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Office Hours: By appointment

Credits Hours: 4
Practicum Dates: May 22 – July 7

Prerequisite. EXP 516, EXP 520, and permission of graduate advisor.

Course Description. This course provides students with an opportunity to develop practice-based, hands-on skills including the assessment, interpretation, and clinical meaning of a variety of screenings and exercise tests commonly used in clinical practice under the direct supervision of a certified/licensed health professional. Students will also develop experience with current best practices and standards of care in the treatment and management of chronic diseases and disabilities. Satisfactory completion (“S” grade) of at least 280 clinical hours is required.

Completed clinical hours may count towards satisfying the following minimum requirements to qualify for the American College of Sports Medicine’s Registered Clinical Exercise Physiologist certification exam:

- Cardiovascular: 200 hours
- Pulmonary: 100 hours
- Metabolic: 120 hours
- Orthopedic/Musculoskeletal: 100 hours
- Neuromuscular: 40 hours
- Immunological/Hematological: 40 hours

Required Text & Materials. Determined by the clinical site.

Course Objectives.
1. Select, perform, and interpret a variety of clinical assessments to evaluate health status, vitals, body composition, pulmonary function, and other resting variables.
2. Select, perform, and interpret a variety of functional, submaximal, and clinical exercise assessments to evaluate aerobic endurance, functional capacity, muscular fitness, and range of motion.
3. Interpret the results of exercise testing and design an exercise program appropriate for the client’s capacity, needs and goals.
4. Demonstrate the ability to integrate knowledge of pathophysiology, pharmacology, electrocardiography, exercise physiology, exercise testing, patient special considerations/abilities, and goals in constructing appropriate exercise prescriptions.
5. Demonstrate an understanding of how to instruct and supervise all phases of exercise training for clinical populations.
6. Demonstrate the ability to appropriately select and modify exercises based on the physiological, behavioral, and mental status of the client to include appropriate exercise progression and goal setting.
7. Demonstrate an understanding of best practices related to patient safety, infection control and risk management in a clinical setting.
8. Perform advanced skills in the assessment and treatment of cardiopulmonary arrest as well
as in other life-threatening clinical situations in the adult patient, and provide initial care, including appropriate pharmacologic and electrical therapies as appropriate.

9. Demonstrate an understanding of the role of patient education in a comprehensive rehabilitation setting.

10. Demonstrate the ability to design useful patient education materials as part of individual and community services and programs in a clinical setting.

11. Demonstrate effective communication and interpersonal skills in the delivering patient education to include goal setting, behavior change and motivation.


Course Schedule. See separate course schedule.

Course Requirements.

- Documented completed hours / logs
- GXT observation write-ups
- Project proposal
- Self-evaluation
- Supervisor evaluation

Articulated Course Objectives

1 – 11

2, 7

4, 8, 9

1, 2, 5 – 7, 9, 11

1, 2, 5 – 7, 9, 11

Assessment of Students. Students must satisfactorily complete all of the following assessments to receive a “Satisfactory” course grade. The Carroll academic supervisor will determine the final course grade.

Completed Hours. This grade is based on successfully completing a minimum of 280 clinical hours over a seven-week period. Students are expected to work 40 hours per week. Related criteria include:

- Student performance during his/her clinical practicum must meet the professional standards established by the site. Failure to meet these standards will result in the student’s immediate removal from the site and a recorded grade of “U”.
- Document your clinical hours via the Clinical Hours Log. Please submit your hours at the end of Practicum I.

GXT Observations. As part of this practicum, you must observe a minimum of 3 stress tests during Practicum I. Your observations should include a combination of both stress tests and imaging tests. For each test, you will provide detailed responses to a series of questions to document your experience. If your facility does not allow for this opportunity, an alternate project will be developed with the instructor of record.

Project Proposal. During Practicum I, the student will develop a project proposal for an on-site project in collaboration with their site supervisor. The proposal must include an introduction that discusses the purpose and importance of the project, a description of the work to be completed, and the outcomes of this work. Include a description of how the work will be assessed. Submit your project proposal on Exxat for approval. The final project must be completed as a
requirement by the end of EXP 590, Clinical Practicum II.

**Self-Evaluation.** Halfway through the seven weeks, each student will independently complete a questionnaire to self-assess their knowledge, skills, and abilities in a variety of content areas. In general, this questionnaire should be completed after at least 120 clinical hours are completed, and prior to the end of the fourth week of Practicum I. The purpose of this assignment is to see how effectively and accurately you can self-critique your KSAs. You will be required to review your self-evaluation with your site supervisor and she or he must sign off on your evaluation.

**Supervisor Evaluation.** The student’s on-site clinical supervisor will complete a separate questionnaire to assess the student’s knowledge, skills, and abilities in a variety of content areas. This questionnaire will be completed after the student has completed 240 clinical hours. It is the student’s responsibility to provide the supervisor with a copy of the questionnaire. The student’s site supervisor will review the completed questionnaire with the student and submit it to the academic supervisor via Exxat. Contact is encouraged if issue with student’s performance are not resolved in timely matter

**Grading.** Consistent with program progression requirements, the criteria for satisfactory performance for a clinical practicum is a grade of S (or ≥ 80%).

**Academic Honesty and Due Notification.** The Carroll University Academic Integrity Policy is located in your student handbook (pages 21 – 26). I encourage you to familiarize yourself with it. If a student violates this policy in any way, I reserve the right to impose a sanction of failure on the assignment/assessment and/or failure in the course. If you have questions about appropriate citation, when group collaboration is appropriate, or other related issues, please ask.

**Statement of the right to modify course content.** The instructor reserves the right to modify, amend, or change the syllabus (course requirements, grading policy, etc.) or course outline as the curriculum and/or program require(s).

**Accommodation of Special Needs.** Students with documented disabilities who need accommodations or any student considering obtaining documentation should make an appointment with the Walter Young Center [(262) 524 – 7621] no later than the first week of class.

**Communication Policy.** During an off-campus internship, if a student has a question about an assignment or overall academic performance, he or she will need to email the academic supervisor, or set up an appointment. Please note that emails related to class assignments and projects are not confidential. During the summer, the instructor will respond to course related emails within 48 hours of receipt during the workweek. If an email is received over the weekend, do not expect a reply until the following Monday.