

# SPX402 Clinical Exercise Physiology Professional Practicum I

**School:** School of Health - Sport and Exercise Science

2024 Semester 1

UniSC Sunshine Coast

**BLENDED  
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

*Please go to [usc.edu.au](http://usc.edu.au) for up to date information on the teaching sessions and campuses where this course is usually offered.*

## 1. What is this course about?

### 1.1. Description

This course provides you with an advanced level of supervised professional clinical experience. Together with SPX403, you will undertake a minimum of 360 hours of clinical work across different health and exercise settings and focus on exposure to a variety of physiology domains. You will be required to demonstrate your competency as a developing entry-level practitioner while completing approximately 180 clinical placement hours for this course. This course satisfies ESSA accreditation requirements, standards, and clinical expectations and competencies.

### 1.2. How will this course be delivered?

| ACTIVITY  | HOURS  | BEGINNING WEEK                 | FREQUENCY |
|---|--------|--------------------------------|-----------|
| <b>BLENDED LEARNING</b>   |        |                                |           |
| <b>Information session</b> – Student information session in preparation for placement enrolment.  | 2hrs   | Pre-semester/trimester/session | Once Only |
| <b>Tutorial/Workshop 1</b> – A combination of face-to-face and online workshop sessions in preparation for placement and associated assessment tasks (4 x 2 hours)                      | 8hrs   | Orientation week               | Once Only |
| <b>Tutorial/Workshop 2</b> – Industry presentation and/or guest speaker   | 1hr    | Orientation week               | Once Only |
| <b>Placement</b> – Completion of a full-time equivalent allocated placement block/s. Approximately 180-240 hours of supervised professional experience placement in a clinical setting. | 180hrs | Not applicable                 | Once Only |
| <b>Learning materials</b> – Professional development modules to inform clinical practice while on placement.  | 1hr    | Week 1                         | 3 times   |
| <b>Information session</b> – Online session – refer to Canvas for details   | 2hrs   | Week 13                        | Once Only |

### 1.3. Course Topics

Clinical placement and associated assessment tasks:

- completing practicum hours as per ESSA accreditation requirements

## 2. What level is this course?

400 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

## 3. What is the unit value of this course?

24 units

## 4. How does this course contribute to my learning?

| COURSE LEARNING OUTCOMES   | GRADUATE QUALITIES   |
|--|--|
| On successful completion of this course, you should be able to...  | Completing these tasks successfully will contribute to you becoming... |
| 1 Apply foundational knowledge and skills to practice effectively in a professional, ethical, inclusive, and collaborative manner across the broad health care system.   | Knowledgeable<br>Ethical   |
| 2 Critically evaluate the evidence base and apply relevant knowledge to AEP practice to effectively optimise health status, function, recovery, independence, and participation for individuals and population groups across the full health spectrum.   | Knowledgeable<br>Creative and critical thinker                         |
| 3 Safely screen, assess, and evaluate the function, capacity, and health status of individuals and population groups across various clinical domains.  | Creative and critical thinker<br>Engaged                               |
| 4 Interpret data from clinical outcome measures to apply clinical reasoning to inform safe and effective movement, physical activity, and exercise-based interventions that consider health and treatment needs, and client preferences and goals.   | Knowledgeable<br>Creative and critical thinker                         |
| 5 Practise person-centred care to prescribe, deliver, adapt, and evaluate safe and effective evidence-based movement, physical activity, and exercise-based interventions that optimise health status, function, recovery, and independence in collaboration with individuals and population groups across the full health spectrum. | Creative and critical thinker<br>Ethical<br>Engaged                    |
| 6 Develop reflective practices through self-reflection, seeking and engaging with feedback from supervisors and clients, critically evaluating service delivery and outcomes, and engaging in ongoing learning.  | Creative and critical thinker<br>Engaged<br>Sustainability-focussed    |

## 5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of "pre-requisites, co-requisites and anti-requisites".

### 5.1. Pre-requisites

Successful completion of 288 units (all first, second, and third year courses in the Bachelor of Clinical Exercise Physiology program) and SPX410 and SPX411. No other courses are to be completed concurrently with SPX402.

### 5.2. Co-requisites

Not applicable

### 5.3. Anti-requisites

Not applicable

### 5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

## 6. How am I going to be assessed?

### 6.1. Grading Scale

Limited Grading (PNP)

Pass (PU), Fail (UF). All assessment tasks are required to be passed for successful completion of the course.

