

UQ School of Human Movement & Nutrition Sciences Apparently Healthy/Exercise Science practicum is completed by all students enrolled in Clinical Exercise Physiology and Exercise and Sport Science programs. Eligible students have successfully completed theoretical foundations in exercise science; practical assessment in physiological screening and assessment; and delivered on-campus exercise-based lifestyle and behavioural interventions for a personal training client.

This practicum requires students to complete 140 hours of exercise delivery with low risk or 'apparently' healthy clients under appropriate supervision¹. These hours are critical for students to obtain accreditation as an Exercise Scientist with Exercise and Sport Science Australia (ESSA), upon the completion of their degree. The desired outcome of this practicum is for students to develop their skills as proficient and professional exercise scientists. More specifically, students should be able to apply theoretical principles to practical situations; demonstrate a high standard of technical skill competence; communicate efficiently and effectively with a range of stakeholders (e.g. supervisors, health staff, peers and clients/athletes); reflect upon and appraise their own performance; and develop knowledge of professional issues and career options.

What sites are eligible to provide practicum?

Eligible sites should be able to provide students with hands-on opportunities to deliver exercise, performance, health & behaviour change services for low risk clients. Sites should also be able to provide appropriate supervision to enable students to be guided and reviewed in their progression toward autonomous practice. Overall the learning experience on offer should facilitate professional development of the student and meet minimum ESSA accreditation requirements.

1. Provide the student a minimum of 140 hours of practicum experience (or part thereof as organised with the students - dependent on facility/supervisor capacity, individual student accreditation needs and the student's academic timetable).
2. Provide students the opportunity to undertake face to face/hands-on exercise delivery services:
 - a. Conducting exercise/physical capacity assessments
 - b. Exercise prescription
 - c. Exercise Leadership (e.g. exercise session monitoring and program management)
 - d. Exercise plan evaluation
 - e. Strength training and conditioning for sport teams, or individual athletes
 - f. Physiological assessments and/or athlete profiling (e.g. body composition)
 - g. Performance testing and/or talent identification
 - h. Biomechanical assessment and analysis

¹ Supervisor(s) of students for the clinical practicum must be one of these:

Accredited Exercise Scientist
Accredited Exercise Physiologist
Accredited Sport Scientist

An individual with an AQF level 7 Bachelor degree in Exercise & Sports Science

An individual with an AQF level 7 Bachelor degree qualified physical education teacher with a major in physical education where the placement is in a school setting

Co-Supervision from a qualified and experienced professional who holds a qualification (recognised or endorsed by a regulating authority, such as a national association or AHPRA for the activity they are supervising)

- From 1/1/2019, hours can be broken into **face to face** (*Minimum 80hrs* e.g. Assessment, Exercise prescription & delivery etc.) and **professional practice**² (*Up to 60hrs* in any area that reflects the ESSA Exercise Science standards).

Who is legally liable for the student during their clinical practicum?

If you agree to take on student(s) you will be provided **two** copies of a Practicum Deed also known as a Clinical Placement Deed that will document requirements and provide information as to legal liability insurance. To summarise, the University of Queensland indemnifies the site for any claim (personal injury (including death), or damage to property) as a consequence of any negligence on behalf of the student. The University co-signs these agreements and a copy is returned to the site. The agreement is between the site and the university and is not individual to a particular student; therefore this paperwork only needs to be signed once.

The insurances covered by the university for students undertaking practicum are for:

- Public liability
- Personal accident
- Professional indemnity
- Travel insurance

When are students available for their practicum?

Bachelor level students can undertake their practicum in the semester of their choice, dependant on study plan and site capacity Semester 1: February - June; Semester 2: July - November or Summer Semester November - February, on successful completion of their foundation courses.

Postgraduate level students may undertake their practicum from February - June, on successful completion of their foundation courses.

