

# KES 5909: PRACTICUM IN EXERCISE SCIENCE

## SUL ROSS STATE UNIVERSITY

### DEPARTMENT OF KINESIOLOGY & HUMAN PERFORMANCE

### SUMMER 2018

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<b>SRSU LIBRARY SUPPORT</b>	(not specified)	432-837-8272	<a href="http://sulross.libanswers.com/faq/22779">http://sulross.libanswers.com/faq/22779</a>

### **COURSE DESCRIPTION**

The Practicum in Exercise Science is designed to provide a cumulative learning experience that will prepare graduate students for career advancement in exercise science or other health related fields.

### **COURSE OBJECTIVE**

Students are expected to work independently with one or more external supervisors, mentors, or directors to accrue a minimum of 50hrs as a 'special project' within the practicum/internship setting. Evidence of progress will be demonstrated by job readiness (e.g. interview skills practice), career development (e.g. updated resume), and application of knowledge (e.g. oral presentation). Consent of a faculty supervisor and Department Chair may be required for enrollment.

### **TEXTBOOK/REQUIRED READING**

All students must review and satisfy the requirement detailed within the Practicum Manual, except where the manual is in conflict with this syllabus. See the Practicum Manual for more details. The manual may be accessed through Blackboard during the term preceding enrolment in this course, or by contacting the HHP program coordinator, Dr. Chris Herrera, PhD, via email ([christopher.herrera@sulross.edu](mailto:christopher.herrera@sulross.edu)).

### **NAVIGATING THE COURSE**

Navigating Blackboard and this course is essential to your success as a student. If you have problems submitting assignments contact Ms. Sandy Bogus; Office of Information Technology; [sbogus@sulross.edu](mailto:sbogus@sulross.edu) ; (432) 837-8510.

## **SRSU DISABILITY SERVICES**

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432-837-8178; fax is 432-837-8724.

The **Graduate Student Center**, located in **BAB 104**, provides resources and services for all SRSU graduate students. There is a computer lab with desktop computers and a networked printer/copier/scanner; laptop computers which can be checked out; a projector and screen for rehearsing student presentations; and a conference room for group study. Both Alpine and distance education students can receive writing and thesis assistance by contacting [shileman@sulross.edu](mailto:shileman@sulross.edu) or calling 432-837-8015.

## **STUDENT LEARNING OUTCOMES**

At the completion of this course, the student will be able to:

1. Evaluate career opportunities and develop a plan for prospective career advancement
2. Apply knowledge of health and human performance principles (e.g. applied physiology, nutrition, group dynamics, health behavior, sports ethics, research, etc.) as a special project within a professional setting.
3. Create and deliver an oral presentations appropriate to audience needs and expectations (e.g. recruiters, job panels, peers, supervisors, or board members).
4. Critique professional communication style and tone
5. Project personal credibility and professionalism

## **LEARNING GOALS & ACTIVITIES (PER NUMBERED LEARNING OUTCOME ABOVE)**

1. Submit updated resume with cover letter and letter of recommendation template; identify any required certifications or memberships to improve attractiveness as employee.
2. Develop a 'special project' and obtain approval from faculty and external supervisors
3. Plan, create, and deliver a 20-30 minute presentation to appraise practicum setting, special project, and job readiness; demonstrate oral skills and application of knowledge through answers to faculty questions
4. Watch video on job-related interview skills and submit sample answers to questions
5. Score at or above 80<sup>th</sup> percentile from supervisor's evaluation

## PRACTICUM 'SPECIAL PROJECT' DESCRIPTION

The HHP practicum requires more than a typical work-study type internship; it requires the student to plan a special project in which the knowledge gained throughout the HHP coursework is uniquely applied within a desired professional setting. Most internships, whether they are paid or unpaid, involve various 'job duties' assigned to a student, and typically total approximately 150+ hours. Whereas, a 'special project' is short-term focused effort totaling a minimum of 50 hours on a topic of interest to you that also applies to your career and site.

- If you are a teacher/coach you could focus on a special project within that setting including (but not limited to): designing a motivational program for high school football players; improving film reviewing methods; evaluation of coaching duties, etc.).
- If your career is more focused on applied physiology or work in a clinical setting, you could research and design an updated training plan, plan a research study or specific data collection strategy for your employer, etc.
- If you are more interested in sports or athletic administration, you can focus on a special project in that setting (e.g. revising a risk management plan, collecting financial data to revise budget, focus on staff retention, etc.)

Importantly, a major difference between an internship and 'special project' may require time beyond that available in this course for full implementation. For that reason, our goal is not to limit the project outcomes in terms of completion in 4-8 weeks, but instead to engage the student in higher level thinking to develop a special project which they can begin and continue past the time when this course ends. In doing so, it is also our emphasis that the student develops a positive mentor-mentee relationship with the site supervisor which can prove to be valuable throughout phases of career advancement.

To this end, the evaluation of a special project will be based on the student's ability to synthesize key principles of health and human performance, seek and obtain site supervisor approval, and present this plan to HHP faculty and peers. In this way, we hope that the student and site supervisor can both gain unique insight into updated health and human performance principles that both benefit the student's future career and the job sites mission.

