

Department of Health and Kinesiology
Mississippi University for Women

HK 316: Practicum in Physical Education

Textbooks:

No textbook required.

Catalog Description:

This course is designed to provide observation and practice of leadership in a physical education program, recreation agency, or fitness facility. Emphasis is placed on assessment, goal setting, prescription of exercise, and/or experience in program development.

Course Description:

This course allows the students to obtain hands on experiences in fitness assessment and exercise prescription. The class is designed to prepare the student for the internship and a career in exercise science.

Goals and Objectives:

The student will:

1. Complete at least 20 individual health-related fitness assessments.
2. Develop two case studies.
3. Design two assessment-based fitness programs (based on the above case studies).
4. Develop a professional resume.

Class Topics

This class is designed for the student to become proficient in health-related fitness assessment skills. All the skills for the class have been presented in HK 361L, Physiology of Exercise Laboratory.

Week	Topic
Week 1	Review of health-related fitness assessment skills; assign HKC classes for testing; schedule testing; introduce BSDI software.
Remainder	Health-related fitness testing
Week Last	Case Studies and Resume due.

Meeting times TBA with HKC courses.

Course Requirements:

Health-related fitness assessments	-	200 pts
Case studies	-	100 pts (50 pts. each)
Attendance	-	100 pts.*
Professional resume	-	50 pts.
TOTAL		450 pts.

* The student is required to attend all testing sessions or reschedule in advance with the individual being tested. **Failure to do so will result in a one letter grade reduction.**

Special Accommodations:

It is the responsibility of a student with a professionally diagnosed disability to notify the instructor so that accommodations can be arranged.

Final Grade:

The number of points earned divided by total possible points times 100 yields the final grade. This numerical score will then be converted into the corresponding letter grade.

A 90-100 B 80-89.5 C 70-79.5 D 60-69.5 F 59.5 or below
I Incomplete W Withdrawn WF Withdrawn failing WP Withdrawn passing

Health-related Fitness Testing and Programming

The student will conduct at least 20 health-related fitness assessments on MUW students in HKC classes. Each student will be assigned to a HKC course and will schedule the assessments with the students in the class. Each assessment takes about 45 minutes. Typically, one assessment is performed each class meeting.

The student will need to prepare two fitness programs. One will be for the student and the other will be for one of the security officers.

The fitness program should include:

- The results of any assessments performed.
- The goals for the individual.
- The specific exercises, including duration, intensity, and frequency of each.
- A progression for the exercises .

The fitness programs should be typed.

Resume

The student will be required to prepare a resume with the guidance of the counseling center.

The resume should be typed.

Case Studies

The student will prepare two case studies. Any assessments, prescriptions, and/or information should be included in the case study. The individual's identification will be kept confidential. An example will be provided. The case study should be typed.