DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Practicum in Wellness & Fitness
COURSE NUMBER: EXSC0251
CREDIT HOURS: 3 credits
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC-issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: EXSC0212 Exercise Physiology, EXSC0115, First Aid

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, http://www.kckccbookstore.com/ for the required texts for your particular class.

COURSE DESCRIPTION:
This is one of the required courses in the Personal Training Certificate and should be done during the final semester. It brings an active learning experience which enables the student to gain practical experience in the area of administration, planning and leadership, and providing services in the wellness & fitness field, under the supervision of a qualified wellness specialist. The practicum augments academic experiences by helping to bridge the gap between academics and a professional future. This will take place on-site at the Wellness & Fitness Center at Kansas City Kansas Community College. The practicum consists of 3 hours per week for 16 weeks. Students will be assigned and trained to perform Wellness/Fitness related duties that will be evaluated by the assigned supervisor.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.
COURSE OUTLINE:
This course will provide students with an opportunity for practical experience in a fitness and wellness setting. The student will complete the following activities, in no particular order: Emphasis on each activity will depend on student’s future employment plans.

I. Interpersonal Skills Development
   A. Communication
   B. Motivation
   C. Organization
   D. Self-Discipline
   E. Personal Interaction

II. Professional Development
   A. Education
   B. Planning
   C. Leadership
   D. Administration

III. Formulation of Goals and Objectives for Practicum
   A. Practicum Workbook Development
   B. Personal Skills Development
   C. Professional Skills Development

IV. Creative Ability
   A. Bulletin Board Design and Development
   B. Incentive Program Design and Development
   C. Newsletter Articles

IV. Critical Ability
   A. Employer Expectation Survey
   B. Fitness Center Program Analysis

V. Exercise Science Activities
   A. Health Fair
   B. Fitness Center Supervision
   C. Exercise Testing and Prescription

VI. Weekly Meetings and Evaluations

EXPECTED LEARNER OUTCOMES:

A. The student will be able to develop techniques and skills common to practices in areas such as organization, communication, motivation, self-discipline, and personal interactions.

B. The student will be able to perform in in-service education, planning, leadership and administrative capacities.

C. The student will be able to formulate goals and objectives to be accomplished during the internship.

D. The student will be able to demonstrate a creative ability.

E. The student will be able to practice a critical ability as it applies to program development.

F. The student will be able to apply knowledge learned in exercise science courses to fitness and wellness activities.

G. The student will be able to prepare for weekly meetings and evaluations.

COURSE COMPETENCIES:
The student will be able to develop techniques and skills common to practices in areas such as organization, communication, motivation, self-discipline, and personal interactions.

1. The student will be able to employ appropriate interpersonal skills with fitness center members.
2. The student will be able to arrive on time for scheduled meetings and events.
3. The student will be able to encourage members to reach their exercise potential.
4. The student will be able to ensure members are adhering to safety techniques.
5. The student will be able to demonstrate appropriate telephone skills.

The student will be able to perform in in-service education, planning, leadership and administrative capacities.

6. The student will be able to educate members on safe exercise techniques.
7. The student will be able to explain basic nutrition objectives to inquiring members.
8. The student will be able to observe the Facility Director in administrative capacity, and perform similar activities as requested.

The student will be able to formulate goals and objectives to be accomplished during the internship.

9. The student will be able to critique and provide suggestions for Practicum Workbook development.
10. The student will be able to show improvement in Final Evaluation compared to the Midterm Evaluation.

The student will be able to demonstrate a creative ability.

11. The student will be able to design and implement a bulletin board in the fitness center
12. The student will be able to design and implement an incentive program in the fitness center
13. The student will be able to perform an interview and edit it for use in a newsletter.
14. The student will be able to write a fitness-related article for a newsletter.

The student will be able to practice a critical ability as it applies to program development.

15. The student will be able to call ten fitness centers and survey them on their hiring expectations.
16. The student will be able to write a summary of employer survey results.
17. The student will be able to analyze fitness center program and suggest changes.

The student will be able to apply knowledge learned in exercise science courses to fitness and wellness activities.

18. The student will be able to participate in exercise testing and consultation at a local health fair.
19. The student will be able to supervise the exercising members and observe any potential problems.
20. The student will be able to discuss new exercise options with members.
21. The student will be able to complete 5 fitness assessments.
22. The student will be able to design 5 exercise prescriptions.

The student will be able to prepare for weekly meetings and evaluations.

23. The student will be able to meet with the instructor one time per week to discuss past and future assignments.
24. The student will be able to listen and learn from the midterm evaluation.
25. The student will be able to demonstrate an improvement in the final evaluation.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to, exams, written assignments, and class participation.

NOTE:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

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