

Request for Undergraduate Course Addition

Prepare one paper copy with all signatures and forward to Bernice Bullock in the Faculty Senate office. Additionally, immediately following attainment of the College Curriculum Chair signature, send one identical ELECTRONIC COPY sans signatures in PDF format with all supporting documentation converted to PDF format by email to Bernice Bullock in the Faculty Senate office.

College: COEHS Department/Division: ESSR Alpha Designator/Number: ESS 210 Graded: CR/NC:
 Contact Person: Eric Arnold, Ph.D., and Gina Sobrero Evans, Ph.D. Phone: 696-2412/2924

NEW COURSE DATA:

New Course Title:	<u>Practicum in Exercise Science</u>																								
Alpha Designator/Number:	<u>E</u>	<u>S</u>	<u>S</u>	<u>2</u>	<u>1</u>	<u>0</u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>															
Title Abbreviation: (Limit of 25 characters and spaces.)	<u>P</u>	<u>r</u>	<u>a</u>	<u>c</u>	<u>t</u>	<u>i</u>	<u>c</u>	<u>u</u>	<u>m</u>	<u> </u>	<u>i</u>	<u>n</u>	<u> </u>	<u>E</u>	<u>x</u>	<u>e</u>	<u>r</u>	<u> </u>	<u>S</u>	<u>c</u>	<u>i</u>	<u>e</u>	<u>n</u>	<u>c</u>	<u>e</u>
Course Description (Limit of 30 words):	<u>The purpose is to provide a practical introduction to various areas of emphases in exercise science.</u>																								
Co-requisite(s): <u>None</u>	First Term to be Offered: <u>Fall 09</u>																								
Prerequisite(s): <u>Permission</u>	Credit Hours: <u>4/5</u>																								
Course(s) being deleted in place of this addition (must submit course deletion form):	<u>None</u>																								

CHECKLIST/REQUIREMENTS

1. After completing this two page form in its entirety, include a complete syllabus and route through the departments/committees below.
2. A complete syllabus can be from when this course was previously taught as a special topics course or by creating a new, intended syllabus to use with the course. The sample syllabus must at a minimum address the following areas:
 - a. COURSE OBJECTIVES
 - b. COURSE OUTLINE
 - c. SAMPLE TEXT(S) WITH AUTHOR(S) AND PUBLICATION DATE
 - d. INSTRUCTIONAL METHODS (Lecture, Lab, Internship, Practicum, etc...)
 - e. EVALUATION METHODS (Unit/Chapter, Midterm, Final, Projects, etc...)
3. If this course will replace a course that is required by another department, please send a memo to the affected department and include it with this packet, as well as, the response received from the affected department.
4. If this course will be similar in title or content to another department's courses, please send a memo to the affected department and include it with this packet, as well as, the response received from the affected department.
5. Send a copy of this completed form to the Marshall University Catalog Editor.

SIGNATURES: (If disapproved at any level, do not sign. Return to previous signer.)

Department Chair/Division Head: _____	Date: _____
Registrar: _____	Date: _____
Librarian: _____	Date: _____
College Dean: _____	Date: _____
College Curriculum Chair: _____	Date: _____
University Curriculum Committee Chair: _____	Date: _____
Faculty Senate Chair: _____	Date: _____
VP Academic Affairs/VP Health Science _____	Date: _____

Request for Undergraduate Course Addition - Page 2
Additional Information Required for Undergraduate Course Addition

College: COEHS Department/Division: ESSR Alpha Designator/Number: ESS 210

Provide complete information regarding the new course addition for each topic listed below. Before routing this form, a complete syllabus also must be attached addressing the items listed on the first page of this form.

1. Identify by name the faculty in your department/division who may teach this course.

Eric Arnold, Ph.D., and Gina Sobrero Evans, Ph.D.

2. If your department/division requires additional faculty, equipment, or specialized materials, attach an estimation of money and time required to secure these items.

NA

3. If this course will be required by a department/division other than your own, identify by name.

NA

4. If there are any agreements required to provide clinical experience, attach details and signed agreements.

Agreements are attached to the hardcopy on file in the Faculty Senate office.

5. If library resources are deemed inadequate, attach a plan to overcome this. The plan must include the cost as stated by the Dean of Libraries.

