

The HMST4314 Major Practicum is completed by students enrolled in the Bachelor of Exercise and Sport Science (Hons) in their final year of study. Eligible students have successfully completed theoretical foundations in exercise science, passed practical assessments of physiological screening and assessment; and delivered on-campus exercise-based lifestyle and behavioural interventions with a personal training client.

This practicum requires students to complete 400 hours of work experience with low-moderate disease risk and/or athletic populations under appropriate supervision<sup>1</sup>. It is an integral part of the degree providing students the opportunity to use the knowledge and skills they have developed throughout their studies in applied settings.

The desired outcomes of this practicum are for students to develop into work-ready exercise scientists. More specifically, students should be able to:

1. Demonstrate the skills and competencies required to work competently and confidently with low to moderate risk clients; and recognise the need for referral to other related professionals when appropriate. As described within the scope of practice by Exercise and Sport Science Australia (ESSA) for Exercise Science
2. Demonstrate professional conduct that is sensitive to client diversity and equity, and is consistent with the ESSA Code of Professional Conduct and Ethical Practice
3. Develop scientific rationale for professional decision making and service delivery, appropriate time management and ability to work collaboratively, and independently (as appropriate)
4. 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
5. Demonstrate effective written and oral communication skills relevant to the profession

### What sites are eligible to take students for their practicum?

Due to the diversity of employment opportunities available to our graduates it is difficult to state specific requirements for a major practicum site. However, the site should be able to provide quality learning experiences to facilitate professional development in the context of the site discipline/area of practice. Including a hands-on learning environment and client facing responsibilities as appropriate. Further, the site should provide an appropriately qualified supervisor to enable students to log their hours for professional accreditation purposes.

### Who is legally liable for the student during their 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

<sup>1</sup> An AEP, AES, ASpS or 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, and relevant to the client condition they are servicing, for the remaining hours. Hours that are not supervised by an AEP must have AEP oversight of the activities and assessment of the learning outcomes, and the competency must be co-signed by an AEP.

### When are students available for their practicum?

Students are eligible to enrol in major 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.

It is preferred students undertake the practicum/internship hours in a manner similar to a full-time employee at your site (e.g. Normal Business hours: 8 hours/day 5 days per week).

Many students undertake their hours without additional study load, which allows for practicum hours to be uninterrupted by class attendance. However, there may be occasions during the semester when the student is required to attend classes directly related to practicum.

### What are the requirements of the practicum & assessment?

In addition to their 400 work experience hours, students complete the following assessment items as part of their practicum:

**Assessment 1:** Student Self-Assessment (40hrs)

**Assessment 2:** Site supervisor's assessment - *Interim* (100hrs)

**Assessment 3:** Project – relevant to the field of Exercise & Sport Science and the site

**Assessment 4:** Professional Self-reflection

**Assessment 5:** Log books

**Assessment 6:** Supervisor Reference Form & Site supervisor's assessment - *Final* (400hrs)

### 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 project?

Students should liaise closely with supervisors to identify a project advantageous to both the site and student. The project topic should be relevant to the scope of practice of Exercise Scientists and the discipline being explored as part of the practicum experience (i.e. Cardiac Science, Strength & Conditioning, Neurophysiology, Corporate Health, Event Management etc.).

Presentation method should be appropriate for the context of the topic and the intended audience (i.e. Doctors vs. Client vs. Athletes vs. Professional Peers. All projects must include a review of relevant literature.

Projects can be:

- Case studies (where innovative intervention methods were used);
- Review of programming techniques or advanced exercises to target functionality;
- Critical analysis of health & safety in the practicum environment;
- Communication/behaviour change technique commentary; and/or

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- Client education (brochures/handouts/posters).

## *Example projects from previous semesters*

- Literature Review: A review of programming techniques used to enhance sprinting technique
- Case Study: Sleep Science Study and Procedures
- Student Information Booklet: Atrial fibrillation Summary (including ECG analysis)
- Organisational resource: Operating Procedure for Biodex
- Poster Presentation: Right Heart Catheterisation (including 2 page literature review)
- Literature Review: Analysis of metabolic variations in different environmental conditions during sub-maximal exercise.

Projects are marked by UQ Staff.

## **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 payment/bursaries are available for providing placement?**

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

## **What is the next step?**

If you would like to provide a placement opportunity for UQ students please contact the HMNS practicum team:

E: [hmns.exsciprac@uq.edu.au](mailto:hmns.exsciprac@uq.edu.au)

P: 07 3365 6441 (Intl - +61 7 33656441)

On behalf of the School of Human Movement & Nutrition Sciences at the University of Queensland thank you for considering practicum opportunities and our students.