



# THE UNIVERSITY OF BRITISH COLUMBIA

## Land Acknowledgement

We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory UBC Okanagan is situated.

## **HES 350: Clinical Assessment**

**Faculty:** Faculty of Health and Social Development

**Department:** Health and Exercise Sciences

**Instructor(s):** Shawna Cook (she/her)

**Primary contact method:** Canvas Message

**Instructor(s) Email:** [shawna.cook@ubc.ca](mailto:shawna.cook@ubc.ca)

**Duration:** Term 1 Winter 2024

**Delivery Modality:** In-Person

**Course Location:** Lecture: Art 203, Lab: UCHB 109

**Course Days:** Lecture: Thursday's & Lab: Wednesday's

**Class Hours:** Lecture: 11am – 2pm & Lab: 9am – 12pm

**Office hours:** Monday's 11:30 – 12:30pm

Office hours are meant for you to come and chat about course content, assignments, or anything I can help you with. I am here to help as much as I can. If you are unavailable during scheduled office hours, please contact me, and we can arrange another time.

## Course Description

The development of key technical skills in conducting clinical evaluations by exercise practitioners, including client interviews and communication, physical examination, pharmacological considerations, health and fitness measures and appropriate data recording and documentation.

## Course Format

The course combines lecture and laboratory components to achieve learning objectives. Lectures will focus on the operational elements involved in clinical evaluations, health assessments and exercise testing and provide a framework for the determination of safe and effective assessment and exercise programming strategies for healthy individuals and those living with chronic conditions. Labs will provide experiential learning opportunities for students to learn and demonstrate key allied health assessments and the management of client health and safety.

## Course Overview, Content and Objectives

The course is designed to introduce students to common clinical assessments for healthy individuals and those living with chronic conditions. This course will provide students a fundamental understanding of the rationale and analysis of clinical assessments and will guide student learning in safe and effective assessment conduct. Protocols and technological considerations of assessments will be introduced and students will gain expertise in measuring clinical data. Students will be furthermore introduced and gain

proficiency in using equipment, protocols and effectively assessing client health status. The learning objectives are to:

- Lead students through the clinical evaluation process that is performed by medical and allied health professionals and using the results of test data to inform exercise prescription.
- Assist students in developing respectful and effective communication with clients and learn to effectively conduct client history protocols and generate necessary reports.
- Provide opportunities to learn and become proficient in effective clinical assessment, monitoring and emergency scene management.

### **Learning Outcomes**

*Upon successful completion of this course, students will be able to...*

1. Explain the elements of a clinical evaluation conducted by medical and allied health professionals and the measurements that may be necessary to determine whether a patient is able to exercise safely.
2. Demonstrate effective communication techniques and develop comprehensive patient histories that identify and describe information and results relevant to health care professionals, assessment strategies and exercise program prescription.
3. Explain and demonstrate effective assessments and monitoring conducted by clinical exercise professionals, including patient interviews, health and fitness screening and clinical assessments
4. Assess patient and program needs and goals based on health and exercise history, motivation level, physical activity readiness and clinical findings.
5. Demonstrate leadership and teamwork in the safe and effective application of first-aid and emergency scene management

### **Assessments of Learning**

	Assessment	Date	% of grade	Learning outcome(s)
Lecture Component			45%	
	Midterms x 2	Oct. 3 <sup>rd</sup> , Nov. 7 <sup>th</sup>	20%	LO1, LO2, LO3, LO4, LO5
	Final Case Study Project	Dec. 12 <sup>th</sup>	25%	LO1, LO2, LO3, LO4, LO5
Lab Component			55%	
	Lab Reflections	Weekly	5%	LO1, LO2, LO3, LO4, LO5
	Rounds Presentations x 3	Sept 18 <sup>th</sup> , Oct 23 <sup>rd</sup> , Nov. 27 <sup>th</sup>	15%	LO1, LO2, LO3, LO4
	Chart Analysis & Interview Assignment	Oct. 9 <sup>th</sup>	15%	LO2, LO3, LO4
	Baseline Testing & ECG Practical Exam	Nov. 20 <sup>th</sup>	20%	LO1, LO2, LO3, LO5

