

# ROWAN UNIVERSITY CURRICULUM PROPOSAL

**PROPOSAL TITLE:** Practicum in Health Promotion and Fitness Management

0837-430

**CHECK APPROPRIATE:**  UNDERGRADUATE     GRADUATE     SEMESTER HOURS

**SPONSOR(S):** Dr. Leslie Spencer

**DEPARTMENT/TELEPHONE #** Health and Exercise Science 4785

**CHECK ONE:**  COURSE     MINOR PROGRAM     CONCENTRATION     SPECIALIZATION  
 ACHIEVEMENT CERTIFICATE     CERTIFICATION PROGRAM     MAJOR PROGRAM

**Step #1 (Department)**

Approved (Date) 10/23/97

Not Approved (Date)

R. Spencer  
Dept. Curriculum Chr.

10/23/97  
Reviewed (Date)

James B. Reed  
Dept. Chr.

**Step #2 (Receipt)**

SCC# 97-98-146

10-24-97  
Date Received Senate

\_\_\_\_\_  
Senate Curriculum Chr.

**Step #3 (School)**

Reviewed Date: 11/3/97

Recommend to Approved

Recommend NOT to Approve

Forward for Open Hearing:

WITHOUT Reservations

WITH Reservations:  
Comments:

J. Marcus  
School Committee Chr.

**Step #4 (Academic Dean):**  Recommended     NOT Recommended     Conditionally Recommended (See Comments)

Comments:

Dean Signature/Date M. E. Taylor

**Step #5 (Senate Curriculum Committee):** Open Hearing Date: 3/23/98 Approved by Curriculum Committee Date 3/30

Returned to Sponsor(s) for the following reason:

**Step #6 (Senate)** Date announced/voted on at Senate 3/30 If voted on:  Approved     NOT Approved

Date forwarded to Executive Vice President/Provost \_\_\_\_\_

Senate Curriculum Committee chair Signature/Date: J. Marcus

Step #7 (Executive Vice President/Provost): Date Received \_\_\_\_\_

Approved

NOT Approved If no, reasons are as follows:

Student Credit Hours \_\_\_\_\_

Faculty Load Hours \_\_\_\_\_

Equalized Credit Hours \_\_\_\_\_

Official Copy & Approval Sheet Filed (Date) 5/26/98

Executive Vice President/Provost Signature C. A. Kubit

**Registrar**

Date Approved Course Description Received 5/27/98

Hegis Taxonomy and Course Number Assigned 0837-430

Date/Signature of Registrar Robert A. Kubit 5/28/98

**Notification Forward:**

\_\_\_\_\_ Senate Curriculum Committee Chairperson

\_\_\_\_\_ Department Chairpersons

\_\_\_\_\_ Academic Dean(s)

\_\_\_\_\_ Registrar

\_\_\_\_\_ Sponsor(s)

## COURSE PROPOSAL: Practicum in Health Promotion and Fitness Management

### 1. Details

- a. Course Title: Practicum in Health Promotion and Fitness Management
- b. Sponsor: Leslie Spencer
- c. 3 credit hours
- d. Senior level course
- e. Prerequisites: should be taken just prior to internship, must have completed Administration of Health Promotion and Fitness Programs.
- f. Implementation: offer once a year, beginning Fall 1999
- g. Curricular effect: Major requirement of HP/FM track students. This course will not directly replace another course, but other courses are being dropped to make room for it. The net effect of all additions and deletions being proposed is a reduction in credit hour requirements.
- h. Present faculty are able to teach this course.
- i. Library resources are currently somewhat adequate, however the following journals would be useful: AWHP's Worksite Health, Business and Health, Club Industry, Fitness Management.

### 2. Rationale

Experience is essential to success as a health promotion/fitness professional. While other courses within the program provide opportunities for application of concepts learned, none gives the student an opportunity to exercise several of these newly-developed skills in a coordinated, intensive manner. Opportunities to develop and provide health promotion programs and services at Rowan are available through several campus departments, including the Student Recreation Center, Residence Life, Student Health Services and the Counseling Center. HP/FM students would gain valuable experience in applying and refining their skills as program planners, speakers, educators and risk factor screeners in areas such as nutrition, fitness, stress management, HIV/AIDS prevention, tobacco use and other pertinent concerns. The Rowan community would also realize a valuable benefit from the impact of this type of service on campus. A unique benefit of the practicum is that students would be able to work with and learn from each other as they offer programs together and meet weekly as a class to discuss their experiences. In addition, specific topics not included in other courses, such as liability/legal issues and career planning would be addressed.

### 3. Essence of the Course

- a. Objectives: Upon completing this course, students will:
  1. Work in small groups coordinating, implementing and conducting a health promotion/fitness program for a specific population within the Rowan community. Examples include 1) coordination of the Great American Smokeout day of speakers, screenings and education, 2) conducting a multi-session health behavior change program, 3) conducting a series of in-service training seminars for Residence Life or

## PRACTICUM HPFM

Student Recreation staff members, 4) participating in the annual Eating Disorders screening program (out of the Counseling Center) and offering follow-up education and 5) administration of the MicroFit fitness screening program through the Student Recreation Center.

