Carroll University
EXP 610: Clinical Practicum IV
Course Syllabus
Spring 2017

Instructor: Kristin Dupuis
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Office Hours: By appointment only 30 minutes before and after class Wednesday
Class Hours: Monday/Wednesday 1-4:45 PM

Credits Hours: 4
Pre-requisites: EXP 600 and permission of graduate advisor
Practicum Dates: 2/9-4/26

Course description
This course expands on the foundation from EXP 600 to provide students with additional opportunities to develop practice-based, hands-on skills to include 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 clinical exercise physiologist. Students will also develop experience with current best practices and standards of care in the management of chronic diseases and disabilities to include cardiovascular, pulmonary, metabolic, orthopedic, neuromuscular and immunological/hematological conditions. This practicum will also introduce students to interprofessional collaborative practice and learning. Satisfactory completion ("S" grade) of at least 150 hours of practicum.

Completed clinical hours must count towards satisfying the following minimum requirements:
- Cardiovascular: 200 hours
- Pulmonary: 100 hours
- Metabolic: 120 hours
- Orthopedic/Musculoskeletal: 100 hours
- Neuromuscular: 40 hours
- Immunological/Hematological: 40 hours

Required texts
None

Required materials
Report cover
Other as 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 both field, submaximal and clinical exercise assessments to evaluate functional capacity, aerobic endurance, muscular fitness, and range of motion.
3. Interpret the results of an exercise test and design an exercise program appropriate for the client’s capacity 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 both apparently healthy individuals and special 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.

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.


13. Demonstrate an understanding of the role of the exercise physiologist in a collaborative model of healthcare as well as of a team approach to a client’s care plan.

14. Demonstrate an understanding of the role of translational research in a clinical setting to include basic research methods, data management, and analysis.

Course outline
See separate sheet.

Course requirements

<table>
<thead>
<tr>
<th></th>
<th>Articulated course objectives</th>
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<tbody>
<tr>
<td>Documentation</td>
<td>1-4, 6 and 12-14</td>
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<tr>
<td>Clinical performance</td>
<td>1, 2, 4-8, and 11-13</td>
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<td>o Midterm and Final</td>
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<tr>
<td>Research Presentation</td>
<td>4, 6, 7, 12, 14</td>
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Assessment of students

Documentation and client data management. This component of your grade is based on the following criteria:

- After each client session, students will need to complete required documentation, which is posted as a blog on LMS. This must be completed the same day as the client session. Additional information will be discussed in class.

- Treatment plans and materials
  - Development of initial exercise prescription (clinic and home-based)
  - Exercise modifications and progression based on client needs and performance
  - Goal setting and treatment outcomes

- Patient education
  - Proposal to identify and justify patient education needs related to primary and/or secondary prevention.
  - Ability to tailor and format personalized patient education in a meaningful way for the client.

Clinical performance (50%). This grade is the evaluation of core professional behaviors. Midterm and final self-evaluations will be completed and discussed with the instructor. The instructor will complete evaluations for comparison. Midterm evaluations will be completed March 20th and final evaluations on May 3rd. To receive satisfactory completion in clinical performance ‘entry level’ status must be achieved.
**Research Presentation (20%).** A 15-20 minute research presentation will be given on May 1st. The research presentation will discuss the current research, practice guidelines, etc. for a specific neuromuscular, orthopedic, or musculoskeletal disorder and the exercise recommendations and the application to these clinical populations. Further instructions will be given.

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

**Accommodation of special needs**
Students with documented disabilities, who may need accommodations (or any student considering obtaining documentation), should make an appointment with the Walter Young Center (Ph. 262-524-7335) no later than the first week of class.