

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

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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>

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			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>

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		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