

CEPNZ Professional Portfolio

Instructions for the Applicant

1. Complete the '**Logbook of Practical Experience**' form and a '**Summary of Practical Experience**' for *each* significant practicum, placement, or period of employment you are using to demonstrate your clinical experience.
2. Provide both forms to your designated supervisor for that period.
3. Your supervisor will complete and return the signed form to you for inclusion in your application.

Instructions for the Supervisor

Thank you for supporting this applicant's journey towards Professional Membership with CEPNZ. Your verification of their practical experience is vital to our assessment process.

1. Please review the applicant's completed '**Logbook of Practical Experience**' and '**Summary of Practical Experience**' to ensure it accurately reflects the experience gained under your supervision.
 2. Complete your details and sign the declaration if you agree it is a true reflection of the applicant's experience.
 3. Return the completed form directly to the applicant. Please note that CEPNZ may contact you to verify the information provided.
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Logbook of Practical Experience

Section 1: Applicant & Placement Details

Name of Student:			
Name of Placement Site:			
Total Hours at Placement Site:			
Date Commenced:		Date Completed:	

Section 2: Supervisor Details & Declaration

Supervisor Declaration and Signature: <i>(To be signed within one month of completing placement)</i>	
Supervisor Name:	
Supervisor Experience & Accreditation(s):	
Supervisor Contact Email:	
<i>I have read the information contained within this logbook and certify that this is a true and accurate reflection of the student's engagement at this placement site.</i>	
Signature:	
Date:	

Logbook of Practical Experience

Clinical Exercise Physiology Practicum Logbook			
Date	No. of Hours	Patient/s Description	Description of what you did/services provided (i.e. Assessment, Prescription or Delivery)

Logbook of Practical Experience

Section 1: Applicant & Placement Details

Name of Student:	Jordan Taylor		
Name of Placement Site:	Metropolitan Exercise Rehabilitation Clinic		
Total Hours at Placement Site:	150		
Date Commenced:	10/02/2025	Date Completed:	30/05/2025

Section 2: Supervisor Details & Declaration

Supervisor Declaration and Signature: <i>(To be signed within one month of completing placement)</i>	
Supervisor Name:	Alex Morgan
Supervisor Experience & Accreditation(s):	MClinExPhys (2011), RCEP (CEPNZ 2012), 8 years experience in exercise rehabilitation
Supervisor Contact Email:	a.morgan@metropolitanrehab.com
<i>I have read the information contained within this logbook and certify that this is a true and accurate reflection of the student's engagement at this placement site.</i>	
Signature:	A.morgan
Date:	20/06/2025

Logbook of Practical Experience

Clinical Exercise Physiology Practicum Logbook			
Date	No. of Hours	Patient/s Description	Description of what you did/services provided (i.e. Assessment, Prescription or Delivery)
15/02/25	4.5hrs F2F – 3.5hr Prep – 0.75hr Admin – 0.25hr	<p>Exercise Delivery</p> <p>Patient #1 49yr old male, Heart Failure and history of Atrial Fibrillation. Treatment goals: Improve fitness and overall muscular strength.</p> <p>Patient #2 60yr old male, NSTEMI – PCI (1x DES) to LAD. Treatment goals: Improve VO₂max and increase upper body strength.</p> <p>Assessment: Cardiopulmonary Exercise Test</p> <p>Patient #3 77yr old male, with type 2 diabetes and hypertension. Pre entry CPX for T2DM research training study.</p>	<p>Cardiac Rehab Exercise Session: Reviewed session plan and patients medical notes. Session goal: Progress aerobic prescription time to 30 mins and ensure resistance exercises are performed with correct technique. Took patient through exercise programme written by supervisor. Set up and monitored patient during aerobic prescription – completing 30mins of MICT divided between treadmill and x- trainer. Measured and recorded HR, BP and RPE for both modalities. Took patient through RT prescription including leg press, chest press, mid row, leg extension, leg curl, cable biceps curl, cable triceps pushdown. Completed treatment note upon finishing.</p> <p>Cardiac Rehab Exercise Session: Reviewed session plan prior to appointment and patients medical notes. Patient in week 6 of 12. Session goal: Introduce HIIT for cycle modality. Weight, blood pressure and heart rate obtained prior to exercise. Took patient though first HIIT session on the cycle, monitored and recorded HR, BP and RPE at peak. Well tolerated. PNF stretches and foam rolling completed on hamstrings muscles. Instructed patient through the following resistance exercises: chest press, shoulder press, bicep curls cable, triceps pull down cable (2 x 12reps). Completed treatment note upon finishing.</p> <p>Assisted MSc student conducting a VO₂max test on cycle ergometer. The testing was conducted to determine peak aerobic capacity. The data will also be used to provide heart rate zones for the 12-week exercise training study. Set up mask and calibrated Parvo. Led and obtained spirometry values – FVC, FEV₁, MVV. Set up patient with a 12-lead ECG. During test obtained periodic measures of blood pressure, rating of perceived exertion (RPE) and symptoms.</p>

