

Community-Engaged Learning and Scholarship: Opportunities and Coursework Credit

HK*4511/2 Teaching, Learning & Knowledge Transfer II S,F,W (0-6) [1.00]

Course Coordinator: Dr. William Bettger

Assistant: Andra Williams

Proposal:

The Health and Performance Centre (H.P.C.) Physiotherapy Department, in collaboration with The Department of Human Health and Nutritional Sciences is excited to offer a ***combined internship/ knowledge transfer*** opportunity at Eramosa Physiotherapy in Guelph. The selected student would be responsible for 10-12 in-clinic hours weekly, in addition to preparing a thoroughly researched patient education handout. The handout will be based upon furthering patient education regarding various musculoskeletal conditions or leading an active lifestyle. The handout will include appropriate references from scientific journals.

The student will receive comprehensive training by a kinesiologist regarding the following:

- Exercise supervision, prescription, and progression
- Working with pathological musculoskeletal conditions
- Administration of modalities

Primary responsibilities of the student during their in-clinic hours of their internship would include the following:

- Working in a kinesiologist/ physiotherapy assistant role
 - Working *in collaboration with physiotherapists* to design and implement evidence-based exercise programs to aid patients in their recovery from various musculoskeletal conditions
 - Supervision of exercise programs within the physiotherapy gym setting
 - Administration of modalities such as ultrasound, muscle stimulation, interferential current, paraffin wax, ice, heat, and compression
 - Shadowing physiotherapists during patient treatment sessions to learn how *manual therapy* and *exercise therapy* complement each other during rehabilitation from musculoskeletal conditions.

In addition to in-clinic hours, the student is responsible for preparing the educational handout, and presenting this handout and research to a panel of Human Health and Nutritional Sciences faculty members, as per the guidelines of HK*4511/2.

Marking Scheme is as follows:

Seminar 25%, Paper 60%, Clinical Evaluation 15%

Pre-requisites:

- Completion of 3rd year anatomy:
 - *HK*3401/2 Human Anatomy: Dissection [1.50]*
- OR**
- *HK * 3501/2 Human Anatomy: Prosection [1.50]*
- Preference will be given to those registered in 4th year Health and Injury Biomechanics
 - *HK*4610 Health and Injury Biomechanics [0.50]*
- Further considerations will be based upon:
 - Previous experience with exercise prescription or working with musculoskeletal conditions is an asset
 - Relevant course-work completed to date
 - The interested candidate will ideally have aspirations of pursuing a career as a physiotherapist, kinesiologist, or strength and conditioning coach/ personal trainer

Please forward resumes to amwillia@uoguelph.ca, with the subject title “HK 4511/2 HPC APPLICATION”