

Student Led Exercise Physiology Clinic

University of Newcastle



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

EXSS

Matthew Kolasinski

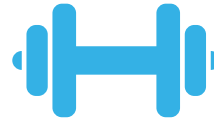
The Importance of Exercise



What is an Accredited Exercise Physiologist?



University educated allied health professional



Qualified to use exercise as a tool to help people of all ages and backgrounds achieve their health, fitness and personal goals



Provides health and behaviour change methodologies towards client management of their own exercise health and wellness

Physical Activity



“Physical activity is defined as any bodily movement produced by skeletal muscle that requires energy expenditure”



Can take in many forms

Walking, cycling, sports, active recreation
(dance, yoga, tai chi)

Work-related (lifting, carrying)

Home tasks (mowing lawns, cleaning)

Client / Patient engagement



How many clients reach physical activity recommendations



What can be done to improve this?



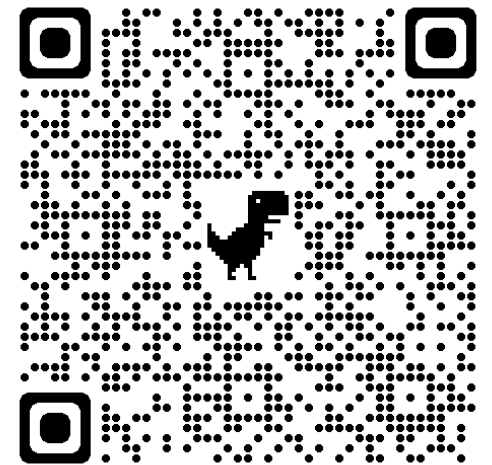
Exercise programs can be very effective – if they are designed correctly

Student Led EP clinic



Exercise Physiology Clinic

- Located at the University of Newcastle's Central Coast campus, the Exercise Physiology Clinic has been designed to offer high-quality, low cost care to the local community, while also providing a training facility for postgraduate students completing the Master of Exercise Physiology program
- Evidence based treatment to prevent, treat and manage a range of health conditions



Student Led Clinic

Great opportunity for students to have 'real world' clinical clients

AEP supervised exercise sessions that student leads

GP referral sessions will be AEP led and student observed

Student Led Clinic

Clients appreciate being on board with student clinical experience

Cost effective exercise treatment methods for local community

Client clinical progress and documentation in client files and invoiced through clinic

Benefit to GP

- **Cost effective exercise intervention**
- **Provides client groups to student clinical placement experience**
- **Gives student clinical experience in client health journey (initial ax, prescription, progression, outcome measures, clinical notes and GP d/c summary writing)**

Benefits to Client

- Clients appreciate student learning experience
- Clients can enjoy cost effective exercise treatment
- Supervised session from AEP to allow for client case conference and discussion on exercise treatment

Benefits to Student

- Clinical experience
- Wide range of client groups
- Broad range of prescription skills
- Great opportunity for transition of theory into practical application

Current Client services

- Diabetes and exercise research group (telehealth and face to face)
- Lungs in action (due to commence mid year)
- Community engagement of client groups with various musculoskeletal issues and lifestyle goals



Client Testimonial

“I really enjoy the student led sessions. I have had so much variety in my training programs and I have been able to set my goals and have the support from the students under the guidance of the accredited exercise physiologist”

- Kylie

Student led clinic member since 25th May 2021

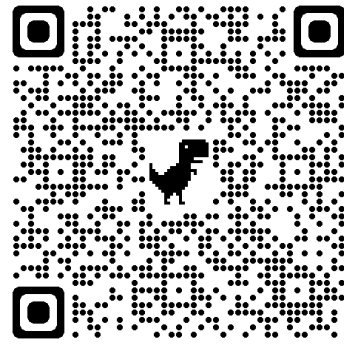
Pars defect in L5

Bilateral shoulder hypermobility with residual pain and tightness in upper trapezius

About us

Located at the University of Newcastle's Central Coast campus, the Exercise Physiology Clinic has been designed to offer high-quality, low cost care to the local community, while also providing a training facility for postgraduate students completing the [Master of Exercise Physiology program](#).

The aim of the clinic is to provide affordable, evidence based treatment to prevent, treat and manage a range of health conditions, injuries and disabilities. We also offer injury prevention, performance programs and general health and wellness advice.



Summary

- **Student led clinic provides great learning support for student clinical placement**
- **Great community engagement from local area of clients that support student learning experience**
- **Student teaching environment to look at integration of clinical theory and clinical practice**
- **Referral welcome for client wishing to participate in student led clinical sessions**

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