Logbook of Practical Experience

			Following the test, I cleaned and put away equipment.
17/03/24	4.5hrs F2F – 3.0hr Prep – 1.25hr Admin – 0.25hr	<p>Exercise Delivery</p> <p>Patient #1 69yr old male, CAD – previously completed Cardiac Rehabilitation. 3-month follow up</p> <p>Patient #2 Male, Knee OA, obesity, hypertension Part of OA Exercise Study</p> <p>Patient #3 84yr female, previous AAA repair, bowel cancer, OA spine, poor balance/mobility – uses frame for walking.</p>	<p>Reviewed session plan prior to appointment and patients medical notes. Session goals: Follow up on the last 3 months of independent exercise and confirm patient has been following exit programme at gym. Pre exercise measures of heart rate, blood pressure and weight obtained. Began session on cycle following previous HIIT protocol to assess whether aerobic fitness has been maintained. He was able to perform 5 x 2:2 protocol at same workloads completed prior to leaving, at similar HR and RPE. Information was gathered about specific exercises and intensities of the exercises he has been performing at gym. His goal is to maintain strength and improve flexibility. Therefore, predicted 1-RM assessment of the chest and leg press were completed alongside a sit and reach test. The results indicated an improvement in upper body strength and maintenance of lower body strength. Sit and reach revealed poor hamstring flexibility therefore I took the patient through two hamstring stretches which he could perform at home or in the gym. Completed treatment note upon finishing. Recommendations and adjustments to the patients exercise prescription were written up and a copy emailed to him.</p> <p>Reviewed session plan prior to appointment and patients medical notes. Session goals: Encourage participation in physical activity and strengthen muscles in lower limb to assist in walking. Pre exercise measures of heart rate, blood pressure and weight obtained. Patient did not take medication this morning which was reflected in slightly elevated resting blood pressure. The patient started with aerobic exercise on the stepper – he completed a longer warm up today (10min) due to higher entry blood pressure; heart rate and blood pressure rechecked at end of warm up. He then completed 10 mins at a higher intensity (RPE 6), heart rate, blood pressure and RPE monitored. Following this he completed machine leg extension and hamstring curls (3x12) with emphasis on breathing technique. Finished with machine hip abduction and adduction ensuring adequate ROM. Throughout session knee pain was checked using VAS 0-10 scale to which he reported 1.</p> <p>Reviewed session plan prior to appointment and patients medical notes. Session goals: Increase exercise volume on stepper and complete prescribed resistance exercises. Pre exercise heart rate was obtained then patient was set up on the stepper. They completed a</p>

Logbook of Practical Experience

		Treatment goals: Improve functional walking capacity; improve balance; improve muscular endurance	brief warm up followed by 12 x 40:20sec intervals. They were completed more energetically than the previous session, so I opted to extend each bout from 30sec to 40sec. Once completed prescribed RT exercises were completed on the cable machine including triceps pushdowns, chest press, leg extension performed unilaterally, followed by seated mid row and leg curls. Finished with seated hip flexion and abduction using the sandbag. Completed treatment note upon finishing.

EXAMPLE

Summary of Practical Experience

Section 1: Applicant & Placement Summary

Name of Student:			
Name of Placement Site:			
Total Hours at Placement Site:			
Date Commenced:		Date Completed:	

Provide an overview of your time at this practicum site

- Describe the clientele worked with (age ranges, gender, reasons for service provision, client goals)
- How did you spend your time at this site?

Summary:

Clinical Competencies

Please tick the knowledge, skills and/or areas of application developed at this practicum site.

Domain 1: Professional Practice

- | | |
|--------------------------|---|
| <input type="checkbox"/> | 1.1 Ethical and Legal Practice |
| <input type="checkbox"/> | 1.2 Culturally Safe and Inclusive Practice |
| <input type="checkbox"/> | 1.3 Communication, Collaboration & Referral |
| <input type="checkbox"/> | 1.4 Professional Development |
| <input type="checkbox"/> | 1.5 Advocacy and healthcare Systems Knowledge |

Domain 2: Foundational Clinical Knowledge

- | | |
|--------------------------|---|
| <input type="checkbox"/> | 2.1 Integrated Scientific Understanding |
| <input type="checkbox"/> | 2.2. Medical Management |
| <input type="checkbox"/> | 2.3 Evidence Based Practice |

Domain 3: Clinical Assessment & Patient Management

- | | |
|--------------------------|--|
| <input type="checkbox"/> | 3.1 Screening & Risk Stratification |
| <input type="checkbox"/> | 3.2 Assessment & Interpretation |
| <input type="checkbox"/> | 3.3 Monitoring |
| <input type="checkbox"/> | 3.4 Patient Management |
| <input type="checkbox"/> | 3.5 Emergency Response & Risk Management |

Domain 4: Exercise Prescription & Delivery

- | | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | 4.1 Programme Design |
| <input type="checkbox"/> | 4.2 Programme Delivery |
| <input type="checkbox"/> | 4.3 Programme Adaptation |

Summary of Practical Experience

How did this practicum site assist you in developing these clinical competencies?

Please select three attributes from the table above and provide examples.

