**EXERCISE SCIENCE PRACTICUM**

**Practicum Supervisor Form and Logbook**

Note: A separate form must be completed for every placement/work site and supervisor.

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| **Name of Student/Applicant:** | Katie Example |
| **Name of Placement/Work Site:** | Exercise Science Gym |
| **Total Hours at Placement/Work Site:** | 9.5 |
| **Exercise Assessment (A), Prescription (P) and Delivery (D) Hours (EAPD) Completed:**  | 7.5 | **Other Hours Completed:**  | 2 |
| **Date Commenced:** | 06/04/2023 | **Date Completed:** | 08/04/2023 |

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| **Supervisor Declaration and Signature:** *(To be signed within one month of completing placement)* |
| **Name:** | Lisa Pen |
| **Relevant Qualification (Year of Completion):** | Bachelor of Exercise Science (2015) (AES since 2016) |
| **If you are not an ESSA accredited health professional, please provide a summary of experience relevant to the activities you have supervised:**  |
| N/A |
| ***I have read the information contained within this Supervisor Form and Logbook and certify that this is a true and accurate reflection of the student’s/applicant’s engagement at this placement site.*** |
| **Signature:** | *(SIGNATURE BY PEN OR ELECTRONIC SIGNATURE)* |
| **Date:** | 10/04/2023 |

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| **DATE** | **No. EAPD HRS (please indicate A, P or D)** | **No. OTHER HRS** | **CLIENT/S DESCRIPTION** | **DESCRIPTION OF SERVICES****EXERCISE SCIENCE PRACTICUM LOGBOOK** |
| 6/4/23 |  | 1.5 | 18 x 18-28 y.o. males, senior football players, no health conditions | All players were fitted with a shoulder harness with the GPS monitor fitted between the shoulder blades to obtain match data. (30 mins) Following the match, data from all units were downloaded into the GPS Sports analysis software to prepare individual player reports including: total distance, total match time, maximum speed, average speed, acceleration and time spent in 5 different speed zones (1 hr). This data was then given to the head strength and conditioning coach who uses this information to help determine training loads that are appropriate for different playing positions. |
| 6/4/23 | D 1 |  | 64 y.o. female, taking medication for high cholesterol (4 years), cleared by AEP to be treated as apparently healthy**Goal –** improve overall fitness level to improve energy  | Took client through the program pre-written by supervisor (AEP). **Incremental warm-up:** on treadmill, 20 min aerobic walking varying hill incline throughout. **Resistance program: 2x12**wall push-ups, fitball squat, theraband hip abduction/adduction, balance activities, dumbbell bicep curls, tricep pushdown**Cooldown:** 5min walk on the treadmill Throughout the entire session, I monitored RPE, facial expressions and colour. I cued technique such as “squeeze your glutes”, “shoulders back”.  |
| 7/4/23 | A 1P 0.5  | 0.5  | An elite male triathlete aged 27 years old. No current injuries. | **Assessment:** I conducted an initial assessment with the client. This included taking subjective history (medical history, previous injuries and treatment, exercise history, likes and dislikes and completing the Adult Pre-exercise screening tool. Following this and once determine suitable to continue, I took the client through the below objective assessments: Bruce testGrip strength Single leg squat until fatigue Plank hold It was recommended that the client return next week to run through the home exercise program. **Other:** 30mins research into common injuries for triathletes to assist analysing assessment results and writing program.**Prescription:** 30mins writing home exercise program  |
| 8/4/23 | A 3P 2 |  | Workplace fitness assessment for 5 workers (approx one hour per client with discussion). **Client 1:** 32 y.o. female, healthy **Client 2:** 56 y.o. male on medication for high blood pressure, clearance from GP to exercise **Client 3:** 26 y.o. male, nil health issues **Client 4:** 47 y.o. female. Osteopenic, cleared by GP to exercise **Client 5:** 39 y.o. female, healthy and very active. | Took office workers through fitness tests set up in their boardroom. The testing involved the following measurements: height weight waist and hip girth measurements sit and reach flexibility shoulder flexibility 7 level abdominal test 5 min Harvard Step test After each testing session, BMI, waist to hip ratio and step test result were calculated. The client was taken through their results and compared to the available norm values. From these results, recommendations were made regarding an exercise program. **Client 1 -** had reduced shoulder flexibility and was shown some upper body flexibility exercises **Client 2 -** performed well on all tests and gave advice about cross training to vary from his usual daily walk **Client 3 -** scored very high on step test but poorly on flexibility and abdominal tests. Provided hamstring, lower back and upper body stretches as well as exercises to work on abdominal strength **Client 4 -** body weight resistance exercises were shown to help maintain bone density **Client 5 -** she is training for her first half marathon so a six month training plan was devised for this client. |
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