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

| 2. Discuss health and fitness professional trends and issues. | Discussions
Research Resources
Oral Report
Group Share Time
Portfolio Entries
Journals
Field Study Manual
Assignments |

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

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 ReseT06(a)-30000091JET TJETQ