**A minimum grade of 50% on both lab and lecture components is required to pass the course. A result of less than 50% in either component will result in a final grade of 49% and an F grade.**

## **Course Assessment Details – Lecture Component**

### **Midterms (20%)**

Two midterms will assess your comprehension of the material covered in both lecture and lab. Midterm I will assess modules 1 and 2 – Chart Prep, Interview & Analysis, whereas midterm II will assess module 3 and 4 – Baseline Testing & ECG. There is no final exam in this course

### **Final Case Study Project (25%)**

You will be assigned a case study and provided with some mock medical records, results/data. You will have to apply the knowledge that you have learned throughout the entirety of the course to complete a full detailed initial assessment case report. The report will include aspects such as (but not limited to) your clinical assessment analysis, treatment plan & final conclusions. This final case study project will serve as a replacement for your final exam.

## **Course Assessment Details – Lab Component**

### **Weekly Lab Reflections x 3 (5%)**

Each week within Canvas you will be provided the opportunity via some prompts given, to reflect on the learning that has taken place that week. The purpose is to create enduring understanding of the material covered and assist in your preparation for the material to come. This is a course that builds on itself as you follow the framework from one step to the other. Reflecting on what you have learned provides a great opportunity to strengthen your knowledge and skillset.

### **Rounds Presentations x 3 (15%)**

This is a peer-to-peer collaboration activity designed to enhance the student's knowledge by learning and gaining insights from each other. Students will be provided with a clinical case along with a "problem to solve". They will briefly present their case and problem to a group of class peers with their thoughts on solving the problem and how they came to the conclusions they have. The students & their peer team will then engage in an open discussion with the goal of gathering insights and perspectives that might offer "best for the patient" ways to move forward. Students will then complete a reflective component to the assignment to integrate what they have learned.

### **Chart Analysis & Interview Assignment (15%)**

Students will be assigned a case study and provided with all required resources. With a peer (or other individual) taking the role of the client, the student will record a video demonstrating their analysis of the medical records and client interview abilities.

### **Baseline Testing & ECG Practical Exam (20%)**

As the learning outcomes for this course are heavily focused on the student's applied skill, students will demonstrate their practical skills in performing various baseline tests, including taking and interpreting a resting ECG.

**Course Schedule**

Week/Date	Lab Topic	Lecture Topic
Week 1: Sept. 4 <sup>th</sup> & 5 <sup>th</sup>	No Lab	Module 1: Chart Prep & Analysis
Week 2: Sept 11 <sup>th</sup> & 12 <sup>th</sup>	Chart Prep Case Study	Chart Analysis; Introduction to rounds
Week 3: Sept 18 <sup>th</sup> & 19 <sup>th</sup>	Chart Analysis Rounds x1 Presentations	Module 2: Interview: Gathering information and fine-tuning direction.
Week 4: Sept 25 <sup>th</sup> & 26 <sup>th</sup>	Interview Practice	Interview Analysis
Week 5: Oct. 2 <sup>nd</sup> & 3 <sup>rd</sup>	Practice for Interview Assessment	Theory Test: Midterm 1 Module 3: Baseline Testing 1: Metabolic
Week 6: Oct. 9 <sup>th</sup> & 10 <sup>th</sup>	Chart Analysis & Interview Assignment Due Baseline Testing 1	Baseline Testing 2: Lung Function
Week 7: Oct. 16 <sup>th</sup> & 17 <sup>th</sup>	Baseline Testing 2	Baseline Testing 3: Neuro
Week 8: Oct. 23 <sup>rd</sup> & 24 <sup>th</sup>	Baseline Testing 3 Rounds x2 Presentations	Module 4: ECG 1 – Basic Rhythms
Week 9: Oct. 30 <sup>th</sup> & 31 <sup>st</sup>	ECG Practical Application	ECG 2 – Enhanced Rhythms
Week 10: Nov. 6 <sup>th</sup> & 7 <sup>th</sup>	Baseline Testing & ECG Practice	ECG Review Theory Midterm # 2
Midterm Break Nov. 13 <sup>th</sup> & 14 <sup>th</sup>	No lab	No lecture
Week 11 - Nov. 20 <sup>th</sup> & 21 <sup>st</sup>	Baseline Testing & ECG Practical Exam	Module 5: Final Conclusions

