

The University of Mississippi

ES 473

Exercise Science

Practicum Manual

Spring, 2015

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This section includes ES 473 course information and responsibilities of the involved parties {practicum student, agency supervisor, and ES practicum coordinator}, all of which should receive a copy of Section 1.



# UNIVERSITY OF MISSISSIPPI DEPARTMENT OF HEALTH, EXERCISE SCIENCE, AND RECREATION MANAGEMENT ES 473 PRACTICUM PRACTICUM MANUAL FOR SPRING 2015

#### **INTRODUCTION**

Either ES 473 (Practicum) or ES 493 (Internship) is a requirement for the Bachelor of Science in Exercise Science (BSES) at The University of Mississippi. This manual relates to ES 473 (Practicum). The practical application of professional course work is a crucial element in the education of students who are preparing for careers in Exercise Science. The Department of Health, Exercise Science, and Recreation Management at The University of Mississippi provides students extensive practical learning experiences under the direction of an Agency Supervisor and an Exercise Science Practicum Advisor. The major goal of the practicum program is to bridge the gap between classroom theory and job realities.

#### REQUIREMENTS

ES 473 is designed to involve undergraduate students in a pre-professional work-related experience. The placement site and assignment should complement the student's career aspirations associated with their exercise science degree. Because it is a culminating experience, it is strongly recommended the student enroll in the course during his/her last semester of course work.

Requirements for the course include: senior level status, completion of 23 Exercise Science (ES) core hours, 2.5 GPA in ES core, and advisor consent. To earn the three semester credit hours, the student must (1) be involved at the assigned site a total of 200 hours, (2) demonstrate an acceptable level of competence according to agency supervisor evaluations, (3) attend any required meetings of ES 473, and (4) complete all assignments prescribed by the ES Practicum Advisor.

#### **DEFINITIONS OF TERMS**

ES 473 Practicum: The term practicum refers to an upper level undergraduate requirement that involves supervised preprofessional practice in an approved setting/agency. The program involves observation and participation in planning, implementation, and evaluation of agency services.

Agency Supervisor: A qualified professional staff member of the placement agency. The agency supervisor will assist the students throughout their practicum and serve as their direct instructor.

ES Practicum Advisor: A member of the University of Mississippi Exercise Science faculty who supervises the practicum student's supervised pre-professional experience.

Practicum Student: Student enrolled in ES 473 for 3 semester credit hours.



The following section details responsibilities of participating parties, including the practicum student, agency supervisor, and Exercise Science (ES) practicum advisor.

#### PRACTICUM STUDENT RESPONSIBILITIES

#### TO THE UNIVERSITY:

- Ensure the selected cooperating agency is approved by the ES practicum advisor.
- See the ES Practicum advisor immediately if you find your selected practicum site inappropriate to meet your professional objectives.
- Daily check Blackboard and your University email account.
- Attend any scheduled meetings of ES 473.
- Students must make arrangements with practicum supervisors to attend other courses.
- Complete all practicum paper work and submit to the ES Practicum Advisor according to the schedule assigned in the course syllabus.

#### PRACTICUM CONTRACT

• Completed by the student and submitted to the practicum instructor. It may be submitted as hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures. (practicum@olemiss.edu)

#### PRACTICUM ORIENTATION FORM

- Reviewed with the assistance of your agency supervisor
- Signed by the agency supervisor and the practicum student and the practicum instructor. It may be submitted as hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures. (practicum@olemiss.edu)

#### **MID-TERM EVALUATION FORM**

• Completed electronically by the agency supervisor, verbally reviewed with the practicum student and submitted hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures to the practicum instructor. (practicum@olemiss.edu)

#### FINAL EVALUATION FORM

• Completed by the agency supervisor and (confidentially) submitted hard copy, as fax, or electronically via e-mail as pdf file to the practicum instructor. (practicum@olemiss.edu)

#### PRACTICUM STUDENT CRITIQUE

• Completed by the practicum student upon completion of 200 professional hours submitted hard copy, as fax, or electronically via e-mail as pdf file to the practicum instructor. (practicum@olemiss.edu)

#### **WEEKLY JOURNAL**

- The journal submission should be weekly by 8 am on Mondays and should cover the previous week's activities
- Journal entry should be submitted to practicum@olemiss.edu. This is the only email address that will be accepted.
- Submission will include a description of the week's experiences, including a thorough, non-repetitive description of activities with an insightful evaluation of accomplishments and problems, as well as weekly and cumulative hours.
- Proper sentence structure, grammar, spelling, and punctuation are expected.

