



## Course Number and Title: EXS 235 Exercise Science Clinical II

**Campus Location:**

Wilmington

**Effective Date:**

2021-51

**Prerequisite:**

EXS 200, EXS 205, EXS 225, EXS 230

**Co-Requisites:**

None

**Course Credits and Hours:**

5.00 credits

1.00 lecture hours/week

21.00 lab hours/week

**Course Description:**

This course is comprised of two eight week supervised clinical experiences which provide the student with in-depth experience in fitness evaluation, prescription, and instruction. Management skill concepts will also be presented.

**Required Text(s):**

Obtain current textbook information by viewing the [campus bookstore - https://www.dtcc.edu/bookstores](https://www.dtcc.edu/bookstores) online or visit a campus bookstore. Check your course schedule for the course number and section.

**Additional Materials:**

Exercise Science Program Manual

Exercise Science Clinical Manual

Allied Health/Science Department Policy Manual

**Schedule Type:**

Classroom Course

Hybrid Course

**Disclaimer:**

None

**Core Course Performance Objectives (CCPOs):**

1. Comply with entry-level behavior patterns consistent with employer and professional association guidelines. (CCC 3, 4; PGC 1, 7, 9)
2. Demonstrate effective communication skills with clients and professional staff. (CCC 1; PGC 7, 8)
3. Design and revise safe and effective individualized exercise prescription plans based upon pre-exercise screenings. (CCC 6; PGC 1, 2, 3, 4, 5, 6, 7, 8, 10)
4. Demonstrate the components of professional behaviors as applied in the classroom, in lab activities, and in clinical experiences. (CCC 3, 4; PGC 1, 5, 8)

See Core Curriculum Competencies and Program Graduate Competencies at the end of the syllabus. CCPOs are linked to every competency they develop.

**Measurable Performance Objectives (MPOs):**

Upon completion of this course, the student will:

1. Comply with entry-level behavior patterns consistent with employer and professional association guidelines.
  1. Perform the duties required of entry-level fitness center employees.
  2. Meet the standards of professional and ethical conduct.
  3. Expand job-related knowledge and skills to improve performance and adjust to change.
  4. Report to work on time and as scheduled to demonstrate dependability and cooperation.
  5. Work independently with minimal supervision.
  6. Use appropriate database software for record keeping.
  7. Determine and schedule assignments to accommodate work demands, time requirements, and commitments.
  8. Use policies and procedures to contribute to the efficiency of the fitness facility.
  9. Perform assignments responsibly.
  10. Maintain equipment and the fitness facility as directed.
  11. Describe the characteristics of good management for exercise science fitness centers.
  12. Describe the various levels of organizational relationships, including authority, responsibility, and accountability.
  13. Describe the day-to-day operation requirements for an effective fitness program.
  14. Describe how budget plans are used for effective fitness center operations.
  15. Discuss current trends in the industry.
  16. Discuss the legal issues associated with operating exercise programs and how they reflect the standards of practice for exercise professionals.
  17. Discuss the American College of Sports Medicine (ACSM) guidelines for facility design, equipment selection, and calibration.
  18. Adhere to Health Insurance Portability and Accountability Act (HIPAA) regulations.
2. Demonstrate effective communication skills with clients and professional staff.
  1. Comply with policies and procedures related to fitness matters, including confidentiality, amendment of individual records, release of information, and client rights.
  2. Use interpersonal skills effectively to build and maintain cooperative working relationships.
  3. Discuss client information with co-workers in adherence with HIPAA regulations appropriate.
  4. Handle difficult and sensitive situations tactfully.
  5. Work and communicate in a concise, logical, positive, and cooperative manner with management and supervisory staff, medical staff, co-workers, and other healthcare personnel.
  6. Use critical thinking and problem-solving skills within the scope of responsibility.
  7. Educate clients regarding health and fitness.
  8. Describe marketing strategies applicable to the industry.
3. Design and revise safe and effective individualized exercise prescription plans based upon pre-exercise screenings.
  1. Discuss the components and responsibilities involved when performing pre-exercise screenings.
  2. Perform routine fitness appraisal protocols
  3. Design and implement individual fitness programs utilizing fitness appraisal data.
  4. Determine vital signs accurately, including resting and exercise pulse rates and blood pressures.
  5. Determine that clients use designated equipment effectively, skillfully, and efficiently.
  6. Identify unsafe client performance and suggest appropriate modifications.
4. Demonstrate the components of professional behaviors as applied in the classroom, in lab activities, and in clinical experiences.
  1. Self-assess professional behaviors and modify accordingly.
  2. Demonstrate professional behaviors and attributes of the professional behaviors tool.
    1. Professionalism and responsibility
    2. Interpersonal skills and communication skills
    3. Nonverbal communication
    4. Commitment to learning and effective use of time and resources
    5. Use of constructive feedback
    6. Problem-solving and critical thinking
    7. Stress management

**Evaluation Criteria/Policies:**

The grade will be determined using the Delaware Tech grading system:

90	-	100	=	A
80	-	89	=	B
70	-	79	=	C
0	-	69	=	F

Students should refer to the [Student Handbook - https://www.dtcc.edu/handbook](https://www.dtcc.edu/handbook) for information on the Academic Standing Policy, the Academic Integrity Policy, Student Rights and Responsibilities, and other policies relevant to their academic progress.

**Final Course Grade:**

Calculated using the following weighted average

Evaluation Measure	Percentage of final grade
Clinical Site Experience Notebook (formative)	25%
Final Clinical Assessment (summative)	50%
Clinical Site Project (summative)	15%
Certification Mock Exam (summative)	5%
Professional Behaviors Assessment (summative)	5%
TOTAL	100%

**Core Curriculum Competencies (CCCs are the competencies every graduate will develop):**

1. Apply clear and effective communication skills.
2. Use critical thinking to solve problems.
3. Collaborate to achieve a common goal.
4. Demonstrate professional and ethical conduct.
5. Use information literacy for effective vocational and/or academic research.
6. Apply quantitative reasoning and/or scientific inquiry to solve practical problems.

**Program Graduate Competencies (PGCs are the competencies every graduate will develop specific to his or her major):**

1. Integrate professional behaviors in an ethical, legal, safe, and effective manner within the exercise science delivery system.
2. Perform appropriate measurement and assessment techniques to assist in evaluating a client's status for proper exercise prescription plans.
3. Prescribe and implement or modify a comprehensive exercise prescription plan based upon pre-exercise screenings or re-evaluation of clients.
4. Demonstrate effective written, oral, and nonverbal communication skills with clients, their families, colleagues, health care providers, and the public.
5. Participate in the teaching and explaining of exercise science concepts to clients, colleagues and the public.
6. Recognize the importance of continued development of knowledge and skills through the practice of reading professional literature and attending continuing education activities.
7. Perform clinical practice, as required of an entry-level Certified Exercise Science professional.

**Disabilities Support Statement:**

The College is committed to providing reasonable accommodations for students with disabilities. Students are encouraged to schedule an appointment with the campus Disabilities Support Counselor to request an accommodation needed due to a disability. A listing of campus Disabilities Support Counselors and contact information can be found at the [disabilities services - https://www.dtcc.edu/disabilitysupport](https://www.dtcc.edu/disabilitysupport) web page or visit the campus Advising Center.