> <p>a) a learning plan for each placement site completed by you and your supervisor, signed and uploaded to SONIA in the first week of each placement,</p> <p>b) Supervisor Feedback: -Initial supervisor feedback for each placement site completed by your supervisor, signed by you and your supervisor and uploaded by you to SONIA by the 2nd week of placement. -final supervisor feedback for each placement site completed by your supervisor, signed by you and your supervisor and uploaded by you to SONIA during the last week of each placement.</p> <p>c) 3x Professional practice reflections for each placement block completed by you, signed by you and your supervisor and uploaded by you to SONIA by the Monday after each placement.</p>

	<p>d) 2x Resource sheets for each placement block completed by you, signed by you and your supervisor and uploaded by you to, signed and upload to SONIA by the Monday after each placement.</p> <p>e) Logbook of professional hours: -excel logbook of Exercise physiology hours for each placement site completed by you, signed by you and your supervisor and uploaded by you to SONIA by the Monday after each placement; -cover page of logbook uploaded by you to SONIA by the Monday after each placement. -excel logbook with a minimum of <u>all 360 required Exercise physiology hours across all placements</u>, completed by you, signed by you and your supervisor and uploaded by you to SONIA from all placement sites by the Monday after your last placement finishes; -the electronic version of your final Excel logbook (unsigned) is to be uploaded by you to SONIA, the Monday after your last placement finishes.</p> <p>f) Placement engagement reflection for each placement site completed signed by you, signed by you and your supervisor and uploaded by you to SONIA, by the week after each placement.</p> <p>g) Final submission- Submission will be completed in study week. It is expected you will have all assessment items completed and ready for final grading. You will have a checklist to follow ensure all assessment items are in order for submission. The quality standards of the assessment items are expected to be applied through semester utilising the quality checklist.</p>
<p>Criteria:</p>	<p>You will be assessed on:</p> <ul style="list-style-type: none"> • Professional Communication <ul style="list-style-type: none"> ○ Engage clients to facilitate exercise and health lifestyle management that is client-centred (EP Graduate attribute 3 and 11) • Professional collaboration <ul style="list-style-type: none"> ○ Engage the health care team to collaboratively provide client care (EP Graduate attribute 4) ○ Referring on where required (EP Graduate attribute 4) ○ Identifies the roles of the team (EP Graduate attribute 4) • Professional practice <ul style="list-style-type: none"> ○ Commitment to reflective practice, professional development and lifelong learning (EP Graduate attribute 5) ○ Applies evidence and theory to provide exercise intervention and education (EP Graduate attribute 2, 6, 7) ○ Collects, Assesses and interprets relevant client information to prioritized exercise and lifestyle goals (EP Graduate attribute 10). ○ Designs, implements, monitors and evaluates exercise prescription (EP Graduate attribute 8, 9)

7. Directed study hours

The directed study hours listed here are a portion of the workload for this course. A 24-unit course will have total of 300 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Directed study hours may vary by location. Student workload is calculated at 12.5 learning hours per one unit.

Location:	Directed study hours for location:
USC Sunshine Coast	In SPX402, there will be one lecture and some workshops in week 1 before placement commences in week 2 of semester. To meet your required 360 Exercise Physiology practicum hours (for accreditation) across SPX402 (semester 1) and SPX403 (semester 2), it is expected you will obtain at least 180 hours in SPX402.

8. What resources do I need to undertake this course?

Please note that course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Blackboard site. Please log in as soon as possible.

8.1 Prescribed text(s) or course reader

You are provided with a **student manual** and information/ documentation with regard to your logbooks, but you are asked to access and familiarise yourself with the ESSA documentation from the ESSA website- <http://essa.org.au>.

Required and recommended readings

Messages or important notices regarding events or community participation events in may be posted on this course's Blackboard site

You are also encouraged by the unit co-ordinator to research, evaluate content, and log their use of scientific articles and publications relevant to the clients they are seeing, whether the placement is internal or external to the University.

Other readings and resources recommended to date:

- Marlow, N., Hastings, K., Hansson, J., Australian Association for Exercise and Sports Science (2014) *Outcome Measures for Exercise Physiologists*. Exercise & Sports Science Australia: Albion DC, QLD (can be purchased on the ESSA website under 'shop' https://www.essa.org.au/Public/Shop/iCore/Store/StoreLayouts/Store_Home.aspx?hkey=a75c95f3-5a0c-45c8-8ce8-ea2455ea98c1)
- Moore, GE., Durstine, JL., Painter, PL., American College of Sports Medicine, (2016) *Acsm's Exercise Management for Persons with Chronic Diseases and Disabilities 4th Edition*. Human Kinetics: USA
- *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*. 7th Edition. Philadelphia: Lippincott Williams & Wilkins; 2013
- *ACSM's Guidelines for Exercise Testing and Prescription*. 9th Edition. Philadelphia: Lippincott Williams & Wilkins; 2013
- *ACSM's Resources for Clinical Exercise Physiology. 2nd Edition*. Philadelphia: Lippincott Williams & Wilkins; 2010
- *ACSM's Exercise is Medicine: A clinician's guide to exercise prescription*. Philadelphia: Lippincott Williams & Wilkins; 2010
- Buckley J. (ed) (2008) *Exercise physiology in special populations*. Churchill Livingstone: UK.
- Exercise is medicine website: www.exerciseismedicine.org.au
- Exercise and Sports Science Australia website: www.essa.org.au
- Department of Veterans Affairs website: Department of Veterans' Affairs
- Medicare website: www.medicareaustralia.gov.au