Week 12 - Nov. 27 <sup>th</sup> & 28 <sup>th</sup>	Final Case Study Project Work Rounds x 3 Presentation	Module 6: Emergency Procedures
Week 13 - Dec. 4 <sup>th</sup> & 5 <sup>th</sup>	Mock Emergency Scenarios	Potential Guest Lecture
Final Exam Period: Dec. 9 <sup>th</sup> – 20 <sup>th</sup>		Final Case Study Project Submission

### **Late policy**

Flexible late policy - each student receives a bank of 72 hours that can be used for the Lab Reflections, the Chart Analysis & Interview Assignment and the Final Case Study Project. Reminder this is 72 hours total, not per activity. Once the 72 hours is used up the standard late policy applies: 10% per day for a maximum of 3 days after which the grade will be zero.

### **Missed exam policy**

There will be no make-ups for missed exams. This includes both midterms and the Baseline Testing & ECG practical exam. Please submit a self-declaration form to the undergraduate coordinator for an accommodation. Once approved a make-up will be scheduled.

### **Missed Activity Policy:**

Lab attendance is mandatory. Each missed lab carries a penalty of 10%. Only sickness or family emergencies will be accommodated. If you need to miss lab for an exceptional circumstance please contact the course instructor.

There will be no make-ups for missed rounds presentations.

### **Passing/Grading Criteria**

A minimum grade of 50% on both lab and lecture components is required to pass the course. A result of less than 50% in either component will result in a final grade of 49% and an F grade.

### **Learning Materials**

ACSM's Clinical Exercise Physiology textbook – Author Walter R. Thompson.  
Slides will be posted on Canvas prior to class  
Additional resources will be posted on Canvas

### **Other Course Policies**

### **UBC Values**

UBC creates an exceptional learning environment that fosters global citizenship, advances a civil and sustainable society, and supports outstanding research to serve the people of British

Columbia, Canada, and the world. UBC's core values are excellence, integrity, respect, academic freedom, and accountability.

Policies and Regulations

Visit [UBC Okanagan's Academic Calendar](#) for a list of campus-wide regulations and policies, as well as [term dates and deadlines](#).

### **Academic Integrity**

The academic enterprise is founded on honesty, civility, and integrity. As members of this enterprise, all students are expected to know, understand, and follow the codes of conduct regarding academic integrity. At the most basic level, this means submitting only original work done by you and acknowledging all sources of information or ideas and attributing them to others as required. This also means you should not cheat, copy, or mislead others about what is your work. Violations of academic integrity (i.e., misconduct) lead to the breakdown of the academic enterprise, and therefore serious consequences arise and harsh sanctions are imposed. **For example, incidences of plagiarism or cheating usually result in a failing grade or mark of zero on the assignment or in the course.** Careful records are kept to monitor and prevent recidivism.

A more detailed description of academic integrity, including the University's policies and procedures, may be found in the Academic Calendar at:

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,54,111,0>

### **Final Examinations**

You can find the [Senate-approved term and examination dates here](#). Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 27-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the Okanagan Academic Calendar <http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0>

### **Grading Practices**

Faculties, departments, and schools reserve the right to scale grades in order to maintain equity among sections and conformity to University, faculty, department, or school norms. Students should therefore note that an unofficial grade given by an instructor might be changed by the faculty, department, or school. Grades are not official until they appear on a student's academic record.

<http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,41,90,1014>

## **Resources to Support Student Success:**

**UBC Okanagan Disability Resource Centre**

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The DRC facilitates disability-related accommodations and programming initiatives to remove barriers for students with disabilities and ongoing medical conditions. If you require academic accommodations to achieve the objectives of a course please contact the DRC at:

**UNC 215** 250.807.8053

Email: [drc.questions@ubc.ca](mailto:drc.questions@ubc.ca)

Web: [www.students.ok.ubc.ca/drc](http://www.students.ok.ubc.ca/drc)

### **UBC Okanagan Equity and Inclusion Office**

Through leadership, vision, and collaborative action, the Equity & Inclusion Office (EIO) develops action strategies in support of efforts to embed equity and inclusion in the daily operations across the campus. The EIO provides education and training from cultivating respectful, inclusive spaces and communities to understanding unconscious/implicit bias and its operation within in campus environments. UBC Policy 3 prohibits discrimination and harassment on the basis of BC's Human Rights Code. If you require assistance related to an issue of equity, educational programs, discrimination or harassment please contact the EIO.

