SES-2840: PRACTICUM: SPORT AND EXERCISE STUDIES

Cuyahoga Community College

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

Board of Trustees:
2014-06-19

Academic Term:
2014-08-23

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-2220 Exercise Prescription and Program Design or concurrent enrollment; or departmental approval.

I. ACADEMIC CREDIT

Academic Credit According to the Ohio Department of Higher Education, one (1) semester hour of college credit will be awarded for each lecture hour. Students will be expected to work on out-of-class assignments on a regular basis which, over the length of the course, would normally average two hours of out-of-class study for each hour of formal class activity. For laboratory hours, one (1) credit shall be awarded for a minimum of three laboratory hours in a standard week for which little or no out-of-class study is required since three hours will be in the lab (i.e. Laboratory 03 hours). Whereas, one (1) credit shall be awarded for a minimum of two laboratory hours in a standard week, if supplemented by out-of-class assignments which would normally average one hour of out-of-class study preparing for or following up the laboratory experience (i.e. Laboratory 02 hours). Credit is also awarded for other hours such as directed practice, practicum, cooperative work experience, and field experience. The number of hours required to receive credit is listed under Other Hours on the syllabus. The number of credit hours for lecture, lab and other hours are listed at the beginning of the syllabus. Make sure you can prioritize your time accordingly. Proper planning, prioritization and dedication will enhance your success in this course.

The standard expectation for an online course is that you will spend 3 hours per week for each credit hour.
II. ACCESSIBILITY STATEMENT

If you need any special course adaptations or accommodations because of a documented disability, please notify your instructor within a reasonable length of time, preferably the first week of the term with formal notice of that need (i.e. an official letter from the Student Accessibility Services (SAS) office). Accommodations will not be made retroactively.

For specific information pertaining to ADA accommodation, please contact your campus SAS office or visit online athttp://www.tri-c.edu/accessprograms/. Blackboard accessibility information is available athttp://access.blackboard.com.

Eastern (216) 987-2052 - Voice
Metropolitan (216) 987-4344 – Voice. (216) 987-4048 – TTY.
Western (216) 987-5079 – Voice. (216) 987-5117 – TTY.
Westshore (216) 987-3900 – Voice. (216) 987-4048 – TTY.
Brunswick (216) 987-5079 – Voice. (216) 987-5117 – TTY.
Off-Site (216) 987-5079 - Voice

III. ATTENDANCE TRACKING

Regular class attendance is expected. Tri-C is required by law to verify the enrollment of students who participate in federal Title IV student aid programs and/or who receive educational benefits through other funding sources. Eligibility for federal student financial aid is based in part on enrollment status.

Students who do not attend classes for the entire term are required to withdraw from the course(s). Additionally, students who withdraw from a course or stop attending class without officially withdrawing may be required to return all or a portion of their financial aid based on the date of last attendance. Students who do not attend the full session are responsible for withdrawing from the course(s).

Tri-C is responsible for identifying students who have not attended a course before financial aid funds can be applied to students’ accounts.

Therefore, attendance is recorded in the following ways:

• For in-person and blended-learning courses, students are required to attend the course by the 15th day of the semester (or equivalent for terms shorter than five weeks) to be considered attending. Students who have not met all attendance requirements for in-person and blended courses, as described herein, within the first two weeks or equivalent, will be considered not attending.

• For online courses, students are required to login at least two times per week and submit one assignment per week for the first two weeks of the semester, or equivalent to the 15th day of the term. Students who have not met all attendance requirements for online courses, as described herein, within the first two weeks or equivalent, will be considered not attending.

At the conclusion of the first two weeks of a semester or equivalent, instructors report any registered students who have “Never Attended” a course. Those students will be administratively withdrawn from that course. However, after the time period in the previous paragraphs, if a student stops attending a class or wants or needs to withdraw, for any reason, it is the student’s responsibility to take action to withdraw from the course. Students must complete and submit the appropriate Tri-C form by the established withdrawal deadline.

Tri-C is required to ensure that students receive financial aid only for courses that they attend and complete. Students reported for not attending at least one of their registered courses will have all financial aid funds held until confirmation of attendance in registered courses has been verified. Students who fail to complete at least one course may be required to repay all or a portion of their federal financial aid funds and may be ineligible to receive future federal financial aid awards. Students who withdraw from classes prior to completing more than 60 percent of their enrolled class time may be subject to the required federal refund policy.

If illness or emergency should necessitate a brief absence from class, students should confer with instructors upon their return. Students having problems with coursework due to a prolonged absence should confer with the instructor or a counselor.