#### PRACTICUM STUDENT RESPONSIBILITIES

#### TO THE COOPERATING AGENCY:

- You are representing the University in the community and are expected to be professional at your practicum site at all times. This includes your attendance, attire, speech, use of cell phones during work, and personnel interactions.
- Accept the responsibilities associated with the practicum with the same interest and enthusiasm as if accepting a full-time paid position.
- Report early for work.
- Perform work responsibilities in a professional manner, participate in all agency training, and attend all agency staff
  meetings.
- Abide by all policies, rules, and regulations of the agency while completing your practicum requirements.
- If you have a conflict at your practicum site, address it immediately with your agency supervisor and ES practicum advisor.
- If you must be absent from your practicum site, give notice to your supervisor and email notification to the practicum instructor promptly (practicum@olemiss.edu). You are expected to obtain your agency supervisor's contact information in anticipation of unexpected conflicts. Should such conflict arise, you are to call and personally speak to your direct agency supervisor. Neither text messages nor voice mails are acceptable means to communicate your absence at work.
- Take initiative and ask questions.

# EXERCISE SCIENCE PRACTICUM ADVISOR RESPONSIBILITIES

- Determine eligibility of students for practicum.
- Approve cooperating service agencies.
- Assist student with the identification/selection of appropriate practicum placement sites based upon career goals/objectives, supporting course work, and area(s) of interest.
- Approve student's practicum placement in consultation with the student and cooperating service agency.
- Provide agencies and students with Practicum Manual.
- Provide effective communication between the student and cooperating agency to alleviate any barriers or problems that might arise.
- Maintain a record of student progress to include a sub-total of contact hours logged and completed assignments.
- Teach the practicum course.

- Visit with the student/supervisor via telephone or on-site at least once during the practicum.\*
- In cooperation with the Agency Supervisor, determine the final grade.

#### RESPONSIBILITIES OF AGENCY SUPERVISOR

- Obtain the University's approval as a cooperating agency.
- Orient the student to the agency, its staff, policies, regulations, programs/activities, and administrative procedures.
  - PRACTICUM ORIENTATION FORM (pertinent items reviewed with student; electronically completed by student)
- Explain your expectations to the student and provide appropriate guidance and supervision while the student is carrying
  out assigned duties.
  - Consider providing a typed job description for the student to better ensure your expectations and needs are met.
- Delegate to the student responsibilities associated with provision of services that are consistent with the agency's program.
- Provide the student with a nurturing atmosphere, which will allow him/her opportunities to develop professionally through a process of observation and gradual implementation.
- Electronically complete the MID-TERM EVALUATION FORM and FINAL EVALUATION FORM.
- Verbally review the <u>mid-term</u> evaluation form with the practicum student.
  - o The final evaluation form is confidentially returned to the ES practicum advisor.
- Notify the ES practicum advisor of any concerns or important matters that arise.
- In cooperation with the ES practicum advisor, jointly determine the student's final grade.

<sup>\*</sup>It should be noted that students assigned to agencies outside the Oxford city area may be supervised via mail, computer and/or phone.

# **SECTION 2**

Potential and approved practicum sites for the practicum student

#### ES 473

#### POTENTIAL PLACEMENT AREAS\*

#### ALLIED HEATLH CARE PROFESSIONS

- Anesthesiologist assistant
- Anesthesia technologist/technician
- Athletic trainer (high school, collegiate, professional)
- Cardiovascular technologist
- Cardiac Rehabilitation (Phase I-II {inpatient}, Phase III {outpatient})
- Electroneurodiagnostic technologist
- Emergency medical technician-paramedic
- Exercise science (fitness professional {commercial, athletic, corporate settings})
- Medical assistant
- Nursing
- Orthotist and prosthetist
- Perfusionist
- Physician
- Physician assistant
- Respiratory therapist
- Surgical assistant
- Surgical technologist

# COMPLIMENTARY AND ALTERNATIVE MEDICINE & THERAPIES

- Acupuncture
- Chiropractic
- Massage therapist

# **MEDICAL IMAGING**

- Magnetic resonance technologist
- Nuclear medicine technologist
- Radiation therapist
- Radiographer
- Registered radiologist assistant

#### THERAPY & REHABILITATION

- Occupational therapist
- Occupational therapy assistant
- Physical therapist
- Physical therapist assistant
- Therapeutic recreation specialist

<sup>\*</sup>This is not an all inclusive list.

