



Unit Outline (Higher Education)

| | |
|----------------------------|--|
| Institute / School: | Institute of Health and Wellbeing |
| Unit Title: | INTRODUCTION TO EXERCISE PHYSIOLOGY PRACTICE |
| Unit ID: | EXPHS6012 |
| Credit Points: | 15.00 |
| Prerequisite(s): | Nil |
| Co-requisite(s): | Nil |
| Exclusion(s): | Nil |
| ASCED: | 061799 |

Description of the Unit:

This unit outlines the knowledge, skills and values required in the clinical exercise physiology profession to appropriately screen and assess clients to plan for appropriate clinical exercise physiology interventions. Students will understand the clinical exercise physiology scope of practice and professional roles within interdisciplinary client management.

Students will take on the role of a professional working in the field of clinical exercise physiology under supervision in the on-site FedUni Clinic. Students will be expected to apply knowledge and practical clinical skills in the area of risk stratification, functional assessment, exercise capacity testing and exercise prescription for a range of clients, pathologies, injuries, chronic diseases and medical conditions. Students will complete effective documentation and management of written medico-legal records within the clinical setting.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: Yes

Supplementary Assessment: No

Supplementary assessment is not available to students who gain a fail in this Unit.

Course Level:

| Level of Unit in Course | AQF Level of Course | | | | | |
|-------------------------|---------------------|---|---|---|---|----|
| | 5 | 6 | 7 | 8 | 9 | 10 |
| Introductory | ■ | ■ | ■ | ■ | ✓ | ■ |

| Level of Unit in Course | AQF Level of Course | | | | | |
|-------------------------|---------------------|---|---|---|---|----|
| | 5 | 6 | 7 | 8 | 9 | 10 |
| Intermediate | ■ | ■ | ■ | ■ | ■ | ■ |
| Advanced | ■ | ■ | ■ | ■ | ■ | ■ |

Learning Outcomes:

On successful completion of the unit the students are expected to be able to:

Knowledge:

- K1.** Outline methods of assessment including risk stratification and measurement of functional capacity using common outcome measures employed in Clinical Exercise Physiology Practice.
- K2.** Compare and acknowledge the different application(s) of therapeutic and conditioning exercises on land and in water.
- K3.** Describe the scope of the Accredited Exercise Physiology (AEP) and professional roles available to the AEP across the clinical spectrum.
- K4.** Describe the principles, legislations and regulations that underpin the Exercise and Sport Science Australia (ESSA) Code of Professional Conduct and Ethical Practice.
- K5.** Outline the stages of disease, process of disablement and chronic disease management models.
- K6.** Evaluate theories of behaviour change, barriers to participation and goal setting in clinical populations.
- K7.** Describe the Australian healthcare system framework and delivery of health services including principles of integrated care and client centred care, informed consent and funding models including compensable scheme frameworks.
- K8.** Explain different styles of documentation and report writing within the healthcare system and funding bodies.

Skills:

- S1.** Develop and conduct appropriate risk screening and assessment protocols to determine the clinical safety, functional and exercise capacity, and the exercise prescription needs of a client.
- S2.** Demonstrate the ability to formulate safe and effective exercise management of active conditions (primary presentation and co-morbidities), using guidelines appropriate for the client condition and clinical status.
- S3.** Employ communication skills to teach clients correct exercise movement, engage with clients to use behaviour change strategies and motivate clients to assume responsibility for self-management and behaviour regulation.
- S4.** Compose concise, objective and clinically appropriate client histories using appropriate medical and anatomical terminology that include all relevant information, compose reports for referrers and funding bodies as required.
- S5.** Demonstrate the ability to access information on the surgical and allied health interventions, the actions of prescribed medications and exercise guidelines for clinical populations.

Application of knowledge and skills:

- A1.** Under supervision, demonstrate skills and competencies which are fundamental to clinical exercise physiology practice.
- A2.** Employ evidence based information in the design, delivery and reporting of exercise programs and interventions for individual clients.
- A3.** Apply clinical judgement to measure, monitor and evaluate clinical data and modify exercise physiology interventions as required.

Unit Content:

- AEP service delivery in the context of AEP Scope of Practice, national and state legislation and regulations and compensable scheme frameworks.
- Medical history documentation, medical history, medico-legal communication, informed consent, privacy, confidentiality, medical & anatomical terminology.
- Theories of behavior change, barriers to participation and goal setting in therapeutic exercise and program development.
- Introduction to outcome measures: written and practical outcome measures commonly used in Exercise Physiology practice.
- Stages of disease and models of chronic diseases self-management.
- Risk stratification and pre-participation screening, safety precautions and contraindications, monitoring of sign and symptoms during exercise.
- Client transfers - planning, cueing, guarding and supporting. No lift general manual handling guarding and support while supervising exercises and activities of daily living (ADLs).
- Pharmacokinetics and pharmacodynamics: introduction to pharmacological terminology and medications commonly used in clinical conditions and diseases and their potential effects on exercise.
- Principles of water based exercise interventions: Principles of immersion, hydrodynamic principles and exercise principles, muscle contractions in water, methods of exercise prescriptions including introduction to Halliwick and Bad Ragaz.

Learning Task and Assessment:

| Learning Outcomes Assessed | Assessment Tasks | Assessment Type | Weighting |
|----------------------------|---|---|-----------|
| K1-K8, S1-S5, A2-A3 | Students are to complete quizzes throughout the semester | Quizzes | 20% - 30% |
| K2, K6, S1-S2, A3 | Evidence based review of an assessment guideline &/or protocol used in AEP clinical practice | Evidence Based Review | 20% - 40% |
| K1-K6, S1-S5, A1-A3 | <p>Practical demonstration of provided outcome measures and assessment protocols.</p> <p>Students must achieve a pass (at least equal to 50%) for each individual element of the OSCE and receive an overall grade of at least 70% to successfully complete this task.</p> <p>If during the OSCE the student is assessed to be unsafe or to place a client at unnecessary risk they will fail and be required to re-sit the exam.</p> | Observed Structured Clinical Exam (OSCE). | 30% - 50% |
| K1-K6, S1-S5, A1-A3 | Students will complete allocated clinic shifts as a Student Exercise Physiologist (and associated planning/documentation) within the FedUni Student Clinic. | Attendance and participation in weekly clinic workshops and completion of allocated clinic shifts | S/U |
| K1-K6, S1-S5, A1-A3 | Students will demonstrate practical outcome measures to their peers in preparation for the OSCE. Students will provide feedback to peers. | Practical Demonstration and peer feedback | S/U |

Alignment to the Minimum Co-Operative Standards (MiCS)

The Minimum Co-Operative Standards (MiCS) are an integral part of the Co-Operative University Model. Seven

criteria inform the MiCS alignment at a Course level. Although Units must undertake MiCS mapping, there is NO expectation that Units will meet all seven criteria. The criteria are as follows:

1. Co-design with industry and students
2. Co-develop with industry and students
3. Co-deliver with industry
4. FedTASK alignment
5. Workplace learning and career preparation
6. Authentic assessment
7. Industry-link/Industry facing experience

MiCS Course level reporting highlights how each Course embraces the principles and practices associated with the Co-Operative Model. Evidence of Course alignment with the MiCS, can be captured in the Course Modification Form.

MICS Mapping has been undertaken for this Unit No

Date:

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)