

Montgomery County Community College
 ESW 296
 Practicum in Exercise Science and Wellness
 4-1-5

COURSE DESCRIPTION:

Integrating a seminar and practicum experience in this course serves as the capstone course for the Health and Fitness Professional AAS and Personal Training Certificate programs. The course also offers students in the Exercise Science and Wellness AS degree program an opportunity to gain practical experience as it relates to each student's educational and career goals. Emphasis will be placed on professionalism, employment strategies, career options, and current issues in the health and fitness field. The field practicum is held in an educational fitness setting where the student works under the direct supervision of a cooperating supervisor. A faculty member arranges the placement and supervises the student on site visitations. At the completion of the course the student prepares a professional portfolio and sits for the ACSM Personal Training certification exam. This course is subject to a course fee. Refer to <http://mc3.edu/adm-finaid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirements

ESW 222 Applied Kinesiology

ESW 224 Exercise Physiology

ESW 226 Assessment of Human Fitness

Concurrent Course Requirements

ESW 227 Exercise Programming for Healthy and Special Populations

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
Upon successful completion of this course, the student will be able to:		
1. Demonstrate a professional skill set required for employment in the Health and Fitness profession.	Discussions Research Resources Oral Report Group Share Time Portfolio Entries Journals Field Study Manual Assignments Individual Conferences Peer Reflections Web design Blog Postings Video Creation Working at the Fitness Center Health and Wellness events	Portfolio Journals Evaluations Field Study Manual

<p>2. Discuss health and fitness professional trends and issues.</p>	<p>Discussions Research Resources Oral Report Group Share Time Portfolio Entries Journals Field Study Manual Assignments Individual Conferences Peer Reflections Website Design Blog Postings Video Creation Working at the Fitness Center Health and Wellness events</p>	<p>Discussion Journals Peer Reflections</p>
<p>3. Demonstrate general and specific occupational skills, knowledge, and attitudes expected in the health and fitness professional setting.</p>	<p>Discussions Research Resources Oral Report Group Share Time Portfolio Entries Journals Field Study Manual Assignments Individual Conferences Peer Reflections Website Design Blog Postings Video Creation Working at the Fitness Center Health and Wellness events</p>	<p>Portfolio Journals Evaluations Field Study Manual</p>
<p>4. Explore continuing education professional development opportunities.</p>	<p>Discussions Research Resources Group Share Time Portfolio Entries Mock Interviews for Employment Peer Reflections Website Design Blog postings Video Creations Working at the Fitness Center Health and Wellness events</p>	<p>Discussions Research Resources Portfolio</p>

5. Complete a professional portfolio.	Discussions Group Share Time Portfolio Entries Journals Field Study Manual Assignments Individual Conferences Website Design Blog Postings Video Creation Working at the Fitness Center Health and Wellness events	Portfolio
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At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Introduction
2. What is a Professional?
3. Professional Ethics
4. Role of the Health and Fitness Professional
5. Preparation for Employment
6. Preparation for Professional Interview
7. Health and Fitness Organization and Structure
8. Introduction to the Field Study Manual
9. Writing Professional Field Study Reports
10. Field Study Assignment and Expectations
11. Professional Portfolio
12. Preparation for Certification Exams
13. Exploration of Continuing Education

LEARNING MATERIALS:

Professional health and fitness policies, procedures, manuals, and software as stated by the American College of Sports Medicine for Certified Personal Trainer.

ESW 296 Field Study Course Manual

Supplemental materials include but are not limited to the following:

ACSM personal trainer study kit – 3 books

- ACSM Guidelines for Exercise Testing and Prescription (10th Edition)
- ACSM Resources for the Personal Trainer (5th Edition)
- ACSM Certification Review (5th Edition)
- ACSM PrePU

Professional Journals

*ACSM's Health & Fitness Journal**Strength and Conditioning Journal**Research Quarterly for Exercise and Sport**JOPHERD**Strategies – Journal for Physical Educators and Sport Educators*

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Joselle Edwards Date: 8/21/2006

Revised by: Dr. Anne Livezey Date: 2/2009

VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 9/11/2009

Revised by: Dr. Anne Livezey Date: 6/2012

Revised by: Dr. Anne Livezey and Amanda Wooldridge Date: 10/2015

VPAA/Provost or designee Compliance Verification:
Victoria L. Bastecki-Perez, Ed.D. Date: 10/14/2015

Revised by: Dr. Anne Livezey and Amanda Wooldridge Date: 9/27/2017

VPAA/Provost or designee Compliance Verification: Date: 11/2017



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.