#### CLINICAL - INPATIENT/OUTPATIENT

#### Baptist Memorial Hospital – North Mississippi

2301 S. Lamar Oxford, MS 38655 662.232.8100

> Cardiac Rehabilitation Riley McMinn Respiratory Therapy Glen Barkley

Physical Therapy / Occupational Therapy (Inpatient) Cindy Steiner

#### Baptist Memorial Hospital - Union County

200 Hwy. 30 West New Albany, MS 38652 662,538,7631

#### Methodist Healthcare

Department of Preventative Medicine 1325 Eastmoreland Memphis, TN 901.726.8226

### Oktibbeha County Hospital

400 Hospital Road Starkville, MS 39759 662.323.4320

#### Methodist Rehabilitation Center

Main Campus 1350 East Woodrow Wilson Jackson, Mississippi 39216 601.981.2611 1.800.223.6672 www.mmrcrehab.org

### Professional Therapy Services (PTS)

2304 Jackson Ave. Oxford, MS 38655 Michael Fulton, PT www.ptms.com 662.234.8559

# Calhoun Health Services (PTS Affiliated)

Calhoun City, MS Dene Fulton 662.628.4244

# South Panola Community Hospital

155 Keating Road Batesville, MS 38606 662.563.5612

Cardiac Rehabilitation
Stephanie Guckurt
Respiratory Therapy
Ashley Johnson
Physical Therapy / Occupant

Physical Therapy / Occupational Therapy (Inpatient) Lauren Lafferty

#### Trace Regional Medical Center

Highway 8 East Houston, MS 38851 662.456.3700

### Rankin County General Hospital

350 Crossgate Blvd. Brandon, MS 39042 601.825.9181

#### **Anderson Medical Center**

2124 14th Street Meridian, MS 39301 601.553.6000

#### Methodist Rehabilitation Center

East Campus One Layfair Drive Flowood, Mississippi 39232 601.936.8888 1.800.223.6672 www.mmrcrehab.org

#### Cornerstone Rehabilitation

2205 Jeff Davis Drive Oxford, MS 38655 662.238.2800

# UM Student Health Services – Physical Therapy

Starnes Athletic Training Center University, MS 38677 Michael Meurrier 662.915.2027

### Henderson Chiropractic & Sports Rehab, P.C.

1211 Office Park Drive Oxford, MS 38655 Dr. Henderson www.hendersonsportschiropractic.com 662.236.2295

# **UM Athletic Training**

Starnes Athletic Training Center Heather Landry, MS, ATC

#### Crossroads Rehabilitation

206B Oxford Road New Albany, MS 38652 662.534.4445 Ben Coker, PT

# **GT** Physical Therapy

501 East Main Street Louisville, MS 39339

#### Oxford Rehabilitation

2714 West Oxford Loop, Suite 164 Oxford, MS 38655 662-232-8949 Luzy Smith, PT

#### Oxford Chiropractic, LLC

115 Heritage Drive Oxford, MS 38655 Dr. Peebles 662.380.5011

# North MS Regional Center (PT/OT/RT)

967 Regional Center Drive Oxford, MS 38655 Kathryn Brasher (UAP Director)

#### Innovative Therapies, Inc.

12303 HWY49 Gulfport, MS 39503 www.inovativetherapies.com

#### Senatobia Rehabilitation

Marcia Kidder, PT 300 Northwest Plaza Senatobia, MS 38668 662-562-9977

#### Encore Rehabilitation, Inc.

P.O. Box 222 Eupora, MS 39744 662-258-4221 Jesse Dorroh, DPT, COMT

#### COMMERCIAL FITNESS & WELLNESS / SPORTS PERFORMANCE

#### **Ole Miss Fitness**

214 Turner Center Charles Allen 662.915.1130

#### Baptist HealthPlex

717 Manship Street Jackson, MS 601.968.1766

#### North MS Medical Center - Wellness Centers

Tupelo: 662.377.4141 Baldwyn: 662.365.7873 Eupora: 662.258.9385 Iuka: 662.423.1980 Pontotoc: 662.489.1335

West Point: 662.495.9355

# **UM Strength and Conditioning**

Starnes Center John Simmons 662.915.1822

# **UM Athletic Training**

Indoor Practice Facility 1810 Manning Way 662-915-1930 Ray Lysinger, ATC, CSCS

#### Oxford YMCA

703 N. Lamar Oxford, MS 38655 Contact: Leslie Kennedy

# Courthouse Racquet Club

Jackson Metro Area (6 locations)

#### Olive Branch Family YMCA

8555 Goodman Rd, Olive Branch MS 38654 662-890-9622

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Practicum students and the ES practicum advisor should ensure the agency supervisor receives .pdf versions.



# PRACTICUM CONTRACT

This form should be completed by the practicum student with the appropriate signatures obtained before submission to the practicum instructor (practicum@olemiss.edu). Submit as hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures.