### 6.2. Details of early feedback on progress

In week 3 of placement, you are required to schedule a review meeting to discuss your learning plan, initial supervisor feedback, professional practice reflections, and logbook. This review will provide you with formative feedback on academic progress and help identify the need for additional support. The meeting will be provided in a face-to-face meeting or via a zoom meeting with the course coordinator/ placement coordinator.

### 6.3. Assessment tasks

| DELIVERY MODE | TASK NO. | ASSESSMENT PRODUCT    | INDIVIDUAL OR GROUP | WHAT IS THE DURATION / LENGTH?           | WHEN SHOULD I SUBMIT?                        | WHERE SHOULD I SUBMIT IT?    |
|---------------|----------|-----------------------|---------------------|--|--|------------------------------|
| All           | 1        | Placement performance | Individual          | For the duration of the placement course | Refer to Format                              | SONIA                        |
| All           | 2        | Portfolio             | Individual          | For the duration of the placement course | Throughout teaching period (refer to Format) | Online ePortfolio Submission |

#### All - Assessment Task 1: Code of Conduct

| <b>GOAL:</b>     | This task enables you to become familiar with and demonstrate the requisite professional behaviours captured in the Code of Conduct for your discipline and work environment.  |     |                           |   |  |   |  |   |  |  |   |     |     |
|------------------|--|-----|---------------------------|---|--|---|--|---|--|--|---|-----|-----|
| <b>PRODUCT:</b>  | Placement performance  |     |                           |   |  |   |  |   |  |  |   |     |     |
| <b>FORMAT:</b>   | <p>Whilst completing your 360 Clinical Exercise Physiology professional placement hours across SPX402 and SPX403, you will be expected to abide by the discipline's code of conduct. Like any authentic work contract, you will be required to comply with the Code of conduct. Your Course coordinator will be available to answer any questions you might have. To be eligible to pass, you are required to complete this placement course satisfactorily in accordance with the professional standards and attributes as outlined in the course learning outcomes underpinned by the professional accrediting body, ESSA.</p> <p>If you fail to meet expectations and standards as set out in the student placement code of conduct you may fail the course and can be withdrawn from the workplace immediately, as per the USC Workplace and Industry Placement procedures.</p> <p><b>SUBMISSION:</b> a signed Student Code of Conduct must be submitted during Orientation week and abided by throughout the duration of the teaching period.</p> |     |                           |   |  |   |  |   |  |  |   |     |     |
| <b>CRITERIA:</b> | <table border="1"> <thead> <tr> <th>No.</th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Behaviour in accordance with the discipline and ESSA's (governing body) code of conduct, in a professional setting</td> </tr> <tr> <td>2</td> <td>Participation in a performance review to reflect on and improve professional practice.</td> </tr> <tr> <td>3</td> <td>Satisfactory completion of allocated placement block/s in an approved professional organisation.</td> </tr> </tbody> </table>   | No. | Learning Outcome assessed | 1 | Behaviour in accordance with the discipline and ESSA's (governing body) code of conduct, in a professional setting | 2 | Participation in a performance review to reflect on and improve professional practice. | 3 | Satisfactory completion of allocated placement block/s in an approved professional organisation. | <table border="1"> <tbody> <tr> <td>1</td> </tr> <tr> <td>1 6</td> </tr> <tr> <td>1 6</td> </tr> </tbody> </table> | 1 | 1 6 | 1 6 |
| No.              | Learning Outcome assessed  |     |                           |   |  |   |  |   |  |  |   |     |     |
| 1                | Behaviour in accordance with the discipline and ESSA's (governing body) code of conduct, in a professional setting   |     |                           |   |  |   |  |   |  |  |   |     |     |
| 2                | Participation in a performance review to reflect on and improve professional practice.   |     |                           |   |  |   |  |   |  |  |   |     |     |
| 3                | Satisfactory completion of allocated placement block/s in an approved professional organisation.   |     |                           |   |  |   |  |   |  |  |   |     |     |
| 1                |  |     |                           |   |  |   |  |   |  |  |   |     |     |
| 1 6              |  |     |                           |   |  |   |  |   |  |  |   |     |     |
| 1 6              |  |     |                           |   |  |   |  |   |  |  |   |     |     |

