

Physical fitness preparation of paramedicine students


A scoping review

Sheridan, S.^{1,2}, Pope, R.³, MacQuarrie, A.⁴, MacPhee, R.S.⁵, Rayner, R.², Stack, H.², Rose, L.⁶, and Fischer S.⁷




Charles Sturt
University

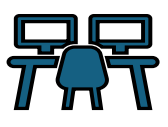
Background:




The paramedic role is recognised as physically demanding¹⁻⁴.



There are high incidences of injury in paramedics⁵⁻⁸.



During study students may experience a decline in physical activity and mental wellbeing^{9,10}.



It is unclear whether tertiary education centres support the paramedicine students in developing adequate physical readiness.

Aim:


To explore how paramedicine students are physically prepared within tertiary education.

Methods:


- Registered with the Open Science Framework (<https://doi.org/10.17605/OSF.IO/6GQBV>).
- The review focused on student paramedics.

Populations	'student' with 'paramedic', 'EMT', 'emt', 'Emergency Medical Technician' or 'paramedicine'
Concepts	Physical health, fitness, pre-employment fitness testing, physical employment standards, physical training, physical activity, fitness training, physical capacity
Contexts	Australia, New Zealand, Canada, United Kingdom, Ireland, South Africa (Contexts selected have similar ambulance systems)


Results:




2,071 Records identified




325 duplicates removed




1746 Records screened




1458 records excluded




288 Records assessed



226 records ineligible



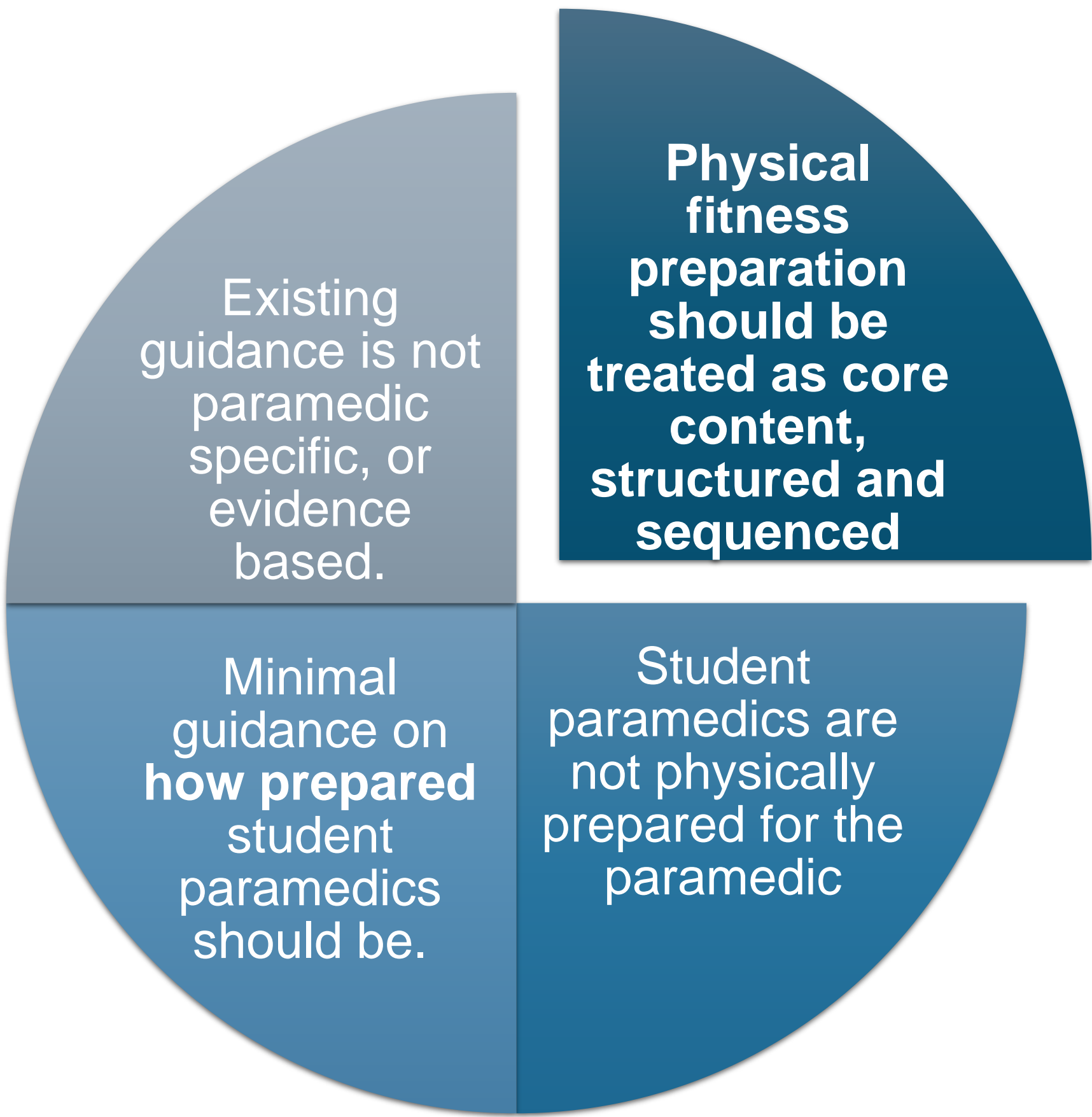
62 Records included



51 university records, 2 organisation and college records, and 9 studies reviewed across 6 countries

Country	Universities reviewed
Australia	16
New Zealand	2
United Kingdom	21
Ireland	2
Canada	2
South Africa	3

Conclusions:



In Australia, physical fitness requirements were referenced in the context of work-integrated learning (WIL), with 3 universities referencing general fitness preparation and 6 universities referencing physical fitness testing.

Only 4 of 51 programs included structured training

In the United Kingdom and Ireland no evidence was found of physical fitness preparation embedded within the curriculum

3 South African universities demonstrate sequenced physical fitness preparation across the full duration of the degree program

In Canada, paramedicine education remains largely vocational or diploma-based, though a transition to degree-level programs is underway.

Scan here for more information

Contact Information:
Samantha Sheridan
Academic and PhD candidate with CSU
ssheridan@csu.edu.au



Acknowledgements

This feasibility study is to contribute towards a doctoral degree award for S. Sheridan (SS).

Funding

This study is funded as part of a doctoral research degree program of research by Charles Sturt University. We acknowledge the financial support from Charles Sturt University through its Academic Staff Higher Degree by Research Workload Support Scheme.