INSTRUCTOR: Michael G. Flynn  
Email: mickflyn@cofc.edu  
Phone: 843.953.7291  
Office: Silcox Room 208  
Office Hours: Please make an appointment using appointment manager  
Generally available: T-Th, 11-12; MW, 1-2

COURSE MEETING:  
T-Th 8:30-9:15

Prerequisite courses: EXSC 433

Text-No textbook required for this course

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.

Objectives

Provide students with the opportunity to practice important job-related skills such as presentation.

Give students an opportunity to refine their resume, cover letter, and to hone their interviewing skills.

Allow students to build on skills developed in earlier classes and apply them to a real-world situation (research data collection).

Student Learning Outcomes:

Students will demonstrate their knowledge of properly formatted resumes and cover letters as evidenced by their written submission and receiving a grade of 80% or higher.

The students will show their knowledge of effective interview techniques by performing a mock interview with an Exercise Science Faculty member and receiving a grade of 80% or higher.

The students will be able to distinguish between a research slide presentation and research
symposium style presentation by giving these presentations in front of their professors and peers.

Students will demonstrate their presentation skills in research and symposium style presentation and receive a grade of 80% or higher on these presentations.

Students will interpret a data set that they collected (body fat measures) which will be presented to the class and they will receive a grade of 80% or higher on this presentation.

**Evaluation:**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interview</td>
<td>50</td>
</tr>
<tr>
<td>Resume</td>
<td>50</td>
</tr>
<tr>
<td>Participation</td>
<td>50</td>
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<tr>
<td>Data Collection/analysis</td>
<td>50</td>
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<tr>
<td>Cover Letter</td>
<td>50</td>
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<tr>
<td>Presentation 2</td>
<td>100</td>
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</tbody>
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**Interview:** (50 points) Following instruction and practice with interviewing, students will take part in a “mock” interview with other HEHP faculty. Further instructions and a 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.**

**Grading Scale:**

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>93% to 100%</td>
<td>A</td>
</tr>
<tr>
<td>90% to 92%</td>
<td>A-</td>
</tr>
<tr>
<td>88% to 89%</td>
<td>B+</td>
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<tr>
<td>84% to 87%</td>
<td>B</td>
</tr>
<tr>
<td>80% to 83%</td>
<td>B-</td>
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<tr>
<td>78% to 79%</td>
<td>C+</td>
</tr>
<tr>
<td>74% to 77%</td>
<td>C</td>
</tr>
<tr>
<td>70% to 73%</td>
<td>C-</td>
</tr>
<tr>
<td>68% to 69%</td>
<td>D+</td>
</tr>
<tr>
<td>64% to 67%</td>
<td>D</td>
</tr>
<tr>
<td>60% to 63%</td>
<td>D-</td>
</tr>
<tr>
<td>&lt;60%</td>
<td>F</td>
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</tbody>
</table>

**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](http://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**

**Week 1**
Intro

**What’s next? Graduate school and careers in exercise science**

**Week 2**
Resume writing

CofC Career Services

**Week 3**
CofC Career Services
Cover letters

**Week 4**
Graduate School options

Graduate School application

Week 5

Interviewing

Interviewing

Week 6
Lab skill development

Current Topics in EXSC

Week 7
Lab skill development

Current topics in EXSC

Week 8
Lab Skill development

Current Topics in EXSC

Week 9
Data Collection

Presentation skill development

Week 10
Spring Break

Week 11
GRE/MCAT Study Tips

Week 12
Presentations

Week 13
Presentations

Week 14

Presentations

Week 15

Presentations