

First Year Practicum Logbook

Contents:

1. Definition of Exercise Science and Exercise Physiology
2. What is Healthy Practicum/Placement?
3. First Year Practicum Requirements: SHS 110
 - i) How to go about it
 - ii) Your Learning Objectives
 - iii) Required Documentation
 - iv) External Sites for Practicum
4. Other useful information

Appendix:

- A. ESSA Logbook
- B. ESSA: example of Healthy Placement logbook entries
- C. ESSA Practicum Supervisor Reference Form

1. Professional definitions of Exercise Science and Exercise Physiology

What is exercise science?

Exercise and Sports Science is a multidisciplinary field concerned with the understanding and enhancement of human movement in the broadest sense, including general physical activity pursuits such as goal oriented fitness regimens and recreational sport as well as elite sport and the area of performance enhancement. It includes the knowledge, methods and applications of sub-disciplines (i.e. exercise physiology, biomechanics, motor control and motor development, exercise and sport psychology) as well as how they interact.

Exercise Scientists are 3 or 4 year university trained exercise and sports science/ human movement studies graduates, working with 'apparently healthy' clientele.

What is exercise physiology?

Exercise Physiologists (EP) are 4-year University qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases and injuries. EP's provide physical activity and functional exercise interventions, and behaviour change support for clients with conditions such as cardiovascular disease, diabetes, osteoporosis, depressions, cancer, arthritis, COPD and many more.

ESSA provides the national accreditation program for exercise physiologists. **Accredited exercise physiologists™** (AEPs) are recognised as allied health professionals. They are eligible to register with Medicare Australia, the Department of Veterans Affairs and have recognition among a number of health insurers. At a state level, EPs are included within health professional awards and in compensation schemes (e.g Work Cover NSW) akin to other mainstream health professionals.

Derived from Exercise and Sports Science Australia website (ESSA- www.essa.org.au)

2. What is Healthy Placement?

Healthy Placement refers to undertaking specific and appropriately supervised work experience targeting the area of exercise delivery within 'apparently healthy' community.

In order to graduate from Exercise Science at the University of Wollongong you are required to obtain 140 hours of exercise experience with 'apparently healthy' clients. The healthy practicum placements will develop your skills as an exercise practitioner and will ensure that you meet the requirements for membership with Exercise & Sports Science Australia (ESSA), your professional body.

'Apparently healthy' hours are generally classified as working with clients with no-known pathologies; that have low-medium risk factors; and that are not participating in an exercise intervention for a specific clinical or rehabilitation purpose (e.g. to manage a condition or injury). Sports coaching (i.e. skills based coaching) cannot be included in these hours; however fitness or strength and conditioning coaching can be counted towards this category.

E.g. Training sessions with a rugby league team:

- ✗ Involvement in rugby skills development, skills assessment or skills practice cannot be counted
- ✓ Running warm-up, cool-downs, fitness drills, conditioning sessions, fitness assessments are able to be counted

An **appropriate supervisor** is described as a *"University-trained individual with or capable of attaining, full membership with ESSA at the Exercise Scientist level"* (taken from www.essa.org.au). This does not mean their degree must be only in Exercise Science. Supervisors with a tertiary degree in a related field, such as PD/H/PE, physiotherapy or other applied sciences, may be appropriate as long as they are experienced and/or currently working in the field of exercise and sports science.

For those students who are enrolled in the 4-year Exercise Science and Rehabilitation degree, or those wanting to apply for the Masters of Clinical Exercise Physiology, these 140 hours are part of the total 500* clinical placement hours you need to apply for accreditation as an Exercise Physiologist.

**Note: The remaining 360 clinical hours are organised by the UOW clinical placement coordinator and are completed within the 4th year/Masters degree.*

First Aid and CPR Certification

While this is not a necessary component early in your degree, there may be some practicum sites or opportunities that require this to be completed. First Aid certification is valid for a three-year period before it needs to be renewed. CPR should be renewed every 12 months to maintain valid certification. In 3rd and 4th year, it will be a requirement for all students to have current First Aid and CPR qualifications.

3. What are my requirements as a first year student?

It is important to gain an insight into the scope of the Exercise Science field, as well as starting to build your communication skills and practical knowledge.

Healthy placements are distributed throughout 1st, 2nd and 3rd year subjects. You must obtain the specified number of hours as a minimum to pass the relevant course as displayed in the relevant subject outlines.