NA

6. EQUIPMENT/SUPPLIES NEEDED TO TEACH THIS COURSE (this does not refer to additional equipment/supplies that need to be purchased; simply what materials are needed in order to teach this course successfully.):

NA

7. ADDITIONAL GRADUATE REQUIREMENTS IF LISTED AS AN UNDERGRADUATE OR GRADUATE COURSE (please also submit to Graduate Council course addition for 5xx graduate component):

Exercise Science Majors only
Permission only

8. PROVIDE A COMPLETE BIBLIOGRAPHY INCLUDING ALL PUBLICATIONS RESEARCHED TO CREATE THIS COURSE AND WHAT PUBLICATIONS MAY BE BENEFICIAL TO STUDENTS TAKING THIS COURSE (separate page).

COURSE SYLLABUS

ESS 210 Practicum in Exercise Science

MARSHALL UNIVERSITY DIVISION OF EXERCISE SCIENCE, SPORT, AND RECREATION

Fall 2009

WHEN:	Varies
LOCATION:	On-Site
TIME:	To be determined by site director(s)
INSTRUCTOR:	Gina Sobrero Evans, Ph.D., HFI®, Eric Arnold, Ph.D.
OFFICE:	(GH 1) Exercise Physiology Laboratory/Gullickson Hall 108
PHONE:	304-696-2924/2412
EMAIL:	evansg@marshall.edu/arnoldc@marshall.edu
OFFICE HOURS:	TBA

PREREQUISITE Completion of prerequisites with a grade of C or better. The practicum must be completed prior to determining area of emphasis, which includes: Exercise Physiology, Strength and Conditioning, or Health and Wellness.

COURSE DESCRIPTION

The purpose is to provide a practical introduction to various areas of emphases in exercise science.

PURPOSE OF THE COURSE

Preliminary hands-on practical learning experiences in areas related to exercise science. The student will continually review knowledge, skills, and abilities as well as experience professional growth before deciding on his/her area of emphasis.

Potential areas include strength and conditioning, High Intensity Training center, hospital-based wellness programs/cardiac rehab (St. Mary's), community wellness centers (i.e. YMCA), physical therapy clinics, Medabolix (wellness/nutrition/bariatric treatment center), and Marshall University Exercise Physiology Lab.

COURSE CONTENT

A. The practicum consists of a minimum of 12/15 hours per week of on-site work experience for 14 weeks (minimum of 168/210 hours). The site supervisor and the student are responsible for scheduling the time and designing the learning activities that fulfill the objectives established for the practicum program. Unsatisfactory performance by the student may result in withdrawal from the work site.

B. The student must have access to Microsoft Word (not works), email and internet to submit weekly assignments. Weekly communication between the student and the university supervisor is mandatory. All students must maintain a working email address and check it frequently.

C. Each student will develop a professional portfolio during this experience. This portfolio will be used again during the internship experience. The professional portfolio is an expression of the student's professional development. It will include a resume and philosophy as well as evidence of professional competency. Portfolios are made up of a variety of "artifacts" which students have chosen from their educational experiences to best represent their growth and development as exercise science professionals. Such artifacts include site risk stratification documentation, patient/client health history, workout plans, site observations, student work, and photographs. These documents provide evidence for students' work in the sites, community involvement, and completion of course work. Furthermore, portfolios may be used in job searches at completion of the program. Therefore, portfolios must be organized in a concise manner using proper professional grammar (See APA manual).

EXPECTATIONS and ATTENDANCE

Attendance is extremely important and you are expected to attend **all** site hours. Qualified **excused** absences will be accepted at the discretion of the site director. Typical excused absences are typically considered to be **an illness, family crisis or approved institutional activity** (proper documentation is required). This **does not** include routine medical appointments (unless of special nature and only with written notification and approval). Missed site hours that are to count for an excused absence must be verified, in writing with the site director and the practicum supervisor ahead of time in regard to an institutional activity. **Absences** will be counted as unexcused unless the student provides written documentation and verification within **one week** of the class missed. **A STUDENT HAVING EXCESSIVE UNEXCUSED ABSENCES WILL BE ADVISED TO DROP THE PRACTICUM.**

OTHER PERTINENT INFORMATION

The practicum is considered to be professional training. Therefore, treat your site hours as you would in an employment situation. If you are going to be late, **call** and **inform** the site director. Also, please keep **paggers, cell phones, beepers, personal digital assistants, satellite messaging systems or other audible communicators** turned off during your site hours.

GRADING POLICY

See attached assessment rubric.

