



Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	CLINICAL PLACEMENT 1
Unit ID:	EXPHS6015
Credit Points:	15.00
Prerequisite(s):	(EXPHS6001 and EXPHS6011 and EXPHS6012)
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	061799

Description of the Unit:

During clinical exercise physiology placements students will take on the role of a professional working in the field of clinical exercise physiology under supervision. 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, unjuries, diseases and medical conditions.

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

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

Knowledge:

- K1.** Describe the Accredited Exercise Physiology (AEP) service delivery in the context of the AEP Scope of Practice in multidisciplinary health care, national and state legislation and regulations and compensable scheme frameworks.
- K2.** Develop and enhance client-based preparation, self-study skills, and ability to research and solve ongoing clinical problems with respect to clients with AEP target pathologies.

Skills:

- S1.** Employ evidence based information to design, deliver and report on the safe and effective implementation of exercise interventions for individual clients.
- S2.** Conduct risk stratification and clinical assessments of clients with a range of AEP target pathologies.
- S3.** Interpret and explain assessment data to plan, monitor and critically evaluate clinical exercise programs for clients with a range of AEP target pathologies.
- S4.** Supervise and monitor the planned clinical exercise program and evaluate critically the progress of clients with a range of AEP target pathologies.
- S5.** Complete and demonstrate tasks and competencies as required by clinical placement supervisor.
- S6.** Demonstrate appropriate interpersonal skills when liaising with other health care professionals, including appropriate report writing and communication skills.
- S7.** Display clinical reasoning and self-reflection on clinical performance to plan and present appropriate performance modification.

Application of knowledge and skills:

- A1.** Demonstrate the ability to select and apply appropriate instruments to assess the risk of exercise participation, and measure the functional / exercise capacity for clients with AEP target pathologies and comorbidities.
- A2.** Apply clinical reasoning and behavior change strategies to educate and motivate complex clients to adopt exercise physiology intervention.
- A3.** Appreciate the need to modify program goals to suit individual client needs.
- A4.** Develop personal qualities and professional behaviours commensurate with the clinical exercise physiology profession.
- A5.** Practice the principles, legislations and regulations that underpin the Exercise and Sports Science Australia (ESSA) Code of Professional Conduct and Ethical Practice.

Unit Content:

Topics may include:

- Participation in professional workshops as arranged during semester or evaluation of websites relevant to ongoing clinical exercise physiology professional development
- With supervision and guidance during clinical placements:
 - Conduct client risk stratification and assessment of client function/exercise capacity.
 - Design/prescribe clinical exercise programs based on prior assessment of individual client needs.
 - Liaise with other paramedical staff regarding client progress.
 - Work to a schedule of client appointments.
 - Supervise and monitor clients while performing their clinical exercise program.
 - Complete client records, write letters of referral and maintain appropriate client records.
 - Work under increasing distance supervision as a professional clinical exercise physiologist.

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2, S1-S7, A1-A5	Attend and participate in professional workshops and Student Clinic during the semester	Attendance and participate in scheduled Student Clinic activities	S/U
S5, A4	Use InPlace to plan and prepare for external clinical placement/s in a professional setting. Complete all post placement requirements.	Complete all requirements prior to, during and following practical clinical placements	S/U
K2, S1-S4, S6-S7, A1-A4	Prepare for and conduct clinical assessments. (This assessment task may be videotaped for self reflection and peer review)	Face to face assessment of a client in the FedUni Student Clinic, including Self reflection and peer feedback.	25-45%
K2, S1-S4, S6-S7, A1-A4	Demonstrate skills and competencies which are fundamental to clinical exercise physiology practice Students must achieve a pass (>50%) for each individual element of the OSCE and receive an overall grade of >70% to successfully complete this task. 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	Objective Structured Clinical Examination (OSCE)	25%-45%
K1-K2, S1-S7, A1-A5	Clinical Exercise Physiology Clinical Assessment Tool (CEPCAT) completed by supervisor. Undertake the professional role of an Accredited Exercise Physiologist. Students must pass this assessment task to pass the overall unit.	Clinical Exercise Physiology Clinical Assessment Tool (CEPCAT).	30%-50%

Adopted Reference Style:

APA

Refer to the [library website](#) for more informationFed Cite - [referencing tool](#)