

**PET 4947: Practicum in Exercise Science and Health Promotion
Summer 2009 Syllabus**

Faculty Supervisor: Anita D'Angelo-Herold (aherold@fau.edu)

Office Phone: (561) 297-3752

Office: Human Performance Lab - Boca Teaching Gym

Office Hours: M-W-F 8:30-9:00 AM

All assignments must be turned in to Ms. D'Angelo by 3 PM on due date.

Required Textbooks:

1. ACSM Guidelines for Exercise Testing and Prescription, 7th Ed., 2006. ISBN 0-7817-4506-3

Required Equipment: Each student will be required to have a stethoscope.

Course Prerequisites: Passing completion of Anatomy & Physiology I & II, Exercise Leadership I & II, Exercise Physiology + Lab, First Aid/CPR, Exercise Testing, Exercise Prescription, Kinesiology.

Mandatory CPR Certification: You must bring in a current CPR card for certification verification within the first week of the semester. It will be photocopied for the FAU Well Program Records and the original card will be returned to you. You must have a current CPR card or be denied entry to the course.

Course Objectives: Introduction to field experience in exercise science and health promotion and to apply knowledge and skill obtained in core course work in an exercise setting and to become familiar with the operational and procedural aspects of a clinically-based exercise facility.

Specific Objectives: As a result of this class, you will be able to:

1. Demonstrate appropriate emergency procedures in an exercise environment.
2. Conduct stretching and toning exercises for older populations.
3. Develop short oral presentations for the public on a variety of health-related fitness topics.
4. Design a newsletter.
5. Take resting and exercising blood pressures and pulse rates.
6. Conduct field assessments to evaluate aerobic fitness and overall health.
7. Conduct body composition assessments.
8. Evaluate musculo-skeletal fitness with a variety of test procedures.
9. Design and supervise resistance training programs.
10. Supervise low-level aerobic programs for diseased and healthy populations.
11. Give health-fitness results to the lay public in an easy-to-understand format.

Time and Place: M-W-F, 6:45-8:45: Boca FAU Gym (and related locations). Special programs may require your participation at times other than the designated FAU-Well Program hours.

Canceled Sessions: No class will be held on Monday May 25 (Memorial Day) and Friday July 3rd at the FAU Well Program in Boca.

Orientation Week: During this time you will be taught exercise leadership skills and be oriented to the program and take the entry competency check.

Exercise Program: You will be an active exercise leader in the FAU-Well Program. You will be expected to supervise participants during aerobic and resistance training, measure blood pressure and pulse rates as needed and lead stretching and toning exercises. You will be assigned to a participant for each day. Resistance training appointments can be made every 20 minutes. The participant is required to arrange his or her schedule with the Supervisor. An exercise card will be issued and attendance recorded each time the participant attends a session. If a participant refuses to follow the personal trainer's instructions regarding safety issues for resistance training, he/she will forfeit their privileges. Each trainer is allowed a maximum of 2 participants per 20-minute

appointment. Therefore, there are only 2 participants for each trainer in the weight room at one time. On the days not assigned to the resistance training, the participants will work on their aerobic. At no time should you be sitting down and talking to other practicum students unless it is related to the program at hand. During practicum time, you should be interacting with the participants. You are responsible for knowing the Emergency Procedures for the program and you may be tested on them at any time.

NOTE: Blood pressure and heart rates must be taken and recorded for every participant upon entering the gym. There will be no exceptions to this rule! The upper limits for blood pressure in this program are 180/100.

Basic Emergency Procedures:

1. When in teams of 2, one person stays with victim and begins CPR/first aid; 2nd student informs Supervisor. If alone, report incident to Supervisor, then go back to victim.
2. Supervisor calls 911 and then calls Campus Police.
3. Second student positions himself or herself outside main gym doors, in order to direct ambulance crew to emergency site.
4. Supervisor returns to emergency scene to assist.
5. Calmly dismiss class.
6. Follow-up phone call by Supervisor to victim's family.
7. Supervisor completes an FAU "Incident Report" and notifies Davie Faculty.

Course Requirements: You will be evaluated on the following items: entry and exit competency checks, personal demeanor, one shadow report, one supervised sub-max health-fitness test and assessment, one Well-Spot talk, one bulletin board, cool down leadership sessions, community project, fitness test, attendance and a hospital observation.

