Time & Place: 2:00 P.M. - 3:15 P.M. MW, Room # 206, Johnson Center
Instructor: Tom Carroll, M.Ed.
Office Hours: TTR 1:30 pm – 2:30 am; MW 8:30 am – 9:45 am or by appointment
Office: Room #113, Silcox Physical Education and Health Center
Phone: (843) 953-4275
FAX: (843) 953-6757
E-MAIL: carrollt@cofc.edu
Prerequisites: PEHD 433 and Permission of the Instructor
Course Description: The capstone experience is a culmination of coursework in exercise science. It provides the opportunity to critically analyze and conduct contemporary research, practice in a clinical setting, evaluate the current and future trends in the discipline, and discuss personal and professional challenges that will exist following commencement.
Course Objectives: Competencies within the course should prepare students to:
1. Complete projects that were initiated in PEHD 433.
2. Identify and construct clear, measurable objectives related to individual projects.
3. Critically analyze research in the field of exercise science, including, but not limited to, 1) reading and dissecting a research article, 2) assessing the methods and materials of a research manuscript and 3) determining if the discussion section is supported by the research findings.
4. Describe some of the primary professional issues and concerns that are currently affecting exercise scientists.
5. Explain the important contributions exercise science makes to preventative healthcare.
6. Select, administer, and analyze the results of fitness assessments of diverse groups of people.

Evaluation Criteria:
Group Wiki with Project Objectives - 200 points – 20%
Individual and Group Fitness Analysis – 200 points – 20%
Mentor Evaluations (Mid-Term and Final) – 200 points – 20%
Peer Evaluations (Mid-Term) – 200 points – 20%
Final Project Presentation with Expanded Literature Review – 200 points – 20%

Assignments:
Group Wiki
Each group will develop a project wiki that will be accessible to all group members along with the project mentor and the course instructor. The wiki will include clearly defined, measurable project objectives, project and meeting logs, relevant links, a project journal (video and/or written), and folder/files relevant to course assignments. Specific deadlines along with a rubric will be provided to further define assignment objectives.

Individual and Group Fitness Analysis
Each group member will participate in the Presidential Adult Fitness Test and administer the test to an individual or small group. Results will be provided in each group’s wiki and a pdf copy of individual group member results will be uploaded to OAKS via the Dropbox function. Group members may work together to complete this assignment. A detailed rubric will be provided to further explain and define assignment objectives.

The ability to assess, analyse, prescribe and education are skills that can be applied to a variety of areas. These skills are the common threads that run through the various areas of exercise science.
and through the concentrations and disciplines within the Department of Health and Human Performance.

**Mentor Evaluations**

Mentors will be given an opportunity to evaluate each project member’s contribution to meeting the project objectives. Areas of assessment will include, but may not be limited to, attendance, punctuality, contribution, communication, quality of work, disposition, and ability to meet project objectives. A detailed rubric will be provided to the student and mentor prior to assessment so a clear understanding of expectations are established.

**Peer Evaluations**

Peers will be given an opportunity to evaluate each member’s contribution to meeting the project objectives. Areas of assessment will include, but may not be limited to, attendance, punctuality, contribution, communication, quality of work, disposition, and ability to meet project objectives.

One’s ability to work in small groups is essential in most areas within exercise science. Throughout the required curricular offerings in the exercise science concentration students have been required to work in small groups. For many this will be the last opportunity to contribute to a common project by working with others. Students have the opportunity to apply lessons learned from previous courses to this important project. This instructor feels passionate about the importance of working together.

**Final Project Presentation with Expanded Literature Review**

Students will be required to develop a PowerPoint that will briefly describe the nature of the project, define the specific project objectives and describe the procedures to meet those objectives. Presentations will include the results related to course objectives and include a discussion period to reflect on the project outcome and to answer any questions. Presentations will be 10 minutes in length with a 2-minute question-and-answer period.

Students will add to the literature review developed in PEHD 433 by refining and/or editing content and by adding a results and discussion section.

Individual group members will write a 2- to 4-page reflective essay providing insight into the overall project experience.

Final Presentations will be given on Wednesday, April 25 from 12:00 pm to 3:00 pm the designated exam time for this class.

**Evaluation Scale:**

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<th>Grade</th>
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<tr>
<td>A</td>
<td>90 - 100%</td>
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<tr>
<td>A-</td>
<td>88 - 89%</td>
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<tr>
<td>B+</td>
<td>85 - 87%</td>
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<tr>
<td>B</td>
<td>80 - 84%</td>
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<td>B-</td>
<td>78 - 79%</td>
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<td>C+</td>
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<td>C</td>
<td>70 - 74%</td>
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<tr>
<td>C-</td>
<td>68 - 69%</td>
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<td>D+</td>
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<td>62 - 63%</td>
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**Attendance:**

Attendance is mandatory on the first day of class and during the final exam project presentations. Groups will be required to meet with this instructor 4 additional times during the semester. Scheduled meetings may take place at times other than the designated class time to accommodate as many students as possible. If a group member cannot make the meeting and the instructor knows this prior to the scheduled meeting, arrangements may be made for a make-up.

If a group misses their scheduled meeting 25 percentage points will be deducted from their final average.
If an individual misses a group meeting and no attempt was made prior to inform the instructor, 25 percentage points will be deducted from the individual’s final grade. An “attempt” will be defined as an email that is present in the instructor’s “In Box” prior to the scheduled meeting time and/or a message on this instructor’s College of Charleston office answering machine.

All students have the right to meet with this instructor during office hours.

Project Meeting 1 – 1/23 to 2/6
Project Meeting 2 – 2/20 to 3/2
Project Meeting 3 – 3/26 to 4/2
Project Meeting 4 – 4/16 to 4/23

Project Meeting 1 will last ~45 minutes. Meetings 2, 3 and 4 will be scheduled for 30 minutes. Specific agenda items will be determined prior to each meeting and made available via OAKS.

Provisions for Students with Special Needs:

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of a handicap.” Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

Make-Up Policy:

Given the nature of Capstone, make-ups will not be given nor will work be accepted late. Missed meeting and/or assignments will result in zeros for said meetings/assignments.

Honor System:

Students must do their own work. Please see the 2011-2012 Student Handbook - (Academic Honor System) a description of the College’s Honor System, which is fully supported in this class.

College of Charleston Honor Code and Academic Integrity

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration--working together without permission-- is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance. Permission to work together on project objectives has been given in this class. Understand that if a student’s name is on an assignment it is imperative that that student contributed to said assignment.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor. Understand, the initial
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