

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Practicum in Wellness & Fitness
COURSE NUMBER	EXSC-0251
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	EXSC0212 Exercise Physiology, EXSC0213 Exercise Testing & Prescription, EXSC0115, First Aid
COREQUISITES	EXSC0212 Exercise Physiology, EXSC0213 Exercise Testing & Prescription, EXSC0115, First Aid
COURSE PLACEMENT	Students must meet the correct placement measure for this course. Information may be found at: https://www.kckcc.edu/admissions/information/mandatory-evaluation-placement.html

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.

Program Learning Outcomes

1. Students will be able to analyze and implement an appropriate assessment of client to determine their exercise needs.
2. Student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports and athletic performance.
3. The student will be able to recognize incorrect lifting technique and develop a plan for error correction.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS 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, panels, conferencing, performances, and learning experiences 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. Social media
 - 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

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. Be able to develop techniques and skills common to practices in areas such as organization, communication, motivation, self-discipline, and personal interactions.
- B. Be able to perform in in-service education, planning, leadership and administrative capacities.
- C. Be able to formulate goals and objectives to be accomplished during the internship.
- D. Be able to demonstrate a creative ability.
- E. Be able to practice a critical ability as it applies to program development.
- F. Be able to apply knowledge learned in exercise science courses to fitness and wellness activities.
- G. Be able to prepare for weekly meetings and evaluations.

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.