1. Competency Checks: You will take an entry and exit competency check exam, which will include both written and practical sections. The written portion will be based on the 2006 ACSM Guidelines and other books used with this class. The practical portion will involve pulse rate and blood pressure skills. The Test Dates are as follows: Entry Check: May 11, Exit Check: Aug. 3.

2. Demeanor: Since this program is similar to a work environment and you will be interacting with clients outside of the Exercise Science Program, you will be expected to exhibit a professional demeanor at all times. Included under professional demeanor will be interaction with participants, willingness to participate and complete tasks in the proper manor, correcting participants during the cool down session, as well as your attire. The FAU-Well Program uniform consists of a plain white collared athletic shirt or the ESHP blue shirts, tan/khaki long pants/walking shorts (no knit, workout, cut-off or lounge pants), athletic shoes (traditional sneakers with backs) and socks, and the FAU-Well name tag. The shirts should be long enough to be able to be tucked into your pants and if you wear a t-shirt underneath it must be plain white. Shorts should be a professional length (mid thigh). All clothing should be neat and appear pressed. Failure to dress in the proper uniform will result in a warning. If you should fail to be in proper uniform a second time, you will be required to meet with Dr. Graves. You will also need to have a watch with a second hand in order to take heart rates. **NOTE:** At all times your attention should be focused on the program participants and not on personal conversations with classmates. You should not be sitting during the running of the program, unless you have a medical condition which has been discussed with the supervisor. Food and drink are not to be consumed during practicum. Cell phones and beepers are not to be worn during the running of the program. Having a cell phone or beeper on you during the program will result in point deductions. Chewing gum is not permitted during the actual running of the program. Hats may not be worn and if your hair is long it should be secured to give a neat appearance.

Important Notice: Unprofessional behavior in any of the class settings will be grounds for a failing grade.

3. Attendance: It is expected that you will arrive by 6:45 AM on each morning of the program to prepare your area for the program that starts at 7:00 AM. Tardiness (more than 5 minutes) will result in a two point deduction for that day. Failure to attend any scheduled session will result in a 10-point deduction for each of the first two absences and a 15-point deduction for each additional absence. After four absences you will fail the course and need to retake the course the following semester. Remember, you cannot register for Internship until passing grades in all of your courses are obtained. All individuals must notify supervisor by 10 AM of that day if they are not going to be there. Failure to do so will result in an additional 5-point deduction. If you know in advance that you will be missing any sessions, please discuss it with the supervisor prior to the absence. Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.

4. Shadow Report: You must "shadow" a participant on the date assigned. You will become the participant's personal trainer for the day in order to learn as much as possible about that particular participant. You will be required to turn in a TYPED 1-page summary about the participant. Your shadow report must contain the following information: name of participant, age, gender,

prescribed HR & RPE ranges, special medical considerations (including medications and their potential effects on exercise response), how long the participant has been involved with the program, the participant's viewpoints about the program, and a description of the participant's workout for that day, including modes of exercise, duration, and intensities for the aerobic, strength training (if applicable), and cool-down sessions. Heart rate and blood pressure readings should be included in the workout description. Please check the participant's file for any discrepancies.

5. Health/Fitness Assessment: You will write an exercise prescription for a client based on a health/fitness file given to you. The file will contain health history/medication information, testing scores and any restrictions. Detailed instructions will be given in class. **CONFIDENTIALITY NOTICE:** All of the information you collect or review is confidential medical information, subject to State and Federal Laws for guaranteeing confidentiality. Any breach in this confidentiality can result in legal action against you. You are allowed to review these files in the office and take pencil-paper notes in order to develop your exercise prescription and test the person safely. Any outside person you bring in to test becomes an FAU-Well Program Participant, subject to the same laws of confidentiality.

Fitness Test : You will be required to help with fitness testing for one of the activity classes on the Boca campus. Sign-up will be done in class. The tests may consist of skin fold measurements, grip strength, waist-to-hip ratio, push-up, and sit and reach.