- QComp website: [Workcover QLD](#)
- Allied Health Professional Association website: [Allied Health Professions Australia](#)

8.2 Specific requirements

Mandatory Requirements

You are required to submit mandatory requirements to be eligible for a manual face to face enrolment meeting for SPX402. You must commence this process June the year prior. Mandatory information can be found on the [Sport and Exercise Community page](#), [SONIA online](#) (select Sport & Exercise Science), and/or the USC website under [Sport and Exercise Science/ Clinical Exercise Physiology- Placements](#)

Another mandatory item which is completed after you have selected your enrolment meeting and are preparing for your enrolment meeting Student Placement agreement- Personal Information Disclosure While part 2 of the Student Placement agreement is the Placement Partner Details and is completed after you have been allocated and must be complete by the first lecture. This form is completed in SONIA. *The Mandatories include:* blue card, Clinical Vaccinations- Hep B, Measles, Mumps, Rubella, Varicella (chicken pox), Pertussis (whooping cough), QHealth modules and First Aid and CPR. Please ensure you read the mandatory information on the link above. There will be a Tuberculosis form student will be asked to complete in the enrolment meeting as part of your course mandatories before you go on placement.

The steps involved in enrolment are the following and can take some time, so you must commence this process in the year prior to Semester one commencement:

1. You will need to access [SONIA Online](#)
2. [Register your interest in SPX402 and SPX403](#) (alternatively you can go onto SONIA under the Forms tab and select "Expression of interest Pre-Enrolment Form..." in the drop down, add it, complete the form and submit it.
3. Complete your pre-enrolment [Mandatory Requirements](#)
Follow the prompts to the Mandatory Buttons for Blue Card, CPR and First Aid, QLD Health Modules and Clinical Vaccinations so you are eligible for an enrolment meeting. Please note your PrePlace will not be available to complete until after you have been enrolled via the manual enrolment meeting.
4. Once all the required course mandatories are [uploaded to SONIA](#)
email shssplacements@usc.edu.au to confirm your eligibility to enrol into SPX402
5. If you are eligible you will receive an email asking you to select a group meeting time to finalise your enrolment

Please note these links are also found on the [Sport and Exercise Community page](#)

Assessment Criteria

You will receive whole class generic guidelines on the structure and content of your assessment items including your log books. They will be consistent with the standards required for submission to Exercise and Sport Science Australia (ESSA) and the university. You will be required hold your assessment items to this standard whilst on placement. This will also be discussed further in your first lecture.

Each placement contains components of the overall assessment tasks and each component must be submitted on time and passed for the task (of required standard) to achieve an overall PU grade.

Clinical Tools

You **are expected to already own** a personal set of clinical tools, comprising: reflex hammer, tailor's tape measure (150cm, flexible), large plastic goniometer, sphygmomanometer, stethoscope (for SPX4XX courses, including your 4th year intensives). It is expected that students will retain these tools throughout their working lives. Students may be required to bring their own (labelled) clinical tools to placements.

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low.

It is your responsibility as a student to review course material, search online, discuss with lecturers and peers, and understand the health and safety risks associated with your specific course of study. It is also your responsibility to familiarise yourself with the University's general health and safety principles by reviewing the [online Health Safety and Wellbeing training module for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1 Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Blackboard, are electronically checked through SafeAssign. This software allows for text comparisons to be made between your submitted assessment item and all other work that SafeAssign has access to.

10.2 Assessment: Additional requirements

This course will be graded as Pass in a Limited Grade Course (PU) or Fail in a Limited Grade Course (UF) as per clause 4.1.3 and 4.1.4 of the Grades and Grade Point Average (GPA) - Institutional Operating Policy of the USC.

In a course eligible to use Limited Grades, all assessment items in that course are marked on a Pass/Fail basis and all assessment tasks are required to be passed for a student to successfully complete the course. Supplementary assessment is not available in courses using Limited Grades.

10.3 Assessment: Submission penalties

You must contact your Course Coordinator and provide the required documentation if you require an extension or alternate assessment.

10.4 Study help

In the first instance, you should contact your tutor, then the Course Coordinator. Additional assistance is provided to all students through Academic Skills Advisers. To book an appointment or find a drop-in session go to [Student Hub](#).

Contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au

10.5 Wellbeing Services

Student Wellbeing Support Staff are available to assist on a wide range of personal, academic, social and psychological matters to foster positive mental health and wellbeing for your success. Student Wellbeing is comprised of professionally qualified staff in counselling, health and disability Services.

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, mental health issue, learning disorder, injury or illness, or you are a primary carer for someone with a disability, [AccessAbility Services](#) can provide assistance, advocacy and reasonable academic adjustments.

To book an appointment with either service go to [Student Hub](#), email studentwellbeing@usc.edu.au or accessability@usc.edu.au or call 07 5430 1226

10.6 Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Administration of Central Examinations
- Deferred Examinations
- Student Academic Misconduct
- Students with a Disability

Visit the USC website:

<http://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.7 General Enquiries

In person:

- **USC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **USC Moreton Bay** – Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **USC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **USC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **USC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **USC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au

Appendix 1 Course content

Week # / Module #	What key concepts/content will I learn?
Week 1	Introductory lecture and workshops
Weeks 2 - 13	Clinical placement
Week 3 of placement block	Assessment review meeting with placement coordinator
Study week	Face to face submission meeting