IV. LEARNING OUTCOMES ASSESSMENT

Occasionally, in addition to submitting assignments to their instructors for evaluation and a grade, students will also be asked to submit completed assignments, called ‘artifacts,’ for assessment of course and program outcomes and the College’s Essential Learning Outcomes (ELOs). The artifacts will be submitted in Blackboard or a similar technology. The level of mastery of the outcome demonstrated by the artifact DOES NOT affect the student’s grade or academic record in any way. However, some instructors require that students submit their artifact before receiving their final grade. Some artifacts will be randomly selected for assessment, which will help determine improvements and support needed to further student success. If you have any questions, please feel free to speak with your instructor or contact the Learning Outcomes Assessment office.

V. CONCEALED CARRY STATEMENT

College policy prohibits the possession of weapons on college property by students, faculty and staff, unless specifically approved in advance as a job-related requirement (i.e., Tri-C campus police officers) or, in accordance with Ohio law, secured in a parked vehicle in a designated parking area only by an individual in possession of a valid conceal carry permit.

As a Tri-C student, your behavior on campus must comply with the student code of conduct which is available on page 29 within the Tri-C student handbook, available athttp://www.tri-c.edu/student-resources/documents/studenthandbook.pdf. You must also comply with the College’s Zero Tolerance for Violence on College Property available athttp://www.tri-c.edu/policies-and-procedures/documents/3354-1-20-10-zero-tolerance-for-violence-policy.pdf
Outcomes

Course Outcome(s):
A. 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):
1. Recognize the scope of practice for fitness professionals.
2. Evaluate and explain safe, ethical, and legal practices within the profession.
3. Pursue continued professional growth through a variety of continuing education experiences, reading professional literature, accessing professional websites, and attending workshops.
4. 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.
5. Investigate transfer options to four-year universities and colleges in sport and exercise studies.
6. Develop a resume and student portfolio.
7. Conduct job searches in the sport and exercise studies field.

Course Outcome(s):
B. 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):
C. 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):
1. Conduct health risk appraisals and medical history forms, safely administer fitness assessments, and evaluate, interpret health, medical, and fitness assessment results.
2. Design exercise prescriptions and exercise programs for clients, taking into consideration medical history, fitness assessment results, special needs, and client goals.
3. Examine when to refer a client to other health care professionals when necessary.
4. Educate participants on proper exercise technique and safe usage of exercise equipment.

Course Outcome(s):
D. 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):
1. Display integrity, objectivity, and good business ethics.
2. Develop and explain organizational business and management skills.
3. Apply knowledge to maintain a safe environment within an exercise or wellness facility.
4. Maintain the safety of participants and clients in an emergency situations and follow the facility’s emergency protocol.

Methods of Evaluation:
1. Practicum portfolio
2. Career portfolio
3. Written assignments
Course Content Outline:
1. Practicum experience and instructor visitation at different sites
   a. Fitness/recreation center
   b. Health and wellness center
   c. Corporate fitness
   d. Cardiac rehabilitation
   e. Athletic teams
2. Discussion about concerns and issues pertaining practicum site experience
3. Discussion of skills performed at practicum site
   a. Performing a health/medical history
   b. Obtaining informed consent
   c. Performing health screenings
   d. Performing fitness assessments
   e. Design and implement fitness programs
   f. Evaluating fitness programs
   g. Assisting with exercise technique
   h. Assisting with daily operations of programs, equipment, facilities, and records.
   i. Assisting with development and management of program marketing and budget.
   j. Assisting other health and fitness professionals
4. Review of case studies
5. Preparing for nationally recognized health and fitness certifications
   a. Aerobics and Fitness Association of America (AFAA)
      i. Group Fitness Instructor
      ii. Personal Trainer
   b. American College of Sports Medicine (ACSM)
      i. Health Fitness Specialist
      ii. Certified Personal Trainer
      iii. Wellness Coach
   c. American Council on Exercise (ACE)
      i. Personal Trainer
   d. National Strength and Conditioning Association (NSCA)
      i. Certified Personal Trainer
   e. Other organizations and certifications
6. Continuing education
   a. Four-year degrees and universities
   b. Professional literature
   c. Professional websites
   d. Conferences, seminars, workshops
7. Seeking Employment
   a. Career opportunities
   b. Professional references
   c. Designing resumes
8. Completion of portfolio
9. Exit interviews

Resources


Clemens, Holly. *SES 2840 Practicum Seminar: Sport and Exercise Studies Student Handbook.* (ts '2013-09-01 00:00:00').