6. Well-Spot Talk: Present and prepare a 5 minute health-fitness mini-lecture with a short hand-out. This lecture is given at the end of the cool-down session (about 8:20 AM) as assigned by the Supervisor. Topics will be chosen during the orientation week. Well talk handouts will be due for approval on Jan. 12. Failure to get approval may result in a 10-point deduction in your grade. The handout must be your creation and not a prepared pamphlet or photocopied from a book. There will be NO makeup talks.

7. Bulletin Board: Create one thematic health-fitness bulletin board. The Supervisor will assign the bulletin board due date and location. Bulletin Boards must be up by 5 PM of the assigned day. Your name must appear in the bottom right hand corner of the bulletin board. You may choose the topic for your bulletin board, but the information to be placed on the board must be approved by the supervisor. All of the information to be placed on the bulletin board must be turned in to the supervisor on the assigned day. If the board is not approved you will receive a 10 point deduction and you may be asked to remove it and create a different board with appropriate deductions. It is your responsibility to measure the board in advance to make sure that your material will cover the board. In addition, the background should be changed with each assignment or you may receive a 5-point deduction. Material that does not fit the board or an old background will result in point deductions. (NOTE: You must bring the supplies to put up your bulletin board. Supplies may not be borrowed from the secretary or any of the professors – doing so will result in a 10 point deduction in grade).

8. Cool Down Exercise Leadership Weeks: The Supervisor will conduct the first few sessions of cool-down exercises for you to observe and learn. After that, students will be pre-assigned to cool-down presentations. After this time, there will be a random selection process. This is to train you to step in quickly to conduct exercise classes without preparation. It is your responsibility to develop interesting, safe, and effective cool-downs. Grading will be based on the clarity of the instruction, the variety of the exercises and the overall planning.

9. Community Project: Assignment to be determined by the instructor.

10. Monitoring Participants: As part of the running of the FAU-Well Program, you will be expected to monitor the participants throughout their time attending the sessions. Each student will be assigned a participant each day. You are responsible to take the initial heart rate and blood pressure for the participant. If the participant does resistance training that day, the assigned student is the trainer for the day. On days the participant does not do resistance training, the student will train cardiovascular fitness. In addition, the student is responsible for monitoring the participant on the bike and during cool down. A rubric will be provided for this requirement.

Note: Any late work will receive a one-point deduction for each day that it is late. All work handed in should be typed and double-spaced. Work will not be accepted via e-mail. Failure to complete all work will result in a failing grade for the course.

In compliance with the Americans with Disabilities Act (ADA), students

who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

Evaluation Criteria:

Final grade will be calculated according to the following point system:

1. Entry and exit Competency exams	40
2. Boca demeanor	50
3. Boca shadow report	10
4. Boca assessment packet	25
5. Boca testing	15
6. Boca well spot talk	20
7. Bulletin board	25
8. Boca cool down	20
9. Monitoring participants	25
10. Community project	20
11. Memorial hospital attendance	20
12. Fitness test	20
13. Hospital observation	<u>10</u>
	300 total points

Each student must complete all aspects of the course to receive a final grade. All grading for all assignments and all tests will be based on the scale below:

A	94-100%	(282-300 points)
A-	90-93.99%	(270-281 points)
B+	87-89.99%	(261-269 points)
B	84-86.99%	(252-260 points)
B-	80-83.99%	(240-251 points)
C+	77-79.99%	(231-239 points)
C	74-76.99%	(222-230 points)
C-	70-73.99%	(210-221 points)
D+	67-69.99%	(201-209 points)
D	64-66.99%	(192-200 points)
D-	60-63.99%	(180-191 points)
F	0-59.99%	(0 -179 points)

Due Date Notes: Tentative Schedule (subject to change)

May 11	6:45 AM	Syllabus, Entry Competency Exam
May 13	6:45 AM	Orientation
May 15	6:45 AM	First day for participants
May 18	6:45 AM	Well talk topics due
May 20	6:45 AM	Well talk due
May 25		No class - Memorial Day
May 29	6:45 AM	Bulletin board material due
June 29	3:00 PM	Shadow reports due
July 3		No Class - 4th of July
July 17	3:00 PM	Fitness Packet Due
July 31	6:45 AM	Last day for the participants – Boca party
Aug. 3	7:00 AM	Final Exam