Capstone Experience in Exercise Science  
EXSC 498  
Fall 2015

INSTRUCTOR: Michael G. Flynn  
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Office: Silcox Room 208  
Office Hours: Please make an appointment using appointment manager  
Generally available: M-W 2-3; T-R 11-12

COURSE MEETING:  
MW 11:00-11:50 Silcox (PCTR) 116

Prerequisite courses: EXSC 433

Course Description: The purpose of this course is to provide graduating seniors with information and experiences that will allow them to blend the skills and knowledge they gained during their earlier years in the major. A secondary purpose is to provide practical skills (e.g., interviewing, resume building) that will be used after graduation. Finally, students will continue to improve their oral presentation and research skills by researching and presenting “hot” topic in exercise science.

Student Learning Outcomes:  
Upon successful completion of the course, the student will be able to:  
- Write an effective and high impact resume, which has been reviewed by career center.  
- Write a cover letter that clearly identifies their skill set, experiences and value as a potential employee.  
- Identify new tools and skills that can be used for effective interviewing.  
- Present research material on an assigned topic in a clear, confident, professional, and coherent manner.  
- Better understand the research process, after exposure to research in several areas of exercise science, become a better “consumer” of research.

Evaluation:  
Interview: 50 Points  
Resume: 50 points  
Cover Letter: 50 points  
Presentation 2: 100 Points  
Data Collection/analysis 50 Points  
ETS Profile: 50 Points  
Participation: 50 Points

Interview: (50 points) Following instruction and practice with interviewing, students will take part in a “mock” interview with other HEHP faculty. Further instructions and rubric will be provided.  
Resume: (50 points) Students will develop a professional resume using instructions given in class. Further instructions and rubric will be provided.
Cover Letter: (50 points) In addition to the resume, students will write a professional cover letter for a “job” for which they wish to apply. Further instructions and rubric will be provided.

Presentation: (100 points) Students may make suggestions for topics, but the instructor must approve topics. Students are expected to incorporate presentation techniques they have learned in class. The students will be evaluated based on how well they perform AND their level of improvement. Further instructions and rubric will be provided.

Participation: (50 Points) Students are expected to be present at each class meeting and are to participate in class. Failure to meet these expectations will result in a loss of points.

Data Collection: (50 points) Students will collect data to help answer a simple research question. Some time will be given in class, but data collection will also occur outside of class time. Students will give a short presentation on their findings.

ETS Profile: (50 Points) This profile will be completed during class time. Failure to complete the exercise during class will result in a loss of points.

Grading Scale:

- 93% to 100% = A
- 90% to 92% = A-
- 88% to 89% = B+
- 84% to 87% = B
- 80% to 83% = B-
- 78% to 79% = C+
- 74% to 77% = C
- 70% to 73% = C-
- 68% to 69% = D+
- 64% to 67% = D
- 60% to 63% = D-
- <60% = F

Attendance: Attendance will be taken daily. If you are late, you will be marked absent. Students are expected to attend class. Four points will be deducted from your final grade for each absence after three. No excuses will be considered for absences.

Policies

College of Charleston Student Handbook: This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. www.cofc.edu/studentaffairs/general_info/studenthandbook.html.

Academic Honesty: Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at College of Charleston are expected to be at all times in compliance with the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking to another exam, or submitting another’s work as your own.

Electronic Device Policy: Please turn off all electronic devices during class. Texting is not permitted in class. Students caught texting will be warned (first time), dismissed and marked absent (second time), or receive a 10 point reduction on their final grade (third time). Lap tops are permitted and students are encouraged to bring them to class,
but they should only be taken out when the professor requests that you use your lap top. Social networking, texting and emailing is deemed a distraction and will not be permitted. **There will be times when you are allowed to use your phones for class projects (e.g., problem solving), but phones should be stowed and set to silent all other times.**

**Disability—** In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

**Tentative Course Schedule**

8/26 Intro

8/31 What’s next? Graduate school and careers in exercise science

9/2 Resume writing

9/7 CofC Career Services

9/9 CofC Career Services

9/14 Cover letters

9/16 ETS proficiency

9/21 Graduate School options

9/23 Graduate School application

9/28 Leadership Presentation

9/30 Current Topics in EXSC

10/5 Lab skill development

10/7 Current Topics in EXSC

10/12 Lab skill development

10/14 Current topics in EXSC
10/19 Fall Break no class
10/21 Current topics in EXSC
10/26 Data Collection
10/28 Current topics in EXSC
11/2 Data Collection
11/4 Presentation skill development
11/9 Presentation skill development
11/11 Interviewing
11/16 Interview
11/18 GRE/MCAT Study Tips
11/23 Interview
11/25 Thanksgiving no class
12/1 Presentation
12/3 Presentation
12/7 Presentation
| 29 Apr | **Final Exam 12:00** |