

KNES 441/443/445 – PRACTICUM COURSE

Practicum Position Title: Exercise Testing in a Clinical Setting

of Positions Available: 1

Industry/Company Description: Alberta Health Services- Pulmonary Function Lab

Location: Rockyview General Hospital Holy Cross Ambulatory Care Centre Outpatients Clinic

Required Hours: 60-72 hours per term/5-6 hours per week

Academic Session: Fall and Winter

Specified Schedule: Hours to be determined. 8-4 pm Mon, Tues, and Fri

Project Duties/Responsibilities:

Under the direction and supervision of the Kinesiologist, the student will:

- Prepare equipment and patients for cardiopulmonary exercise testing (CPET). This will include explaining the test, obtaining consent, ECG placement, determining pre exercise status (HR, blood pressure, inspiratory capacity, symptoms)
- Monitor patient's blood pressure and symptoms prior to and during exercise testing.
- Conduct maximal graded exercise tests (Cardio-Pulmonary Exercise Testing - CPET) as part of a team with clinical patients. These tests analyze the complex interplay between cardiac and respiratory functioning during exercise. Lung function, lung mechanics, oxygen consumption, VO2 max, anaerobic threshold, respiratory compensation, respiratory efficiency, and metabolism are all analyzed to assess reasons for exercise intolerance and/or shortness of breath on exertion.
- Assist in the interpretation of clinical exercise tests and develop exercise prescriptions based on test results.
- Complete an approved exercise/rehabilitation related support project.(Examples may include exercise prescription templates for patients, exercise pamphlets for specific conditions, researching normative information for interpretation)

Required Student Qualifications:

- KNES 373 (Exercise Physiology)
- Current CPR and First Aid certification required
- Up-to-date vaccination record required
- Police check required

On-Site Supervisor:

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