

SES-2840: PRACTICUM: SPORT AND EXERCISE STUDIES

Cuyahoga Community College

Viewing: SES-2840 : Practicum: Sport and Exercise Studies

Board of Trustees:

March 2023

Academic Term:

Fall 2023

Subject Code

SES - Sport and Exercise Studies

Course Number:

2840

Title:

Practicum: Sport and Exercise Studies

Catalog Description:

Capstone Course: Apply practical skills by working in the field of health, wellness, and fitness through practicum experience on campus or off site experiences. Health, wellness and fitness assessment, program design, program evaluation, and daily operation of a fitness facility. Includes topics relevant to case studies, exercise programming, legal and safety concerns, continuing education and certification opportunities, job search, and resume building. Completion and submission of professional Program Portfolio. Note: Listed lecture hour reflects contact time for required seminar.

Credit Hour(s):

2

Lecture Hour(s):

1

Other Hour(s):

8

Other Hour Details:

Practicum: 8 hours a week for 15 weeks; Seminar 1 hour a week

Requisites

Prerequisite and Corequisite

SES-2130 Kinesiology: Fundamentals of Human Movement or concurrent enrollment; and SES-2420 Advanced Exercise Prescription and Program Design or concurrent enrollment; or departmental approval.

Outcomes

Course Outcome(s):

Act professionally and ethically following industry and site protocols within the scope of practice, and pursue professional knowledge in sport, exercise, and/or wellness settings.

Objective(s):

- a. Recognize the scope of practice for fitness professionals.
 - b. Evaluate and explain safe, ethical, and legal practices within the profession.
 - c. Pursue continued professional growth through a variety of continuing education experiences, reading professional literature, accessing professional websites, and attending workshops.
 - d. Investigate the various nationally recognized fitness and wellness certifications a student can test for after completing the Sport and Exercise Studies degree program at Cuyahoga Community College.
 - e. Investigate transfer options to four-year universities and colleges in sport and exercise studies.
 - f. Conduct job searches in the sport and exercise studies field.
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Course Outcome(s):

Utilize professional and interpersonal skills to work effectively with diverse clients, colleagues, and others for successful outcomes in sport, exercise, and /or wellness settings and motivate, counsel, and assist clients to achieve personal healthy lifestyle goals.

Objective(s):

1. Analyze and explain the value of serving as a health and fitness resource to the community by sharing information on health, fitness, and wellness.
2. Perform accurate oral, written, and electronic communication and computer utilization with clients, colleagues, and other professionals.
3. Exhibit strong work ethics, customer service, and multi-tasking skills in sport, exercise, and/or wellness settings.

Course Outcome(s):

Apply the scientific knowledge of human anatomy, physiology, kinesiology, nutrition, first aid/CPR and safely screen, assess, develop, implement, and evaluate health-, fitness-, and sports-related components for individuals and groups in a variety of settings.

Essential Learning Outcome Mapping:

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Objective(s):

- a. Conduct health risk appraisals and medical history forms, safely administer fitness assessments, and evaluate, interpret health, medical, and fitness assessment results.
- b. Design exercise prescriptions and exercise programs for clients, taking into consideration medical history, fitness assessment results, special needs, and client goals.
- c. Examine when to refer a client to other health care professionals when necessary.
- d. Educate participants on proper exercise technique and safe usage of exercise equipment.
- e. Design a program portfolio and practicum project.
- f. Design a resume and career portfolio.

Course Outcome(s):

Manage daily operations and develop, implement, and evaluate marketing, budget, finance, human resources, and risk management of events, programs and/or facilities in sport, exercise, and/or wellness settings.

Objective(s):

- a. Display integrity, objectivity, and good business ethics.
- b. Develop and explain organizational business and management skills.
- c. Apply knowledge to maintain a safe environment within an exercise or wellness facility.
- d. Maintain the safety of participants and clients in an emergency situations and follow the facility's emergency protocol.

Methods of Evaluation:

- a. Practicum portfolio assignment
- b. Career portfolio assignment
- c. Written assignments
- d. Site specific practicum project
- e. Seminar participation
- f. Practicum hours

Course Content Outline:

- a. Practicum experience and instructor visitation at different sites
 - i. Fitness/recreation center
 - ii. Health and wellness center
 - iii. Corporate fitness
 - iv. Cardiac rehabilitation
 - v. Athletic teams
- b. Discussion about concerns and issues pertaining practicum site experience

- c. Discussion of skills performed at practicum site
 - i. Performing a health/medical history
 - ii. Obtaining informed consent
 - iii. Performing health screenings
 - iv. Performing fitness assessments
 - v. Design and implement fitness programs
 - vi. Evaluating fitness programs
 - vii. Assisting with exercise technique
 - viii. Assisting with daily operations of programs, equipment, facilities, and records.
 - ix. Assisting with development and management of program marketing and budget.
 - x. Assisting other health and fitness professionals
- d. Review of case studies
- e. Preparing for nationally recognized health and fitness certifications
 - i. American College of Sports Medicine (ACSM)
 - 1. Certified Personal Trainer
 - 2. Group Fitness Instructor
 - ii. American Council on Exercise (ACE)
 - 1. Certified Personal Trainer
 - iii. National Academy of Sports Medicine (NASM)
 - 1. Certified Personal Trainer
 - iv. National Council on Strength and Fitness (NCSF)
 - 1. Certified Personal Trainer
 - 2. Strength and Conditioning Specialist
 - v. National Strength and Conditioning Association (NSCA)
 - 1. Certified Personal Trainer
 - vi. Other organizations and certifications
- f. Continuing education
 - i. Four-year degrees and universities
 - ii. Professional literature
 - iii. Professional websites
 - iv. Conferences, seminars, workshops
- g. Seeking Employment
 - i. Career opportunities
 - ii. Professional references
 - iii. Designing resumes
 - iv. Job search sites
 - v. Networking opportunities
- h. Completion of program portfolio, site specific practicum project, resume, and career portfolio
 - i. Exit interviews

Resources

Gibson, A., Wagner, D., & Heyward, V. (2019) *Advanced Fitness Assessment and Exercise Prescription, 8th ed.*, Champaign, Ill: Human Kinetics.

American College of Sports Medicine. (2021) *ACSM's Guidelines for Exercise Testing and Prescription, 11th ed.*, Philadelphia: Lippincott Williams & Wilkins.

American College of Sports Medicine. (2021) *ACSM's Resource for Personal Trainers, 6th ed.*, Philadelphia: Lippincott Williams & Wilkins.

National Academy of Sports Medicine. (2021) *NASM's Essentials of Personal Fitness Training, 7th ed.*, Burlington: Jones & Bartlett.

National Strength and Conditioning Association. (2022) *NSCA's Essentials of Personal Training 3rd ed. HK Propel Access*, Champaign, Ill: Human Kinetics.

American College of Sports Medicine. (2021) *ACSM's Certification Review, 6th ed.*, Philadelphia: Lippincott Williams & Wilkins.

Test Press Books. (2020) *ACE Personal Trainer Manual 2020 and 2021: ACE Personal Training Study Guide and Practice Test Questions for the American Council on Exercise PT Exam, 2nd ed.*, Test Prep Books Publishing.

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