



MERCER
COUNTY COMMUNITY COLLEGE

COURSE OUTLINE

Course Number HPE 243	Course Title Exercise Science Field Experience	Credits 3
Hours: Lecture/Lab/Other 0/0/3	Co- or Pre-requisite HPE 242	Implementation Semester & Year Spring 2022

Catalog description:

Provides essential experiences and networking opportunities for 225 hours in a supervised exercise science setting suitable to student interests. Emphasizes career planning and the application of anatomy and physiology, basic nutrition, exercise measurement and prescription, exercise physiology, program management and promotion, and safety.

General Education Category:
Not GenEd

Course coordinator: Mike DeAngelis MS, CSCS, 609-570-3758,
deangelm@mccc.edu

Required texts & Other materials:

Access to the course on Blackboard

Course Student Learning Outcomes (SLO):

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

1. state the mission and objectives of their chosen organizational/institutional; (ILG 1, PO 2)
2. describe the organizational structure (including the roles and responsibilities) and identify possible career opportunities within their chosen organization; (ILG 1,11, PO 2)
3. describe of the roles and responsibilities for their exercise science profession of interest; (ILG 11, PO 1,2,3)
4. analyze and identify the future growth of their chosen organization/institution, and their profession of interest; (ILG 10,11, PO 3)
5. initiate, develop, promote, implement and manage an approved term project that will benefit their chosen institution/organization/program, and/or their profession; (ILG 1,3,11 PO 1,3,4)
6. identify and assess the strengths and weakness of their chosen organization/institution, and recommend areas of improvement that would benefit their chosen organization/institution; and (ILG 11, PO 3)
7. assess and depict their five year career plan. ILG 11, PO 1,2

Course-specific Institutional Learning Goals (ILG):

Institutional Learning Goal 1. Written and Oral Communication in English. Students will communicate effectively in both speech and writing.

Institutional Learning Goal 3. Science. Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.

Institutional Learning Goal 10. Information Literacy: Students will recognize when information is needed and have the knowledge and skills to locate, evaluate, and effectively use information for college level work.

Institutional Learning Goal 11. Critical Thinking: Students will use critical thinking skills understand, analyze, or apply information or solve problems.

Program Learning Outcomes for Exercise Science A.S. (PLO)

1. Succeed academically upon transfer to a baccalaureate program related to exercise science;
2. Secure employment in the field of exercise science;
3. Demonstrate the knowledge, skills, and ethical integrity necessary to succeed and grow as a health, wellness, fitness, and/or athletic performance professional;
4. Apply scientific and physiological principles to the promotion and enhancement of health, wellness, fitness, and athletic performance;
5. Assess and evaluate an individual's health and performance;
6. Prescribe workouts for generally healthy individuals as well as for athletic populations and those with special considerations;
7. Conduct safe and effective training sessions with generally healthy individuals

Units of study in detail – Unit Student Learning Outcomes:

UNIT #1 Daily experiences (SLOs: 1 – 6)

1. log, evaluate, interpret, and discuss daily experiences and observations;
2. initiate, justify the purpose of, and hypothesize the results and impact that their proposed project will have on their chosen organization/institution and/or the population serviced;
3. design/ illustrate the particular details, collaborate, and implement their proposed/approved project,
4. assess, analyze, and interpret the outcomes of their project;
5. propose/recommend areas of improvement and/or course of action based project analysis/interpretation.

UNIT #2 Summative Reporting (SLOs: 1 – 7)

1. describe, examine, and assess their experience over the semester;
2. describe and discuss the type of organization/institution, the organizational structure, the population serviced, and the services offered;
3. illustrate and assess the student's roles and responsibilities;
4. evaluate, describe, and discuss of how the MCCC Exercise Science curriculum prepared the student for these roles and responsibilities;
5. evaluate, describe, and discuss what areas of organizational/institutional excellence the student observed;
6. evaluate, describe, and discussion of what areas of organizational/institutional improvement the student observed;
7. hypothesize the future (5 yr.) growth of the chosen organization/institution;
8. summarize, describe, and discuss how the experience influenced the students knowledge, skills, ability, and interest in the field of exercise science.

Evaluation of student learning:

Achievement of the course objectives will be evaluated using the following tools:

- Daily Journal – (20pts) 20%
- Field Experience (Term)Project – (25pts) 25%
- Term Paper (Experience Summary) – (25pts) 25%
- Supervisor's Evaluation – (20pts) 20% o Each site supervisor will be required to write an evaluation on the student's progress. This will include an assessment of the student's professionalism, their impact on the staff; their impact on the programs/services offered; their impact on the population serviced; their impact on the business; areas of excellence; and areas of improvement for professional growth and/or to be hired by the organization/institution.
- Exit Interview with Instructor/ Exercise Science Coordinator – (10pts) 10% o The student will be required to schedule an appointment with their Instructor to submit all required course work and to discuss and summarize their experience.