



COURSE OUTLINE

Revised Spring 2008

HPE 243
Course Number

EXERCISE SCIENCE FIELD EXPERIENCE
Course Title

3
Credits

225
**Lecture/
Lab Hours**

Course Description:

Provides essential experiences and networking opportunities in an 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. Upon approval of the supervised setting, each student will function and contribute as a staff member for 225 hours (15 hours per week for 15 weeks).

Prerequisites:

HPE151,134, & 241, CPR & First Aid for the Professional

Co-requisites:

HPE242 & PTA105

Required Text/Other Materials: None.

Course Coordinator:

John Kalinowski, MS CSCS
kalinowj@mccc.edu
Ext. 3675

Information Resources:

Web Sites:

www.acsm.org – American College of Sports Medicine
www.aahperd.org – American Alliance for Health, Physical Education, recreation & Dance
www.fitnessbusiness-pro.com
www.healthpromotionjournal.com
www.ihrsa.org – International Health, Racquet, and Sports Clubs Association
www.isapa.org – International Society for Aging and Physical Activity
www.jap.physiology.org - Journal of Applied Physiology
www.nasca-lift.org – National Strength and Conditioning Association
www.nasm.org – National Academy for Sports Medicine
www.naspem.org – North American Society for Pediatric Exercise Medicine
www.nata.org – National Athletic Training Association
www.physsportsmed.com – The Physician and Sportsmedicine
www.specialolympics.org – Special Olympics
www.sportsnutritionociety.org – International Society for Sports Nutrition
www.ymca.com

Other Journals (not found on the above web sites):

American Journal of Health Behavior
Clinical Exercise Physiology

Other Organizations/Associations:

American Association for Active Lifestyles & Fitness
American Association for Health Education
American Association for Leisure & Recreation
National Association for Girls & Women in Sport
National Association for Sport & Physical Education
National Dance Association

Course Goals- The student will be able to...

- state the mission and objectives of their chosen organizational/institutional;
- describe the organizational structure (including the roles and responsibilities) and identify possible career opportunities within their chosen organization;
- describe of the roles and responsibilities for their exercise science profession of interest;
- analyze and identify the future growth of their chosen organization/institution, and their profession of interest;
- initiate, develop, promote, implement and manage an approved term project that will benefit their chosen “employer”, and/or their profession;
- 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
- assess and depict their five year career plan.

Units of Study in Detail

The units of study for this field experience will vary depending on the setting (roles and responsibilities) chosen by the student. However, a thorough indication of the student's goals and the learning expectations for this course are supported in the "Course Goals" section and "Requirements and Evaluation Criteria" section.

Requirements and Evaluation Criteria

- Daily Journal - 20%
 - The student will be required to write a daily log of experiences and observations and submit it with their other required course work to the Instructor/Exercise Science Coordinator at the conclusion of the semester.
- Field Experience (Term)Project – 30%
 - The student will be responsible for initiating a term project that will enhance their interests and learning experience, as well as enhancing the day-to-day operations &/or services offered by their chosen organization/institution. The project must be agreed upon by their site supervisor and the Instructor/Exercise Science Coordinator. The student must identify and justify the purpose of the proposed project; hypothesize the results and impact on their chosen organization/institution and/or the population serviced; illustrate the particular details of the project; summarize the outcomes: and recommend possible areas for improvement.
- Term Paper (Experience Summary) – 20%
 - The student will be responsible for describing, examining, and assessing their experience over the fifteen weeks. This should include a description of the type of organization/institution, the organizational structure, the population serviced, and the services offered; an illustration and assessment of the student's roles and responsibilities; a description of how the curriculum prepared the student for these roles and responsibilities; a discussion of what areas of organizational/institutional excellence the student observed; a discussion of what areas of organizational/institutional improvement the student observed; a prediction of the future (5 yr.) growth of the chosen organization/institution; a concluding summarization of how the experience influenced the students knowledge, skills, ability, and interest in the field of exercise science.
- Supervisor's Evaluation – 20%
 - 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 – 10%

- The student will be required to schedule an appointment with their Instructor/Exercise Science Coordinator to submit all required course work and to discuss and summarize their experience.