Students can and should discuss ideas for their special project using the **Blackboard Discussion "Pre-Approval"** thread throughout the first term of the semester in which they enroll in KES 5909. This is a peer- and -instructor led discussion; students should regularly engage in discussion to support other students to finalize project outcomes.

## GRADING/EVALUATION METHODS

Standard letter grading (A-F) will be awarded at the completion of the course term. All grading will be based on completion of all required learning activities, including but not limited to: special project summary, practicum agreement & waiver, job readiness discussion, updated resume with cover letter and letter of recommendation template, site supervisor evaluation, and an oral presentation detailing practicum experience to department faculty members.

<b>LEARNING ACTIVITY</b>	<b>POINT VALUE</b>	<b>DUE DATE</b>
COMP Exam (Complete 8 modules at your convenience by due date)	Pass/Fail	Term 1, Week 5
Special Project Summary	100	Term 2, Week 1
Practicum Agreement	25	Term 2, Week 1
Practicum Waiver	25	Term 2, Week 1
Midterm Activity Log & Reflection	50	Term 2, Week 3
Job Readiness Discussion	100	Term 2, Week 3
Updated Resume package* (submitted with Job Readiness Discussion)	100	Term 2, Week 3
Practicum Portfolio Presentation (25pts score multiplied by 20x)	500	Term 2, Week 4-5
Site Supervisor Student Evaluation (50pts score multiplied by 2x)	100	Term 2, Week 4-5
<b>Total Points</b>	<b>1000</b>	
<b>Letter Grade Point Values</b>		
A = >900pts		
B = 800-899pts		
C = 700-799pts		
D = 600-699pts		
F = <599pts		

\*Package contains resume with cover letter template and letter of recommendation template

## LATE ASSIGNMENTS

Assignments turned in late will be subject to a 5% daily deduction; up to 15% may be deducted for late work. Students are not permitted late assignments more than 7 days without designated approval from instructor.

## ACADEMIC INTEGRITY

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused. Meaningful and pertinent participation is required. Examples of academic dishonesty include, but are not limited to:

- Turning in work as original that was used in whole for another course and/or professor;
- Turning in another person's work as one's own;
- Copying from professional works or internet sites without citation.

*Any of these offenses will result in a zero for the assignment with no option to redo for credit*

## TENTATIVE SCHEDULE

WEEK	LEARNING ACTIVITY	ASSIGNMENT CHECKLIST
Term 1, Week 1- 5.5	<i>Beginning in the <b>Summer I term</b> AND prior to beginning on practicum special project, the following are required: (1) HHP COMP EXAM must be completed and passed (2) review syllabus and practicum handbook (3) obtain faculty approval for special project; once approval is obtained student can begin discussions with potential site supervisors</i>	(1) HHP COMP EXAM (2) Discussion: Special Project – <b>ungraded but APPROVAL required</b>
Term 2, Week 1	Final meeting with site supervisor; obtain feedback and signed approval on special project  Begin independent work at practicum site	Submit signed documents: (1) Practicum Agreement (2) Practicum Waiver (3) Special Project Summary
TBD; once approved	Independent work at practicum site	None
Term 2, Week 3	Independent work at practicum site	(1) Activity Log & Reflection
Term 2, Week 3	Watch Job Skills Video: <a href="https://www.youtube.com/watch?v=DHDrj0_bMQ0&amp;t=1s">https://www.youtube.com/watch?v=DHDrj0_bMQ0&amp;t=1s</a> Review Provided Reading Materials	(1) Discussion: Job Readiness (2) Submit Resume Bundle
Term 2, Week 3	Independent work at practicum site	Schedule Presentations for next week through Blackboard
Term 2, Week 4	Wrap up at practicum site	(1) Portfolio Presentation Due
Term 2, Week 5	Give Presentations	(1) Submit Site Supervisor Evaluation (2) Submit HHP Evaluation

## **GENERAL RESPONSIBILITIES FOR PRACTICUM STUDENTS**

### *Attendance*

There are no formal class times however all assigned coursework and paperwork must be submitted according to stated deadlines. In addition, all practicum students are expected to arrive at the practicum site on time and remain at the site for the duration of the prearranged work schedule. All interns must immediately contact their site supervisor and the university supervisor if they are absent for any reason. Failure to do so may result in disciplinary action. If the practicum requires travel between facilities, the intern must arrive on time at each site location.

### *Appearance*

All internship students must comply with the practicum sites dress code at all times. Failure to do so may result in disciplinary action.

### *Professionalism*

All practicum students are expected to conduct themselves as professionals at all times while at the practicum site location. Interns are required to abide by and uphold all of the rules and regulations set by the practicum site. As representatives of Sul Ross State University and the Department of Kinesiology and Sport Science, all interns are prohibited from the use of profanity, alcohol, and/or non-prescription drugs while at the internship site. Failure to do so may result in disciplinary action.

### *Background Check/Insurance*

Practicum sites may require a background check and/or professional liability insurance. Payment for these will be the responsibility of the student. A copy of proof of professional liability insurance must be filed with the internship site if required.