EVALUATION

A. Each site supervisor and practicum instructor will evaluate the practicum student once during each site rotation utilizing the form provided and will certify the completion of the minimum of 12/15 hours/week for at least 14 weeks over the duration of one semester. This will be **20%** of the total grade.

B. Each student will be required to develop a professional portfolio. Off-site time will be utilized to organize the binder, dividers, tabs, and to begin developing quality documentation. There will be weekly report that will be submitted electronically (or otherwise) to the university supervisor for evaluation and comments. The content of the portfolio should reflect each site experience the student completes. The evidence should provide proof of formal instruction and practical experience in the major content areas of the concentration. The portfolio will be **60%** of the total grade.

Portfolios are due for grading twice a semester. They are due one week prior to mid-term (date in MU catalog) and are due on the last day of regular classes.

C. You are required to maintain a journal of your experiences during your practicum. There is to be at least one journal entry per week and each journal should address a new experience or reflection. The journal is NOT a list of duties. The journal is for thoughts and reflections on experiences. The journals are worth **20%** of the total grade.

COURSE OBJECTIVES: Upon completion of the course the student should be able to:

1. To provide the practicum student the opportunity to integrate theory and practice in his/her professional education; to encourage the exchange of contemporary thinking between Marshall University and Site personnel.
2. To provide the practicum student an opportunity to promote and broaden his/her philosophy and understanding of exercise science and other allied health fields.
3. To enable the practicum student to obtain information which can be used as a basis for making choices in relation to future careers, areas of emphases, and/or further study.
4. To enable the practicum student to realize his or her own strengths and weaknesses.
5. To provide the practicum student an opportunity to gain experience and exposure to leadership, supervisory, and administrative functions.
6. To help the practicum student gain an understanding and appreciation of the role, duties, and responsibilities of a full-time professional in the area of exercise science and other allied health professions.
7. To provide exposure for the practicum student in various program areas.
8. To provide the practicum student with experiences that will enable him or her to develop sound human relations.
9. To help the practicum student to develop his or her oral and written communication skills.
10. To strengthen relationships between Marshall University and the host site agencies.

Practicum in Exercise Science Course Schedule

Please note that this is considered a basic course schedule outline that will be followed as closely as possible; however, deviations from the designated schedule may occur.

Date	Site	Instructor Meeting
Week 1	MU Strength and Conditioning	Yes
Week 2	MU Strength and Conditioning	Yes
Week 3	HIT Center	No
Week 4	HIT Center	Yes
Week 5	St. Mary's	No
Week 6	St. Mary's	Yes
Week 7	YMCA	No
Week 8	YMCA	Yes
Week 9	PT Clinic	No
Week 10	PT Clinic	Yes
Week 11	Medabolix	No
Week 12	Medabolix	Yes
Week 13	MUEPL	No
Week 14	MUEPL	Yes
Week 15	Portfolio Review	Yes
Week 16	Portfolio Review	Yes

References: Practicum in Exercise Science

- American College of Sports Medicine. (2006). *ACSM's advanced exercise physiology*. Philadelphia: Lippincott Williams & Wilkins.
- American College of Sports Medicine. (2006). *ACSM's guidelines for exercise testing and prescription* (7th ed.). Philadelphia: Lippincott Williams & Wilkins.
- American College of Sports Medicine. (2006). *ACSM's resource manual for guidelines for exercise testing and prescription* (5th ed.). Philadelphia: Lippincott Williams & Wilkins.
- American Psychological Association. (2001). *Publication manual of the American Psychological Association* (5th ed.). Washington, DC: Author.
- O'Toole, M. T. (Ed.). (1997). *Miller-Keane encyclopedia & dictionary of medicine, nursing, & allied health* (6th ed.). Philadelphia: W. B. Saunders Company.
- Powers, S. K., & Howley, E. T. (Eds.). (2009). *Exercise physiology: Theory and application to fitness and performance*. Boston, MA: McGraw-Hill Higher Education.
- McArdle, W. D., Katch, F. I., & Katch, V. L. (Eds.). (2006). *Exercise physiology: Energy, nutrition, and human performance* (6th ed.). Philadelphia: Lippincott Williams & Wilkins.
- Skinner, J. S. (Ed.). (2005). *Exercise testing and exercise prescription for special cases: Theoretical basis and clinical application* (3rd ed.). Baltimore: Lippincott Williams & Wilkins.