**La Sierra University**

**Department of Health & Exercise Science**

**HLSC 475 – Health Science Practicum – 4 Units**

**Winter 2020**

Class time: Tuesday, 5:00 pm to 5:50 pm., Classroom 1

Instructor: Catherine F. Hendon, MS, CSCS

Contact: e-mail: [chendon@lasierra.edu](mailto:chendon@lasierra.edu); phone: 951-522-2674 (cell); Office F in HES Annex

Office Hours: M-Tu 10:00 to10:50 am; and by appointment.

Required Material: Folder for Journal entries; dependable transportation to and from site.

Course Objectives:

1. Demonstrate knowledge, skills and abilities in a practical setting through examination and analysis of physical activity, physical fitness, motor skill or health promotion.

(SLO #4)

1. Been given opportunities to develop knowledge, skills and abilities, which move from practice to mastery of experiences in exercise sciences and health promotion.

(SLO #3,4,5)

1. Understand the importance of professionalism and networking with professionals.

(SLO #3).

1. Demonstrate leadership and supervisory skills showcasing a greater understanding of professional standards, ethics and expectations. (SLO #3)

Evaluation of Student Performance –

1. Participation at all required class times noted on syllabus. 5%
2. Weekly completed Journal Entries. 10%
3. Topic questions with personal reflection paper 10%
4. Minimum one hundred (100) hours at practicum site noted by a supervisor. 35%
5. Midterm and Final Supervisor Evaluations, Student’s Site Eval. 20%
6. Internship Coordinator Visit Evaluation. 10%
7. 15 Minute Final Presentation, Reflection Paper.10%

**Practicum Calendar Winter 2020**

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| Date | Topic ALL CLASSES Tue 5:00-5:50pm | Notes |
| Wk1 Tu 01/06 | Intro, Syllabus, Assignments, Expectations | 50-minute classes |
| Wk 2 Tu  01/13 | Wk 1 Journal Due NLT Tuesday, 10:00am | Practicum Schedules Due |
| Wk 3 Tu  01/21 | Class Discussion – Experience, so far!  Presentations Discussed  Journals Due on Tu, NLT 10:00 am | Schedule One on One  Appointments for Week 6  Topic Assigned for Reflection Paper |
| Wk 4 Tu  01/28 | Begin Site Visit by Coordinator  Journals Due , 10:00 am |  |
| Wk 5 Tu  02/04 | Class: Discussion  One-on-One Sign-Ups  Journals Due Tu, 10:00 pm | Wk 6 Meetings are 10-15 min.  Mid-Term Evals Due Next Week |
| Wk 6 Tu  02/11 | One on One Meetings M-T-W-Th  Journals Due Monday, 10:00 am | By Appointment: Mid-term Eval due; Sign- up for presentations |
| Wk 7 Tu  02/18 | Journals Due Tu, 10:00 am | Topic Paper Due |
| Wk 8 Tu  02/25 | Journals Due Tu, 10:00 am  Presentations Begin 5pm | Stay up to date on turning in evals |
| Wk 9 Tu  03/03 | Journals Due Tu, 10:00 am  Presentation 5pm | Reminders about presentation and final papers due. |
| Wk 10  03/10 | Journals Due Tu, 10:00 am  Presentations 5pm | All students must be in class  Monday at 5pm; Final Eval Due; Inter Site Review due |
| Final – Tuesday 3/17 | Presentations 5:00 pm;  Last Day Final Reflection Paper Accepted | Last Day to turn in Final Reflection Paper and Week 10 Journal |

**Title IX Statement**

La Sierra University is committed to fostering an environment in which all members of our campus community are safe, secure, and free from sexual misconduct in any form. When learning of conduct or behavior that may not meet the standards outlined in the policy, all faculty and staff are expected take an active role in upholding this policy and promoting the inherent dignity of all individuals. For any questions or to make a report, contact the Title IX Coordinator at (951) 785-2849 or [titleix@lasierra.edu](mailto:titleix@lasierra.edu).

**Alternate Test Dates for Final Exams**

The final exam test dates for Health and Exercise Science classes are determined by the College of Arts and Sciences. As such, this office oversees the scheduling of these exams. Students must take the exam on the scheduled day, at the scheduled time. Exceptions are made only for emergency situations and must be granted by the CAS Dean’s office. For further clarification, see page 61 of the 2017-18 La Sierra University Bulletin.

**Disabilities**

It is the policy of La Sierra University to accommodate students with disabilities. Any student with a documented disability who requires reasonable accommodations should contact Director, Office of Disability Services at (951) 785-2453 or [ability@lasierra.edu](mailto:ability@lasierra.edu)

The instructor reserves the right to make modifications to the syllabus