**UNC 325H** 250.807.9291

Email: [equity.ubco@ubc.ca](mailto:equity.ubco@ubc.ca)

Web: [www.equity.ok.ubc.ca](http://www.equity.ok.ubc.ca)

### **Student Wellness**

At UBC Okanagan health services to students are provided by Student Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Student Wellness for more information or to book an appointment.

**UNC 337** 250.807.9270

Email: [healthwellness.okanagan@ubc.ca](mailto:healthwellness.okanagan@ubc.ca)

Web: [www.students.ok.ubc.ca/health-wellness](http://www.students.ok.ubc.ca/health-wellness)

### **Office of the Ombudperson**

The Office of the Ombudperson for Students is an independent, confidential and impartial resource to ensure students are treated fairly. The Ombuds Office helps students navigate campus-related fairness concerns. They work with UBC community members individually and at the systemic level to ensure students are treated fairly and can learn, work and live in a fair, equitable and respectful environment. Ombuds helps students gain clarity on UBC policies and procedures, explore options, identify next steps, recommend resources, plan strategies and receive objective feedback to promote constructive problem solving. If you require assistance, please feel free to reach out for more information or to arrange an appointment.

**UNC 328** 250.807.9818

Email: [ombuds.office.ok@ubc.ca](mailto:ombuds.office.ok@ubc.ca)

Web: [www.ombudsoffice.ubc.ca](http://www.ombudsoffice.ubc.ca)

### **Student Learning Hub**

The Student Learning Hub is your go-to resource for free math, science, writing, and language learning support. The Hub welcomes undergraduate students from all disciplines and year levels to access a

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range of supports that include **tutoring in math, sciences, languages, and writing, as well as help with study skills and learning strategies**. Students are encouraged to visit often and early to build the skills, strategies and behaviors that are essential to being a confident and independent learner. For more information, please visit the Hub's website.

**LIB 237** 250.807.8491

Email: [learning.hub@ubc.ca](mailto:learning.hub@ubc.ca)

Web: [www.students.ok.ubc.ca/slh](http://www.students.ok.ubc.ca/slh)

### **The Global Engagement Office**

The Global Engagement Office provides advising and resources to assist International students in navigating immigration, health insurance, and settlement matters, as well as opportunities for intercultural learning, and resources for Go Global experiences available to all UBC Okanagan students, and more.

Come and see us – we are here to help! You may also contact [geo.ubco@ubc.ca](mailto:geo.ubco@ubc.ca)

### **Walk-In Well-Being Clinic**

The Walk-In Well-Being clinic offers no-fee, brief, single-session psychological services. Sessions are led by a doctoral student in clinical psychology and supervised by a registered psychologist (UBCO Faculty member). Clinicians can provide support with stress management, sleep, self-care, depression, anxiety, interpersonal issues, substance misuse, coping with academic demands/stressors, and provide options for connecting to additional resources. Virtual or in-person sessions are available at the UBCO Psychology Clinic, located in ASC 167 with or without an appointment, on Tuesdays and Thursdays between 10 am and 3 pm from September to June, excluding campus closures.

**UNC 337** 250.807.8421 (ext. 1)

Email: [ipc.ok@ubc.ca](mailto:ipc.ok@ubc.ca)

Web: <https://psych.ok.ubc.ca/psychology-clinic/walk-in-wellness/>

### **Student Supports, Resources & Campus Services**

Visit the [Student Support and Resources page](#) to find one-on-one help or explore resources to support your experience at UBC Okanagan, as well as many other campus services available to all students.

### **Advising Options**

Visit the [Advising Options page](#) to find out about the variety of advising options available to students including but not limited to academic, career and accessibility.

### **Safewalk**

*Don't want to walk alone at night? Not too sure how to get somewhere on campus? Call Safewalk at **250-807-8076**.*

*For more information, see: [www.security.ok.ubc.ca](http://www.security.ok.ubc.ca)*