## All - Assessment Task 2: Professional Competencies

|                  |  |  |
|------------------|--|--|
| <b>GOAL:</b>     | You will demonstrate your competency and professional standard as a developing entry-level Clinical Exercise Physiologist. To do this you will undertake supervised work-integrated learning placements and perform the tasks of an Exercise Physiologist working in a professional setting. A key element of this assessment will be the collation of documents (Portfolio) demonstrating competency development and meeting accreditation requirements as set out in ESSA's professional standards and attributes and captured in the course learning outcomes.  |  |
| <b>PRODUCT:</b>  | Portfolio  |  |
| <b>FORMAT:</b>   | <p>Exercise and Sports Science Australia (ESSA) has identified a number of core skills that are fundamental to Accredited Exercise Physiologist Professional Standards. This assessment task aims to capture those professional skills and competencies in the areas of professional practice, exercise assessment, exercise prescription, and exercise delivery, Each placement contains components of the overall task and each component must be submitted on time and passed (to satisfactory academic and professional standards) for the overall task to achieve a PU grade.</p> <p>The Practicum Portfolio will include the following components/items:</p> <p>a) A learning plan for each placement site; completed by the student and their placement supervisor during the first week of placement - submitted by the end of the first week of each allocated placement.</p> <p>b) Supervisor Feedback:</p> <ul style="list-style-type: none"> <li>- Initial supervisor feedback for each placement site attended; completed by the student and their placement supervisor at the halfway mark of placement (usually week 3) - submitted by the end of week 3 of each allocated placement.</li> <li>- Final supervisor feedback for each placement site attended; completed by the student and their placement supervisor during the final week of each allocated placement - submitted by the end of each allocated placement</li> </ul> <p>c) 2 Professional practice reflections (PPRs); case studies completed by the student and verified by their placement supervisor by the end of the allocated placement block - submitted during the first week following completion of the allocated placement.</p> <p>d) 1 Student Placement Engagement Reflection (SPER) for each placement site attended; completed by the student and their placement supervisor during the final week of each allocated placement - submitted during the first week following completion of the allocated placement.</p> <p>The SPER should contain the following items:</p> <ul style="list-style-type: none"> <li>* The student's placement logbook of practicum hours and any other evidence of competencies demonstrated during their placement with the site; verified by their placement supervisor/s</li> </ul> <p>e) Final submission meeting: The submission meetings will commence in week 13 of the semester. Interview times are booked through the course coordinator via SONIA. It is expected that students will have addressed all feedback provided during the teaching period and have their completed Practicum Portfolio ready for final grading.</p> <p>NOTE: Students must complete and submit an approved Timesheet form for each placement site attended to SONIA online once the SPERs have been approved and signed off by the placement coordinator.<br/>FINAL GRADES FOR THIS PLACEMENT COURSE WILL NOT BE RELEASED UNTIL ALL PLACEMENT TIMESHEETS HAVE BEEN SUBMITTED AND APPROVED IN SONIA.</p> |  |
| <b>CRITERIA:</b> | <b>No.</b>   | <b>Learning Outcome assessed</b>   |
|                  | 1  | Professional Collaboration & Communication: Identifies the roles and engages the health care team to collaboratively provide client care, while engaging clients to facilitate exercise and healthy lifestyle management that is client-centred <span style="float: right;">1 5</span> |
|                  | 2  | Professional practice: Commitment to reflective practice, professional development and lifelong learning <span style="float: right;">1 6</span>  |
|                  | 3  | Professional practice: Applies evidence and theory to provide exercise intervention and education <span style="float: right;">2 4</span>   |
|                  | 4  | Professional practice: Collects, Assesses and interprets relevant client information to prioritise exercise and lifestyle goals <span style="float: right;">3 5</span>   |
|                  | 5  | Professional practice: Designs, implements, monitors and evaluates exercise prescription <span style="float: right;">4 5</span>  |

## 7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

## 8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

### 8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

## 8.2. Specific requirements

### Mandatory Requirements

To be eligible for a manual face-to-face enrolment meeting for SPX402, all placement mandatory requirements must have been completed and submitted to SONIA online.