Summary:

Section 2: Supervisor Details & Declaration

Supervisor Declaration and Signature: *(To be signed within one month of completing placement)*

Supervisor Name:	
Supervisor Experience & Accreditation(s):	
Supervisor Contact Email:	
<i>I have read the information contained within this logbook and certify that this is a true and accurate reflection of the student's engagement at this placement site.</i>	
Signature:	
Date:	

Summary of Practical Experience

Section 1: Applicant & Placement Summary

Name of Student:	Jordan Taylor		
Name of Placement Site:	Metropolitan Exercise Rehabilitation Clinic		
Total Hours at Placement Site:	150		
Date Commenced:	10/02/2025	Date Completed:	30/05/2025

Provide an overview of your time at this practicum site

During this practicum placement, I worked within a community-based cardiac and metabolic rehabilitation service delivering supervised exercise interventions to adults with chronic and complex medical conditions.

Clientele included:

- Adults aged **49–84 years**
- Both males and females
- Diagnoses included:
 - Heart failure
 - Coronary artery disease (post-NSTEMI, PCI with DES)
 - Atrial fibrillation
 - Type 2 diabetes
 - Hypertension
 - Abdominal aortic aneurysm repair
 - Knee osteoarthritis
 - Obesity
 - Balance and mobility impairments

Reasons for referral included:

- Phase II and III cardiac rehabilitation
- Cardiopulmonary exercise testing
- Functional mobility and strength improvement
- Secondary prevention of cardiovascular disease

Client goals included:

- Improving aerobic capacity (VO_2 max)
- Increasing muscular strength and endurance
- Enhancing balance and functional walking capacity
- Maintaining independence
- Reducing cardiovascular risk factors

How I spent my time at this site:

My time was divided between exercise delivery, assessment, preparation, and administration.

Summary of Practical Experience

Key responsibilities included:

- Reviewing medical notes and session plans prior to appointments
- Conducting pre-exercise screening (HR, BP, weight, symptom review)
- Supervising moderate-intensity continuous training (MICT) and HIIT protocols
- Delivering and progressing resistance training programmes
- Monitoring HR, BP, RPE and symptoms during exercise
- Conducting predicted 1-RM testing and flexibility assessments
- Assisting with cardiopulmonary exercise testing (CPET), including:
 - Spirometry (FVC, FEV1, MVV)
 - 12-lead ECG setup
 - Blood pressure monitoring
- Writing treatment notes and updating exercise prescriptions
- Communicating exercise recommendations to clients via written summaries

Clinical Competencies

Please tick the knowledge, skills and/or areas of application developed at this practicum site.

Domain 1: Professional Practice

X	1.1 Ethical and Legal Practice
X	1.2 Culturally Safe and Inclusive Practice
X	1.3 Communication, Collaboration & Referral
X	1.4 Professional Development
	1.5 Advocacy and healthcare Systems Knowledge

Domain 2: Foundational Clinical Knowledge

X	2.1 Integrated Scientific Understanding
X	2.2. Medical Management
X	2.3 Evidence Based Practice

Domain 3: Clinical Assessment & Patient Management

X	3.1 Screening & Risk Stratification
X	3.2 Assessment & Interpretation
X	3.3 Monitoring
X	3.4 Patient Management
X	3.5 Emergency Response & Risk Management

Domain 4: Exercise Prescription & Delivery

X	4.1 Programme Design
X	4.2 Programme Delivery
X	4.3 Programme Adaptation

How did this practicum site assist you in developing these clinical competencies?

Please select three attributes from the table above and provide examples.

Summary:

3.2 Assessment & Interpretation

I assisted in conducting cardiopulmonary exercise testing, including spirometry and ECG setup. I interpreted heart rate responses, blood pressure changes, and RPE during testing and exercise sessions.

Summary of Practical Experience

I also conducted predicted 1-RM assessments and flexibility testing, using results to inform programme adjustments.

3.3 Monitoring

During cardiac rehabilitation sessions, I monitored HR, BP, and RPE during MICT and HIIT protocols. I identified elevated resting blood pressure in one patient who had missed medication and modified the warm-up duration and intensity accordingly. This reinforced the importance of clinical vigilance and real-time decision-making.

4.3 Programme Adaptation

I progressed aerobic prescriptions from 30-second to 40-second intervals when appropriate and introduced HIIT to suitable cardiac patients under supervision. I modified resistance exercises to accommodate knee osteoarthritis and balance impairments, ensuring safe execution while still progressing overload principles.

Section 2: Supervisor Details & Declaration

Supervisor Declaration and Signature: <i>(To be signed within one month of completing placement)</i>	
Supervisor Name:	Alex Morgan
Supervisor Experience & Accreditation(s):	MClinExPhys (2011), RCEP (CEPNZ 2012), 8 years experience in exercise rehabilitation
Supervisor Contact Email:	a.morgan@metropolitanrehab.com
<i>I have read the information contained within this logbook and certify that this is a true and accurate reflection of the student's engagement at this placement site.</i>	
Signature:	A.morgan
Date:	20/06/2025