Instructor: John Harrell, PhD  
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Office Hours: By appointment

Practicum Dates: July 10 – August 25

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 ACSM’s RCEP 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 healthy and/or 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.
8. Demonstrate an understanding of the role of patient education in a comprehensive client plan.
9. Demonstrate the ability to design useful patient education materials as part of individual
and/or community services and programs.
10. Demonstrate effective communication and interpersonal skills in the delivering patient/client education to include goal setting, behavior change and motivation.
11. Demonstrate knowledge of current best practice and evidence-based guidelines for exercise testing, exercise programming, disease management, and secondary prevention/lifestyle management for individuals apparently health and/or clients with known cardiovascular, pulmonary, metabolic, musculoskeletal neuromuscular, and immunologic diseases dependent on setting.

Course Schedule. See separate course schedule.

Course Requirements. | Articulated Course Objectives
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• Documented Completed Hours | 1 – 11
• Completed Project | 4, 8, 9
• Self-Evaluation | 1, 2, 5 – 7, 9, 11 – 12
• Supervisor Evaluation | 1, 2, 5 – 7, 9, 11 – 12

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

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 II.

Final Completed Project. During EXP 590, students will complete the on-site projects they proposed in EXP 580. Satisfactory performance is based on meeting the terms of the original proposal.

Self-Evaluation. Halfway through the seven weeks, each student will independently complete a questionnaire to self-assess the progression of their knowledge, skills, and abilities in a variety of content areas relative to their first self-evaluation in EXP 580. This questionnaire should be completed prior to the end of the fourth week of Practicum II. The purpose of this assignment is to review your progress and 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’s 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 during the final week of the course. It is the student’s responsibility to provide the supervisor with a copy of the questionnaire. The completed questionnaires will be reviewed with the student and submitted to the academic supervisor via
Exxat. In addition, the academic supervisor will follow up with the on-site clinical supervisor as needed for clarification. Contact is encouraged earlier in the course if issues with student’s performance are not resolved in timely manner.

**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/she will need to email the academic supervisor/instructor, 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.