Most students will have other commitments at university concurrently with their apparently healthy/exercise science practicum, therefore hours are likely to be completed in part-time or casual shift patterns depending on their individual schedule. However, hours can be completed full-time (e.g. 8 hours/day 5 days per week) where possible during summer semester or semester breaks (arranged individually with the student based on student and site preference and capacity).

What are the desired learning outcomes of the apparently healthy/exercise science practicum?

Provide students with the opportunity to:

- Interact effectively with other exercise professionals and demonstrate effective written and oral communication skills relevant to the profession
- Contribute to the efficient operation of a community, private or government based health and fitness setting or athlete performance environment
- Interpret health and fitness assessments, and offer creative solutions to achieve clients' health and fitness goals
- Demonstrate the ability to use research skills to critically evaluate specific areas of assessment, client centred interventions and/or education to determine whether research evidence indicates that current practice should be maintained or modified
- Develop scientific rationale for professional decision making and service delivery; appropriate time management; and ability to work collaboratively, and independently (as appropriate)

² Can be supervised by a qualified and experienced professional who holds a qualification (recognised or endorsed by a regulating authority, such as a national association or AHPRA for the activity they are supervising).

- Demonstrate professional conduct that is sensitive to client diversity and equity, and is consistent with the ESSA Code of Professional Conduct and Ethical Practice

What are the assessment requirements of the apparently healthy/exercise science practicum?

In addition to their practicum hours, students complete the following assessment items as part of their practicum:

Assessment 1: Student self-assessment

Assessment 2: Site supervisor's assessment (Interim)

Assessment 3: Seminar

Assessment 4: Professional Reflections

Assessment 5: Log Book

Assessment 6: Supervisor Reference Form & Site supervisor's assessment (Final)

What does a Supervisor's Assessment (Interim) involve?

Early in the placement the course staff will be in contact with the supervisor and student, to organise an interim assessment for a mutually appropriate time. The purpose of the interim assessment is to provide an early indication of how the student is performing, make sure the student feels they are properly oriented with the site and have professional goals they are working towards for the remainder of the placement. Also, in the case of any early difficulties with a student, strategies can be implemented ASAP to rectify performance deficit. The feedback helps students to better understand your expectations and provides enough lead time for students to be able to adjust their practice and improve where necessary.

Where the site is new to the UQ practicum program this provides an opportunity for UQ course staff to establish better links/relationships with the site & supervisors, assist with education processes, ensure students are aware of all organisation policies & procedures and that the experience being provided to the students is suitable for accreditation purposes.

Once a yearly site visit has been conducted, if the site prefers future contact via phone or email, this can be arranged to reduce time pressure on site supervisors and organisations. N.B. At this time travel outside South East Queensland is not possible for site visits. So assessments and discussions will be held over the phone or via video call as per site preference.

What are the requirements of the seminar?

Students are required to present on a topic relevant to exercise science and the context of their practicum which has/will influence their future practice.

The seminar includes a summary of their placement experience, however, focuses primarily on the body of research supporting their topic relative to enhanced client/training/business outcomes. The seminar is marked by UQ course staff.

N.B. It is mandatory for students to attend all seminars in the series – not just the one at which they are presenting. In some circumstances this may affect their availability for placement hours for 3-4 weeks; however, reasonable notice of absence should be provided.

What payment/bursaries are available for providing practicum?

Unfortunately, the organisation, supervisor and/or student cannot be paid for allowing, supervising or participating in practicum respectively.

What documentation/paperwork will I need to complete as a supervisor?

Preparation For Practicum: Placement Deed & Sign-off students' individual prac plan

Assessment 2: Site supervisor's assessment (Interim) - 20-40mins

Assessment 6: A) Supervisor Reference Form & B) Site supervisor's assessment (Final) - 20-40mins

What is the next step?

If you would like to be involved in the UQ Practicum Program please contact the HMNS practicum team:

+61 (7) 3365 6441 or via hmns.exsciprac@uq.edu.au

On behalf of the School of Human Movement & Nutrition Sciences at the University of Queensland thank you for your consideration of supervising a student during their apparently healthy/exercise science practicum.