

USING THE REPORTING FEATURE IN A CLINICAL KINESIOLOGY PRACTICUM

Madeleine Noble, RKIN, MSc, CSEP-CEP

Instructor and Experiential Lab Manager

Department of Kinesiology and Health Sciences



UNIVERSITY OF
WATERLOO

FACULTY
OF HEALTH

KIN 492 Course Description & Learning Outcomes

- Clinical Practicum course (lab time + clinical volunteer placement)
- Focus on developing competency in exercise assessment skills
- Interpret and integrate exercise assessment results to inform exercise programming
- Identify limitations or accommodations for clinical populations
- “Flipped Classroom” approach
 - Weekly Readiness Activities were to be completed 1 day before the class.
- First half of term is a review of assessment skills
- Second half of term involves performing assessments and designing exercise programs for “clients”

Outcomes from Implementing a Weekly Readiness Activity

- Come to class prepared!
- Gain insight into students' content knowledge and understanding
- Challenge students to think about the considerations around administering various assessments and how this information impacts decision making
- Help guide the in-class discussion



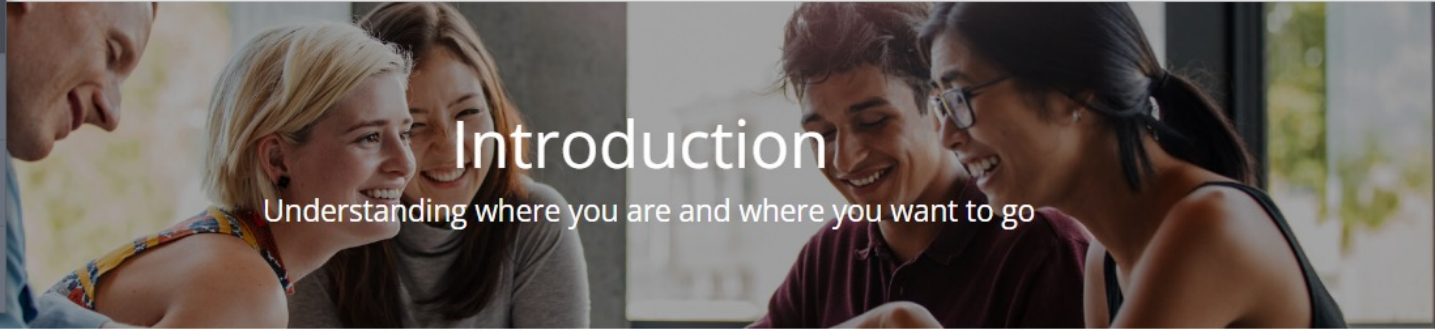
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Week 1: Initial Consultatio...

Week 2: Cardiorespiratory A...

Week 3: Range of Motion & ...

Week 4:



Introduction

Understanding where you are and where you want to go

We will start off with a few questions to gauge where everyone is at and what they are hoping to get out of this course.

What are you hoping to gain from taking this practicum course?

Select your top reason(s) (3 maximum) for taking the course.

- Competency is administering assessments on clients
- Developing soft-skills for interacting with clients
- Learning more about chronic conditions (i.e. pathophysiology, diagnostics etc)