As a first year student, you are required to obtain a minimum of 20 hours in healthy placements to pass SHS110 in Autumn session.

i) How do I do this?

First year practicum aims to expose you to a range of observational and interactive experiences at an introductory level. This will be under appropriate supervising practitioners working with a healthy cohort in an exercise and/or fitness-based setting.

Examples of the types of activities include (but are necessarily not restricted to):

- Participation as research subjects in exercise-based research interventions at the University
- Participation as subjects for 3rd year students exercise assessments (part of EXSC320)
- Observation of exercise delivery at appropriate external sites* (eg. Gym & exercise facilities, sporting clubs and organisations, community exercise interventions).

Throughout the year, further opportunities for healthy placements may present themselves and you will be informed of any such activities in SHS110 or via SOLS.

ii) What should I be aiming to learn from placement in first year?

Learning Objectives:

- Observation and analysis of exercise delivery and assessment techniques as used by current exercise practitioners
- Practice and strengthening general communication with clients who participating in exercise
- Research activities in exercise science, such as participating as an active research subject, with reflection on assessments and aims of the research as they relate to exercise science field

iii) What documents or forms do I need to complete?

Logbook

You will need to maintain an up-to-date ESSA Healthy Placement Logbook (as provided in the Appendix A). This must detail your experiences and activities, and be regularly signed off by your placement supervisor. Examples of entries for this logbook can be viewed in Appendix B. For each different activity/placement site, you should complete the front summary page and attach relevant logbook entries after this. This log book must be presented for assessment (pass / fail only) at the end of SHS110

Practicum Reference

For each different activity or placement site, you must have your main supervisor complete the 1-page ESSA 'Healthy Placement Supervisor Reference', as provided in Appendix C.

UOW Student External Work Placement Application

See section iv) below.

iv) What about if I want to do practicum at external placement sites?

If the University does not hold a current contract with your identified placement site, you must complete the 'UOW Student External Work Placement Application' form and the 'Placement Site Details' form prior to participating in any practicum activity.

Both of these forms will be made available on the Exercise Science and Exercise Rehabilitation Practicum webpage. A list of the University's current contracts will also be available.

The Student External Work Placement form is a legal obligation and insures you are covered with the relevant insurance policy. If you undertake activities at an external site and have not submitted a work experience form, the hours accumulated will not be included in your allocation of healthy placement hours. The Placement Site detail form provides necessary information to the Healthy Placement Coordinator to assess the appropriateness of your proposed supervisor and the types of activities that you may participate in.

The External work Placement and Placement Site Details forms must both be returned to the Healthy Hours Co-ordinator (John Sampson) at least 7 days (minimum) prior to the proposed starting date of your practicum. In the event that your proposed site is not seen as an appropriate placement, you will be informed prior to the proposed starting date.

4. Other Useful Information

Orientation when starting Practicum

An orientation period should be arranged with the supervisor for the student over the first few days of each placement. This is an important component to familiarise the student with the policies and procedures of the site/business/organisation in which they will work; and to set up a plan for progression of the student's tasks, responsibilities and outcomes throughout their time on placement.

As the student, you should be aware of the following:

- Placement site layout, particularly the location of the department/office and your access, limitations etc
- Specific details of professional practice within the organisation, such as expected work attire; times you will attend; access to parking or public transport
- Summary of personnel structure of the department in which you will work, including the specific Exercise Scientist/Physiologist or health staff job descriptions (duties and responsibilities); familiarisation of policies and procedures
- Understanding of your expected role, experiences, activities and learning outcomes during placement from the supervisor's perspective, as well as your own.
- Confidentiality procedures, particularly those that may be specific to that organisation
- Occupational Health and Safety and emergency procedures

Confidentiality while on Practicum

Students are required to observe confidentiality and ethical practice at all times (as outlined in ESSA Code of Professional Conduct and Ethical Practice). The following are some examples of breach of confidentiality:

- Discussing the name and/or personal details of clients with anyone not entitled to the information as part of the client's case. This includes your family, peers and friends.
- Removing any documents that have direct patient identification information.
- Using client's names, other than first name or initials, in any documentation or presentations, without consent and clearance.
- Removing client records/files from the premises.
- Placing client records or information in an unsecured location. This applies to any document labeled with client names or identifying information.
- Photocopying client records without permission.
- Providing client information over the phone without appropriate clearance and permission.

Some placement facilities will require students to sign a Statutory Declaration of confidentiality at the commencement of their placement.