2. Independently visit three sites where health promotion and fitness programming occurs. One site must be clinical/hospital-based, one must be a worksite and one must be a non-profit community agency such as the YMCA, American Heart Association, Jewish Community Center or American Cancer Society.
  3. Understand the legal and liability issues related to health promotion/fitness professionals and how to adequately prepare themselves.
  4. Experience common problems and issues that arise in implementing health promotion and fitness programs and develop ways to successfully address them.
  5. Develop a well-designed resume and cover letter. Learn and practice interviewing skills. Participate in self- and peer evaluation in these areas.
  6. Formally evaluate his/her professional strengths and growth areas through self- and instructor evaluation.
- b. Topical Outline:
1. Project selection
    - a) review of potential topics and activities
    - b) review of requirements for all projects
    - c) establishment of work groups and projects
  2. Project initiation
    - a) developing a task list and time line
    - b) assigning responsibilities to individuals within the group
    - c) gaining approval of all appropriate individuals/groups
  3. Weekly meeting and monitoring of projects
    - a) sharing progress with other classmates
    - b) discussing problems and identifying solutions
  4. Liability and legal issues
    - a) becoming familiar with the law related to health promotion and fitness
    - b) maintaining adequate protection as an intern and professional
  5. Preparation for the interview process
    - a) resume and cover letter development
    - b) interviewing skills and preparation
  6. Developmental evaluation
    - a) discussion of the qualities and skills being assessed
    - b) self-evaluation
    - c) faculty/mentor evaluation (minimally includes instructor and departmental supervisor for the practicum project. other faculty evaluations may be solicited)
  7. Project and site visit review
    - a) evaluation of site visits and comparisons among sites
    - b) presentation of project to classmates

## PRACTICUM HPFM

- c. Evaluation and grading:
- |                     |     |
|---------------------|-----|
| project             | 70% |
| site visit reports  | 10% |
| resume/cover letter | 10% |
| formal assessment   | 5%  |
| class participation | 5%  |
- d. Course Evaluation: Students will evaluate the course using the same instrument used to evaluate other courses within the department. Faculty will periodically review the course to ensure that it is current in theory and practice.

4. Results of Consultations are included with this proposal. While this course doesn't impact other academic departments or programs, it does involve several administrative departments. Letters of support are included from these departments.

## CATALOG DESCRIPTION

### PRACTICUM IN HEALTH PROMOTION AND FITNESS MANAGEMENT

(prerequisite: Senior standing, Administration of Health Promotion and Fitness Programs)

This is an application-oriented course in which students design and implement a health promotion/fitness program for the Rowan community. While the major emphasis is on the implementation of the program, students continue to meet weekly to discuss and evaluate their progress. Specific topics related to the field, such as legal liability and resume preparation are also addressed. In addition, students complete a formal evaluation of their professional qualities and skills for the health promotion and fitness field.



*Residential Life and Student Programs*

**TO:** Leslie Spencer, Health and Exercise Science  
**FR:** George Brelsford, Residential Life and Student Programs  
**RE:** Practicum in Health Education and Fitness Management  
**DATE:** Oct. 1, 1997

Leslie,

What a great Idea. Not only is the division of Residential Life and Student Programs in support of the creation of a Practicum in Health Promotion and Fitness Management, we are excited about the idea.

Please consider our Residence Halls as a site for practicum placement. As you are aware we will be opening Oak and Laurel halls for fall of 98 occupancy. We plan on marketing both these buildings as wellness areas. The assistance of your senior level students in wellness programming and evaluation will I am sure prove to be invaluable to the success of our first sojourn into the area of wellness.

Please feel free to call on me or any member of the division of Residential Life and Student Program for any help you might need while further developing the practicum program.



*Student Recreation Center*

TO: Dr. Leslie Spencer  
FROM: Tina Pinocci *mp*  
SUBJ: HES Practicum Course  
DATE: October 9, 1997

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Thank you for considering the Recreation Center as a practicum site for HES students enrolled in the "Health Promotion and Fitness Management" course. I would welcome the opportunity to have students gain practical experience designing and implementing health-related programs for the members of our facility.

I realize there is a commitment on my part in the area of student supervision throughout each project. Please know that I will be available to assist in any way possible as I strongly support this program. As always, I appreciate your willingness to cooperate with our department.



*Dean of Students*

TO: Leslie Spencer  
Health & Exercise Science

FR: Marguerite Stubbs *ms*  
Dean of Students

RE: Practicum in Health Promotion and Fitness Management

DATE: October 23, 1997

I strongly support the development of the course Practicum in Health Promotion and Fitness Management. This course would benefit offices such as the Dean of Students' Office, Student Health Center, and Counseling Center. The students would receive experience in developing and delivering programs in areas such as Depression Screening, Aids Awareness, Eating Disorders, Great American Smokeout, Alcohol and Drug Awareness, and Behavior Modifications.

Programs such as the HELP Hotline would also benefit from the work of students.

Students have a perspective that only students can relate to. The information they receive from other students is regarded highly. Students can also use their own personal experiences in making relevant points.

The offices stated above would welcome the students from this practicum course. The Student Health Center would be able to do more educational programs and preventative work with the aid of these knowledgeable students.