

WellWorks Practicum – Health-Related Physical Fitness Testing and Interpretation

Spring, Summer, Fall (1-4 credits)

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Mission

To be the highest quality wellness program for our community and to combine academic and experiential learning for our students

Vision

WellWorks will be a regionally prominent wellness program that offers a continuum of lifestyle services to impact the health behaviors and wellness culture of our community

Position Description

WellWorks conducts health-related physical fitness testing services for members and non-members alike. Current testing services include body composition analysis using whole-body densitometry (BOD POD), Functional Movement Screening (FMS), and submaximal tests of cardiorespiratory fitness. The student will collaborate with an exercise physiologist to administer and interpret these physical fitness tests. This includes physical fitness tests scheduled for the general population and for the *Risk Reduction* program. These job tasks develop skills that are consistent with those of an American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C). Depending on the timing of the practicum, the student may also participate in two additional fitness testing batteries: 1) Physical performance testing of the functional status of older adults; and 2) Physical fitness testing of the OUPD.

Learning Objective

By completion of the practicum experience, the student will understand the purposes of health-related physical fitness testing and its basic principles and guidelines, including the latest evidence that cardiorespiratory fitness (VO₂max) is a vital sign. The student will be a trained BOD POD technician and will be able to independently administer and interpret body composition analyses. This includes distinguishing between the strengths and weaknesses of different body composition techniques. The student will be able to administer the Functional Movement Screen and make informed decisions about movement and exercise prescription based on its results.

Student Responsibilities

Daily Tasks (50%) – Students will be trained to complete the following general tasks in more detail:

- Administer and interpret body composition analyses (BOD POD) and Functional Movement Screenings (FMS) as scheduled.
- Conduct and interpret *Risk Reduction* program physical fitness assessments.
- Organize program quality metrics (e.g. Referrals, costs, service, participant satisfaction, etc.).
- Participate in administrative tasks (e.g. equipment calibration, maintenance, inventory, etc.).
- Complete a weekly log (e.g. Write a brief description weekly of the student experience – See below for more details).

Project (25%) – Students will leave a legacy by completing a project. Examples include:

- Contributing to the Therapeutic Exercises Manual for FMS participants.
- Planning, implementing, and reviewing a promotional campaign for one of the health-related physical fitness testing services.

Mentorship (25%) – The preceptor will be the current Coordinator, CEP at WellWorks.

- The student will be trained to complete daily tasks and projects by the preceptor.
- The student will identify personal goals (knowledge or skills related to the practicum) which they desire to develop. Feedback and coaching will be provided weekly by the preceptor.

Student Agreement

1. **Student Goals** - These goals should be written by student and discussed in the first week with preceptor. Goals should be agreed upon by both parties.
2. **Weekly Log** – A brief description of weekly activities. What project(s) were you working on during the week? What activities did you participate in? Three specific questions must also be answered weekly: 1) What did I learn? 2) What do I need or want to know more about? 3) What am I confused about? Essentially, the log is a weekly diary of student activities. The weekly log must be typed, include dates and total hours worked per week, then sent to preceptor.
3. **Project** – Work with preceptor to determine a programming/business need. This will include an evaluation/recommendation for future programming/business needs.
4. **Preceptor's Evaluation of Student** (mid and final) – see additional pages (2 options)
5. **Student's Evaluation of Preceptor** (mid and final) – see additional page

Student Goals

These goals should be written by student and discussed in the first week with the preceptor. Goals should be agreed upon by both parties.

Strengths (technical skills and soft skills)

- 1.
- 2.
- 3.
- 4.

Needs Improvement/Coaching

- 1.
- 2.
- 3.
- 4.

Procedures, Technology, Programs, etc., I would like to learn:

- 1.
- 2.
- 3.
- 4.

Overall Goals for the Practicum

- 1.
- 2.
- 3.

Career Goals

- 1.
- 2.
- 3.