

Walking the Talk:

Promoting Exercise Science
Placement students' health, well-
being and inclusive learning through
educational exercise

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Some Friday Fun

- 1) Think of a skill or hobby you are (semi) comfortable and able to give a physical demonstrate of (e.g. cooking, chess, knitting, dance move, sport, other game)
- 2) Pair up/group of 3
- 3) Describe how to d it, only using words: how you would perform it, cues, etc (NO HAND GESTURES!!!)
- 4) After, actually demonstrate the physical action!
- 5) Feedback and reflection...

Setting the Scene



The 'WHY'



Lessons Learned



Student Feedback

- *“It's been enjoyable to be able to reflect and see that communicating exercise performance is somewhat of a weakness for me. I've made a point to continue to develop this skill in both my external and internal placements.”*

Student Feedback

- *“I feel like i have become more proactive when it come to my career. My experiences now have changed my way of thinking... and I'm now more aware of what goals I need to achieve to help progress my career.”*

Student Feedback

- *“It would be really helpful to decide more time in workshops to coming together as a group and going through key parts of the program and considerations.”*

Moving Forward



Modules



Module 1:
Anxiety / Uncertainty



Module 2:
Scope of Practice



Module 3:
Exercise Delivery