You must commence this process in June of the year prior by submitting an EOI if you intend to enrol in the fourth-year placement courses. Information on enrolling in the SPX402 and SPX403 placement courses and the mandatory requirements can be found on SONIA online (select Sport & Exercise Science), and/or the UniSC website under Sport and Exercise Science/ Clinical Exercise Physiology- Placements

The Mandatories include the following:

- blue card,
- NDIS worker screening card
- Clinical Vaccinations
- QHealth modules
- First Aid and CPR
- Tuberculosis risk assessment form

### \* COVID-19 vaccination evidence:

Clinical Exercise Physiologists are Allied Health professionals who work with clinical population groups which largely consist of vulnerable and at-risk individuals. As such, the majority of our external placement partners require students to show evidence of their COVID-19 and/or current flu vaccination status. These sites include but are not limited to QLD Health hospital and health service facilities, disability, aged care, and other vulnerable facilities.

We support your right to make an informed choice regarding COVID-19 vaccination. However, as an education provider, UniSC does not have the authority to waive the requirements set out by a facility hosting a student for placement, or by the Queensland or Federal Governments.

Important information:

Please be aware that should you choose to not be vaccinated, UniSC can not guarantee that you will be able to attend a suitable clinical placement site or that you will be able to complete your required practicum hours within the usual semester timeframes. Please consider this information carefully before submitting your EOI to enrol in the fourth-year placement courses.

### Assessment Criteria

You will receive whole class generic guidelines on the structure and content of your assessment items including your placement log books. They will be consistent with the standards required for submission to Exercise and Sport Science Australia (ESSA) and the university. You will be required to hold your assessment items to this standard whilst on placement. This will be discussed in detail in scheduled class workshops/tutorials.

Each placement contains components of the overall assessment tasks and each component must be submitted on time and passed for the task (of the required standard) to achieve an overall PU grade.

### Electronic devices

You will need access to an electronic device (e.g. laptop or PC) and the internet, in order to complete your assessment tasks.

### Clinical Tools

You are expected to already own a personal set of clinical tools, comprising: a tailor's tape measure (150cm, flexible), large plastic goniometer, sphygmomanometer, and stethoscope (for SPX4XX courses, including your 4th-year intensives).

It is expected that students will retain these tools throughout their working lives. Students may be required to bring their own (labelled) clinical tools to placements.

### Uniform

You are required to wear the UniSC clinical student polo shirt when attending your placement

### Additional Cost

Any cost associated with accommodation while on placement or travel to, during or from placement, is the responsibility of the student.

All placement hours must be completed through formal enrolment in the SPX402 university placement course as it embeds important ESSA accreditation requirements. Any placement hours completed outside formal enrolment in SPX402 will not count towards completion of the course.

UniSC may give recognition of prior learning (RPL) to students who have transferred from another university after completing an equivalent placement subject (AQF7) + accompanying equivalent assessment tasks, but this is dependent on assessment and approval by the SPX402 Course Coordinator and degree Program Lead. RPL may be applied for by contacting Student Central.

## 9. How are risks managed in this course?

Risk assessments have been performed for all field activities and low to moderate levels of health and safety risk exists. Moderate risks may include working in an Australian bush setting, working with people, working outside normal office hours for example. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

## 10. What administrative information is relevant to this course?

### 10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

### 10.2. Assessment: Additional Requirements

Limited Graded Course:

This course will be graded as Pass in a Limited Grade Course (PU) or Fail in a Limited Grade Course (UF) as per clause 4.1.3 and 4.1.4 of the Grades and Grade Point Average (GPA) - Institutional Operating Policy of the USC.

In a course eligible to use Limited Grades, all assessment items in that course are marked on a Pass/Fail basis and all assessment tasks are required to be passed for a student to successfully complete the course. Supplementary assessment is not available in courses using Limited Grades.

### 10.3. Assessment: Submission penalties

You must contact your Course Coordinator and provide the required documentation if you require an extension.

### 10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email [safe@usc.edu.au](mailto:safe@usc.edu.au).

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au).

### 10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au).

### 10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au) or call 07 5430 1226.

### 10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email [AccessAbility@usc.edu.au](mailto:AccessAbility@usc.edu.au) or call 07 5430 2890.

## 10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

## 10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

## 10.10. General Enquiries

### In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

**Tel:** +61 7 5430 2890

**Email:** [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)