

# KES 5609: PRACTICUM IN EXERCISE SCIENCE

## SUL ROSS STATE UNIVERSITY

### DEPARTMENT OF KINESIOLOGY & HUMAN PERFORMANCE

#### SUMMER 2020

<b>COURSE INSTRUCTOR</b>	Dr. Chris Herrera, PhD	432-837-8375	<a href="mailto:christopher.herrera@sulross.edu">christopher.herrera@sulross.edu</a>
<b>HHP PROGRAM COORDINATOR/ADVISOR</b>	Dr. Chris Herrera, PhD	432-837-8375	<a href="mailto:christopher.herrera@sulross.edu">christopher.herrera@sulross.edu</a>
<b>SRSU 24/7 Blackboard Technical Support</b>	n/a	888.837.6055	<a href="mailto:blackboardsupport@sulross.edu">blackboardsupport@sulross.edu</a>
<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 complete the COMP Exam and also to work independently with one or more external supervisors, mentors, or directors to complete a 'special project' within the practicum/internship setting. Evidence of satisfactory progress will be demonstrated through passing COMP exam and by job readiness (e.g. interview skills practice), career development (e.g. updated resume), and application of knowledge (e.g. oral presentation). Students must have met the HHP Progress Requirement in order to be eligible for enrollment in this course.

#### **HHP PROGRESS REQUIREMENT**

Students are required to have completed all 8-core classes, 24sch of HHP coursework, with a 3.0 GPA or higher, in the semester prior to being eligible to enroll in this practicum course. This course will be offered across the full term, meaning 16-weeks in spring/summer; and 10+ weeks in the summer.

#### **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 Blackboard Support (contact details below).

## **STUDENT LEARNING OUTCOMES**

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

1. Demonstrate content knowledge in core HHP topics
2. Evaluate career opportunities and develop a plan for prospective career advancement
3. 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.
4. Create and deliver an oral presentations appropriate to audience needs and expectations (e.g. recruiters, job panels, peers, supervisors, or board members).
5. Critique professional communication style and tone
6. Project personal credibility and professionalism

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

1. Pass the COMP Exam
2. Submit updated resume with cover letter and letter of recommendation template; identify any required certifications or memberships to improve attractiveness as employee.
3. Develop a 'special project' and obtain approval from faculty and external supervisors
4. 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
5. Watch video on job-related interview skills and submit sample answers to questions
6. Score at or above 80<sup>th</sup> percentile from supervisor's evaluation

## **DISTANCE EDUCATION STATEMENT**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website.

Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard or designated platform, which requires secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook.

Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

## **PROGRAM LEARNING OUTCOMES & MARKETABLE SKILLS**

This course is aligned with the following program learning outcomes & marketable skills:

**HHP Content Knowledge:** Students in the HHP program will demonstrate content knowledge in exercise physiology, nutrition, sports law, tests and measurements, research methods, motor learning, group dynamics and health and human behavior necessary for successful performance in their field.

**Critical Thinking/Problem Solving:** Exercise sound reasoning to analyze issues, make decisions, and overcome problems. The individual is able to obtain, interpret, and use knowledge, facts, and data in this process, and may demonstrate originality and inventiveness.

**Oral/Written Communications:** Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.

**Career Management:** Identify and articulate one's skills, strengths, knowledge, and experiences relevant to the position desired and career goals, and identify areas necessary for professional growth. The individual is able to navigate and explore job options, understands and can take the steps necessary to pursue opportunities, and understands how to self-advocate for opportunities in the workplace.

## COMP EXAM

The HHP comprehensive exam consists of 24 essay questions; three (3) questions from each of the eight (8) core classes. Each question will be graded on a ten-point scale using a rubric, thus each module is worth 30 points and there are 240 points in total on the comprehensive exam. Each module must be passed at or above 80% or above 21/30 points; the exam passing score is at or above an 80%, or 192/240 points total. ***The rubric is available through the learning management system – Blackboard.***

A student who does not pass each module within the first attempt will be given a second attempt; re-examination will only contain the module(s) required to improve total score; the faculty instructor may also assign other module(s) at their discretion.

