

Learning Outcomes/Schedule:

Upon completion of this course, students will be able to:

1. **Identify and delineate** theoretical terms and concepts with regards to clinical exercise testing and prescription. (Knowledge)
2. **Compare and contrast** theoretical and practical approaches for exercise prescription in clinical settings including special considerations for specific populations as well as unique social and behavioral contexts. (Analysis)
3. **Synthesize** research and practical knowledge about exercise assessment and intervention for various populations. (Comprehension)
4. Begin to **Develop** skills in professional and clinical decision making as they pertain to exercise prescriptions designed by Registered Kinesiologists. (Application)
5. **Further develop** abilities to *critically reflect* upon own learning and relate to the topics discussed in class. (Reflection)

situation, their medical illness and its complexities, and several other factors (e.g., orthopedic, risk

most essential facts. The listener needs to be given all of the relevant information **without extraneous details** and should be able to construct his/her own care plan as the story unfolds. Consider yourself an advocate who is attempting to persuade an informed, interested judge the merits of your argument, without distorting any of the facts. The same patient will be presented very differently depending on the audience (e.g., cardiologist, social worker, family members). Prepare your presentation as if it is being given to the medical director of the chronic disease rehabilitation program where you work.

Specific instructions:

- 1) The presentation is NOT a simple recitation of the write-up. It is a concise, edited presentation of the most essential information. *It has as much to do with style than substance. Be smooth and succinct.*
- 2) It should be no more than 2 minutes long. Marks will be lost if you go over 2 minutes so practice, practice, practice and time yourself when you do.
- 3) The basic structure should include:
 - a. *Mr. Bradey is a pleasant 67 year old man who was diagnosed with type 2 diabetes 10 years ago.).*
 - b. Most important aspects from medical history
 - c. Fitness test results (or if none, recommendation for tests to be completed in near future)
 - d. Special considerations (items that must be considered in prescribing exercise for this person)
 - e. Care plan items with very brief rationale for exercise prescription and other items too IF time allows and IF you deem particularly relevant (Lead this concluding part of presentation with: *such and such a goal*).

7. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

Generally, students can expect some form of feedback on their performance in a course before the drop date.

November 12th, 2020 (for first term half-courses)
Novembe