

<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>Lecture notes will be posted on OnQ</p> <p>There is no required textbook or courseware package for this course. The following textbooks are recommended.</p> <ul style="list-style-type: none"> • CSEP-PATH: Physical Activity Training for Health, Resource Manual 2018. Canadian Society for Exercise Physiology. • ACSM's Guidelines for Exercise Prescription, Eleventh Edition. Wolters Kluwer. 2021. 														
<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>Tutorial Participation</td> <td>10%</td> </tr> <tr> <td>Quizzes</td> <td>10%</td> </tr> <tr> <td>Assignment 1</td> <td>10%</td> </tr> <tr> <td>Midterm clinical skills exam</td> <td>15%</td> </tr> <tr> <td>Assignment 2</td> <td>15%</td> </tr> <tr> <td>Final clinical skills exam</td> <td>20%</td> </tr> <tr> <td>Final written exam</td> <td>20%</td> </tr> </table>	Tutorial Participation	10%	Quizzes	10%	Assignment 1	10%	Midterm clinical skills exam	15%	Assignment 2	15%	Final clinical skills exam	20%	Final written exam	20%
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<p>Course Outline</p>																
<p>Laboratory Orientation and Introduction to Preparticipation Screening</p>		<p>Submaximal exercise testing in the clinic</p>														

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	