

<p>Course Name: KNPE 355/3.0</p> <p>Clinical Fitness Assessment Laboratory</p>	<p>Course Instructor: Dr. Nicole Beamish</p>	<p>Contact Hours: Lecture 1 x 1.0 hour wk / 12 weeks Lab 1 x 3.0 hours wk / 12 weeks</p>														
		<p>Prerequisite: KNPE 125/3.0, KNPE 225/3.0, KNPE 227/3.0 and KNPE 255/3.0 Level 3 or above in a KINE plan.</p>														
		<p>Exclusion: None</p>														
<p>Course Description:</p> <p>This laboratory experience is designed to help prepare students to participate in a variety of multidisciplinary clinical and/or professional environments. Development of pertinent skills and the discussion of relevant concepts pertaining to the assessment of cardiometabolic and/or health-related variables for generally asymptomatic populations are reviewed to prepare students for experiences in clinical/pragmatic settings.</p>		<p>Course Texts:</p> <p>Course notes and team-based tutorial outlines will be posted on the KNPE 355 onQ page.</p> <p>Required and recommended readings will be posted on onQ before each lecture and tutorial.</p>														
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Use effective communication skills to develop patient/client rapport and to gather essential subjective information used to establish collaborative patient/client-centred goals. • Construct clear and comprehensive records for patient/client interactions. • Organize and conduct pre-exercise screening and physical assessments using evidence-based practices. • Select, administer, and interpret appropriate clinical exercise testing for cardiorespiratory fitness, muscular fitness, flexibility, and balance. • Self-reflect on experiential learning experiences and provide and receive constructive peer feedback to improve exercise assessment skills. 		<p>Course Evaluation:</p> <table> <tr> <td>Laboratory participation (4%) and PARQ+ quiz (1%)</td> <td>5%</td> </tr> <tr> <td>Readiness checks for laboratory-based learning (8 total)</td> <td>10%</td> </tr> <tr> <td>Assignment #1: Communication</td> <td>10%</td> </tr> <tr> <td>Midterm clinical skills examination</td> <td>15%</td> </tr> <tr> <td>Assignment #2: Submaximal exercise testing</td> <td>15%</td> </tr> <tr> <td>Final clinical skills exam</td> <td>20%</td> </tr> <tr> <td>Written final exam</td> <td>25%</td> </tr> </table>	Laboratory participation (4%) and PARQ+ quiz (1%)	5%	Readiness checks for laboratory-based learning (8 total)	10%	Assignment #1: Communication	10%	Midterm clinical skills examination	15%	Assignment #2: Submaximal exercise testing	15%	Final clinical skills exam	20%	Written final exam	25%
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<p>Course Outline</p>																
Laboratory Orientation and Introduction to Preparticipation Screening	Submaximal exercise testing in the clinic															
Course Introduction and communication	Submaximal exercise testing in the field															
Subjective History and pre-exercise evaluations	Muscular fitness															
Anthropometric measurements	Balance and flexibility															

Intro to submaximal exercise testing	Clinical skills practice
Functional fitness	