It is recommended that you prepare for each module by examining the 'learning objectives' stated in each course syllabus, and reviewing the course PowerPoints/notes, exams, discussions and submitted assignments, before taking the test.

Please direct any questions or concerns to the faculty instructor prior to beginning the modules. You may complete the modules in any order but all modules should be completed by the due date listed in the learning management system (e.g. Blackboard).

## PRACTICUM 'SPECIAL PROJECT' DESCRIPTION

The HHP practicum requires more than a typical work-study type internship; it requires the student to plan and implement 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. In addition to these general job duties, students enrolled in the HHP practicum must also complete a 'special project', or a short-term focused project on a topic of interest to you that also applies to your site and career. While there are no set number of hours for this practicum experience, students should expect to accrue about 80-150 hours in a 8-16 week period (about 10-20hrs/week both on-site and independent work). The following provides some example scenarios:

- If you are a teacher/coach you could request additional duties to support 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 focused on applied physiology or work in a clinical setting, you could organize an internship setting that supports a special project: e.g. 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 request additional duties at your current job or find a new location to support 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, our goal is to engage the student in higher level thinking to develop a special project with their chosen site supervisor. 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 must discuss ideas for their special project using the **Blackboard Discussion "Pre-Approval"** thread throughout the first term of the semester. This is a peer- and –instructor led discussion; students should regularly engage in discussion to support other students to finalize project outcomes.

## **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.

## 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.

LEARNING ACTIVITY	POINT VALUE	DUE DATE
UNGRADED: Special Project Discussion	n/a	5/20-31/2020
COMP Exam	Pass/Fail	6/21/2020
Special Project Summary	100	6/21/2020
Practicum Agreement	25	6/28/2020
Practicum Waiver	25	6/28/2020
Job Readiness Discussion	100	7/5/2020
Updated Resume package* (submitted with Job Readiness Discussion)	100	7/5/2020
Midterm Activity Log & Reflection	50	7/12/2020
Practicum Portfolio Presentation (25pts score multiplied by 20x)	500	7/26/2020
Site Supervisor Student Evaluation (50pts score multiplied by 2x)	100	8/2/2020
<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 30% will be deducted for late work. Assignments are not accepted for grading more than 7 days after due date 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

<b>WEEK *</b>	<b>LEARNING ACTIVITY</b>	<b>ASSIGNMENT CHECKLIST*</b>
Term 1, Week 1-4	<i>Beginning in first 8-weeks <b>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 special project work at practicum site	Submit signed documents: (1) Practicum Agreement (2) Practicum Waiver (3) Special Project Summary
TBD; once approved	Independent special project work at practicum site	None
Term 2, Week 3	Independent special project work at practicum site	<b>(1) Activity Log &amp; Reflection</b>
Term 2, Week 4	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	<b>(1) Discussion: Job Readiness</b> <b>(2) Submit Resume Bundle</b>
Term 2, Week 5	Wrap up at practicum site	<b>(1) Portfolio Presentation Due</b>
Term 2, Week 5.5	Give Presentations	<b>(1) Submit Site Supervisor Evaluation</b> <b>(2) Submit HHP Evaluation</b>

\*Due dates in Blackboard are also more up to date. Please double check.



## **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 calling 432-837-8015.

## BLACKBOARD

Our new 24/7 Blackboard online support desk and toll free hotline are set to debut next Monday, **May 18th, the Blackboard online support desk toll free number will go live and will be made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues.**

## **SRSU 24/7 Blackboard Technical Support**

Online Support Desk Contact Info:

**Toll Free:** 888.837.6055

**Email:** [blackboardsupport@sulross.edu](mailto:blackboardsupport@sulross.edu)