



Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	CLINICAL PLACEMENT 2
Unit ID:	EXPHS7007
Credit Points:	15.00
Prerequisite(s):	(EXPHS6006 and EXPHS6011 and EXPHS6013 and EXPHS6014 and EXPHS6015)
Co-requisite(s):	Nil
Exclusion(s):	(EXPHS6010)
ASCED:	061799

Description of the Unit:

Students will take on the role of a professional during clinical placements in the field of clinical exercise physiology with limited or oversight supervision. Students will be expected to apply practical clinical skills in the areas of risk stratification, functional assessment, exercise capacity testing and exercise prescription for a range of clients, pathologies, injuries, disease and medical conditions. During this unit students are expected to work with increased independence in the form of more oversight supervision and provide peer support to undergraduate and first year clinical exercise physiology students.

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

Work Experience:

Wholly by work experience with Charge: Student is undertaking work experience in industry where learning and performance is not directed by the provider, but support is received from the provider.

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:

Knowledge:

- K1.** Advanced interpretation of clinical exercise physiology knowledge and skills in relation to the practical/ clinical setting and other related areas of employment.
- K2.** Select 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.
- K3.** Adopt AEP service delivery in the context of AEP Scope of Practice, national and state legislation and regulations and compensable scheme frameworks.
- K4.** Employ the core principles and methodologies of workplace health, workplace rehabilitation, work conditioning and case management.

Skills:

- S1.** Interpret 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 synthesize assessment data to plan, monitor and critically evaluate clinical exercise programs for clients with a range of AEP target pathologies.
- S4.** Prepare and employ appropriate clinical practice in the management of clinical documentation and client records.
- S5.** Demonstrate clinical autonomy by completing tasks and competencies within the Accredited Exercise Physiology scope of practice under limited supervision.
- S6.** Demonstrate appropriate interpersonal skills and personal qualities and skills commensurate with a graduate practitioner.
- S7.** Practice and uphold the principles, legislations and regulations that underpin the Exercise and Sport Science Australia (ESSA) Code of Professional Conduct and Ethical Practice.
- S8.** Display graduate level clinical reasoning and independent self-reflection to support the need to modify performance and adapt clinical interventions.

Application of knowledge and skills:

- A1.** Demonstrate the ability to select and apply appropriate clinical instruments to assess the risk of exercise participation, and measure the functional / exercise capacity for clients with AEP target pathologies and comorbidities.
- A2.** Employ evidence based information and assessment data to design, deliver and report on the safe and effective implementation of exercise interventions for individual clients.
- A3.** Select and apply clinical reasoning and behavior change strategies to educate and motivate medically complex clients to adopt exercise physiology interventions.
- A4.** Identify and appraise the need to modify program goals to suit individual client needs.

Unit Content:

- Participation in professional workshops as arranged during semester and/or evaluation of research and/or web-based literature relevant to ongoing clinical exercise physiology professional development which

may include:

- Occupational rehabilitation, ergonomics, functional capacity evaluations and case management
- Managing the complex client: Chronic and complex case studies
- Compensable insurance schemes and AEP providers
- The AEP in private practice
- ESSA applications
- With progressively decreasing supervision and guidance students will:
 - Conduct client risk stratification and assessments of function/ exercise capacity
 - Design/prescribe clinical exercise programs based on prior assessment of individual client needs
 - Liaise with other medical and allied health 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 independently as a graduate level professional clinical exercise physiologist

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-4, S1-S8, A1-A4	Attendance and participation in a minimum of 12 hours of scheduled Student Clinic and professional activities as directed. Completion certificates from online workshops are required - electronic copies of final ESSA logbooks must be submitted.	Attend and participate in professional workshops, online tutorials and Student Clinic during the semester.	S/U
K1-K2	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
K1-K3, S1-S2, S7-S8, A1-A4	Critique a case study from clinical practice against evidence based best practice guidelines. Students present and defend their exercise intervention including; screening and assessment outcome measures, special considerations and medications, exercise prescription, monitoring and modification. Exercise examples and appropriate modifications are demonstrated.	Professional presentation of a complex case study from clinical practice (including hand out of presentation).	15%-35%
K1-K4, S1-S8, A1-A4,	Demonstrate skills and competencies which are fundamental to clinical exercise physiology practice. Students must pass each individual element of the practical exam and receive an overall grade of $\geq 70\%$ to successfully complete this task. If during the exam the student is assessed to be unsafe or to place a client at unnecessary risk they will fail and be required to resit.	Case-study practical assessment that will incorporate multiple co-morbidities: 1) A face to face assessment of a client (including an exercise prescription component and clear documentation of the program) and 2) Complete full SOAP note. Submission of the SOAP note is required.	25-45%
K1-K2, S1-S8, A1-A4	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).	20-40%

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](#)