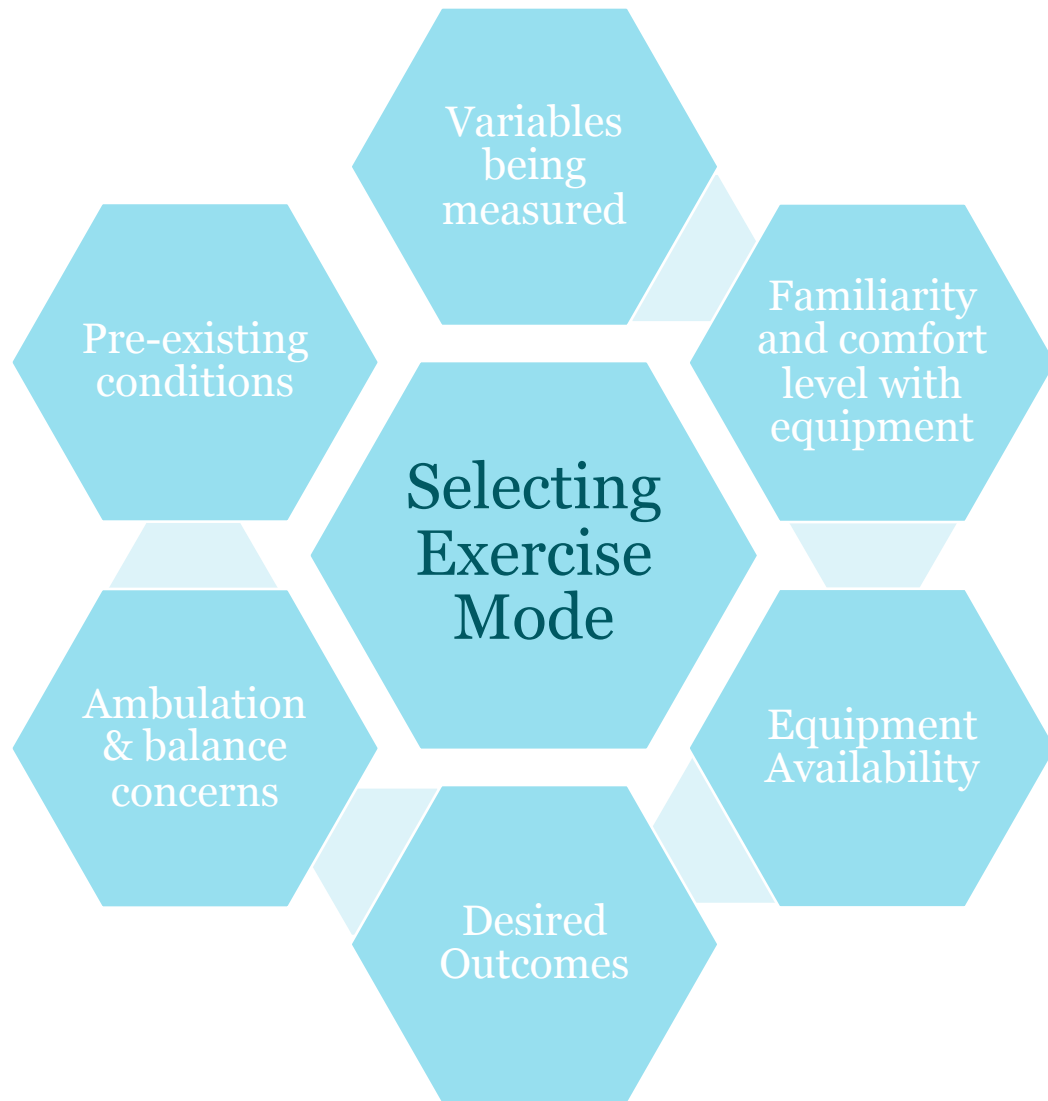
Review Responses



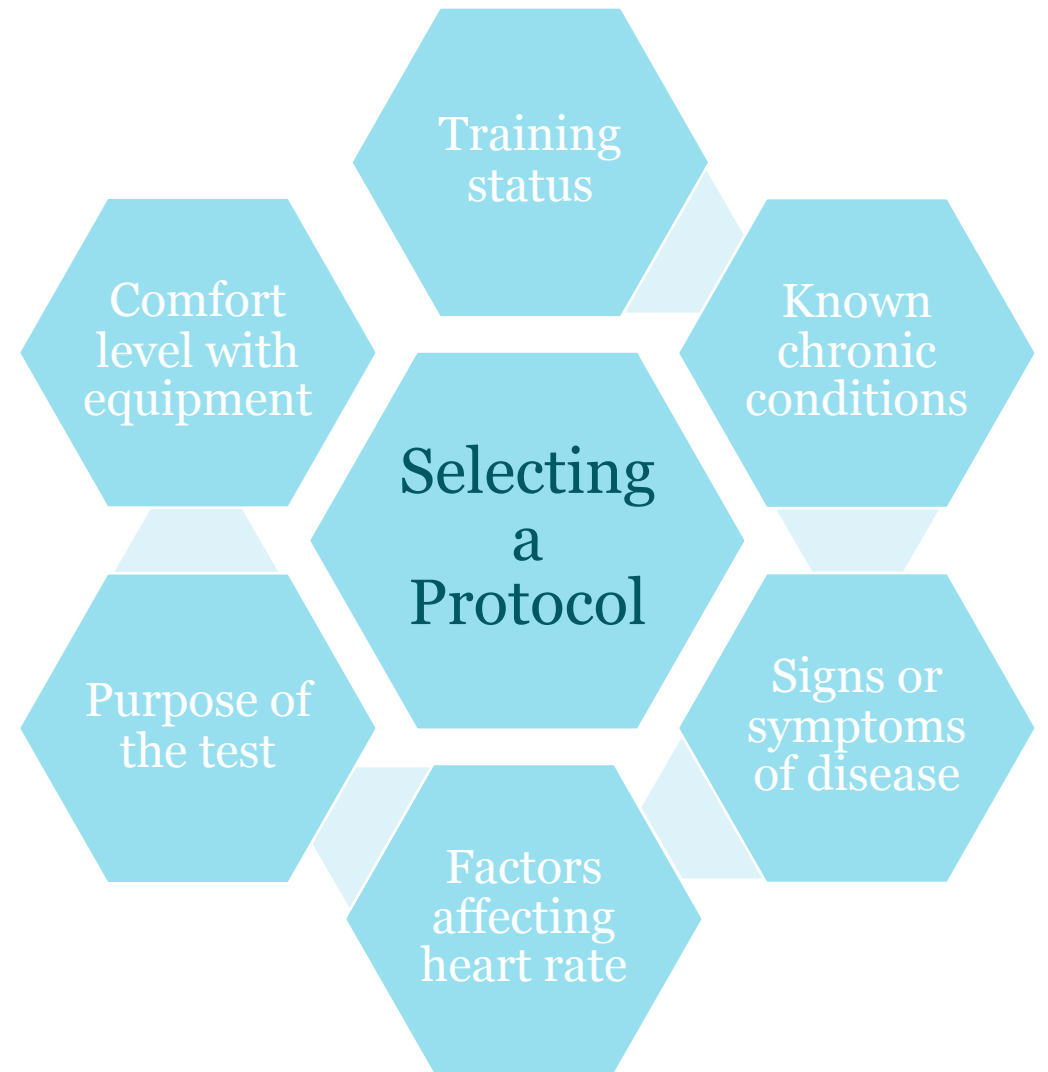
Testing Mode

What factors will you consider when:

1. selecting an appropriate mode (i.e. treadmill, bike etc.) for testing your client?
2. selecting a protocol to follow for your client?



Treadmill
 Upright cycle ergometer
 Recumbent cycle ergometer
 Recumbent stepper (NuStep)



Starting level
 Increments
 Termination Point

**How can we use the
results for
prescription/program
design?**

Recap

- Marks given for completion (0,1 or 2 for each week) – 8% of overall grade went towards the “Weekly Readiness Activities”
- Successful in encouraging proper preparation for in-class discussion and activities
- Worked well because of small class size (N=8)
- Challenge → Timing: reviewing responses and preparing slides within that narrow window prior to class