Ι	Practicum Student Name / ID			-
	Student Phone / Email			-
	Academic Term			-
	ES Practicum Advisor			-
II	Cooperating Agency			-
	Agency Mailing Address			-
	Agency Phone			-
	Agency Supervisor			-
	Agency Supervisor Title			-
	Supervisor Phone/Email			-
	Supervisor Emergency Phone _			-
III	ES Practicum Advisor			-
	Practicum Advisor Address			-
	Practicum Advisor Phone/Email _			-
IV	The practicum student will work ap	proximately	contact hours per week a	and log a total of
	200 contact hours during the semes	ster.		

1	ine practicum student	will begin	and will	complete 200 contact nours by			
_		in partial fulfillment o	f requirements to re-	ceive 3 semester credit hours.			
V T	The above named agency will provide the following compensation:						
S	Salary:		Wage:				
VI A	Approving Signature	s					
Practicum	n Student			_ Date			
Agency S	upervisor			_ Date			
EC Dracti	cum Advisor			Data			



# UNIVERSITY OF MISSISSIPPI DEPARTMENT OF HEALTH, EXERCISE SCIENCE, AND RECREATION MANAGEMENT UNIVERSITY, MISSISSIPPI

#### PRACTICUM ORIENTATION FORM

The agency supervisor should review the following information with the practicum student. Each party should indicate each item has been reviewed. All items may not be applicable to all cooperating agencies. In such case, please leave the item blank. At this time, the agency supervisor should thoroughly explain their expectations to the practicum student. This may be done verbally, or preferably, through a typed job description. The practicum student should complete this document and obtain the appropriate signatures before submission to the practicum instructor (practicum@olemiss.edu). Submit as hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures.

		Student	Agency Supervisor
Staff Introdu	ction		
Tour of Ager	ncy Facilities		
Organization	al Structure		
General Purp	oose & Function of Agency		
Agency Polic	ies & Regulations		
	to Community & Socioeconomic aground of Population Served		
Filing System	n		
Publicity Res	ources		
Programs/Ad	ctivities/Events		
Legal Basis o	f Agency		
•	Brief History		
•	Enabling Legislation (if applicable)		
•	Local Ordinances		
•	Liability (insurance issues)		

Recruitment Methods					
Evaluation Methods					
Probationary Periods					
Dismissal Procedures					
Staff Benefits					
Salary Scale					
Staff Benefits (Insurance, Retirement, Vacation)					
Budget / Finance					
Income Sources or Funding Base					
Purchasing Procedures					
I am satisfied with my understanding of the preceding items.					
Practicum Student Date  The above named student has completed this form under my supervision.					
Agency Supervisor		Date			



# MID-TERM EVALUATION FORM

This form should be completed by agency supervisor, verbally reviewed with the student, and signed by both parties before submission. Submit as hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures.

Student							
Agency Supervisor							
Evaluation Dates							
Student Cumulative Hours							
This evaluation should be considered an opportunity to provide constructive feedback to the practicum student. Reflect carefully upon the person's work and make an honest judgment of the qualities of the student. Base your judgment on the entire period covered and not upon isolated incidents alone. This evaluation should be submitted to the ES practicum advisor after it has been reviewed with the practicum student.							
5 – Outstanding, 4 – Good, 3 – PRODUCTIVITY	Average, 2 – Fan, 1 – I	5	4 - Hot	аррпса:	2	1	NA
PRODUCTIVITI		3	4	3	2	1	INA
Time Management							
Quantity of work							
Takes initiative							
Strong Points							
O .							
Suggestions for Improvement							

QUALITY OF WORK	5	4	3	2	1	NA
Organization						
Thoroughness						
Accuracy						
Neatness						
Foresight						
Soundness of decisions based on exercise science foundations						
Strong Points						
Suggestions for Improvement						
RELATIONSHIP WITH CLIENTELE	5	4	3	2	1	NA
RELATIONSHIP WITH CLIENTELE  Respect / Courtesy	5	4	3	<b>2</b>	1	NA
Respect / Courtesy						
Respect / Courtesy Insight / Empathy						
Respect / Courtesy  Insight / Empathy  Encouragement						
Respect / Courtesy Insight / Empathy Encouragement Interpersonal Skills (communication, demeanor)						
Respect / Courtesy Insight / Empathy Encouragement Interpersonal Skills (communication, demeanor) Maintains professional relationship with client/patient						
Respect / Courtesy  Insight / Empathy  Encouragement  Interpersonal Skills (communication, demeanor)  Maintains professional relationship with client/patient  Serves as a role model for client/patient						

WRITING ABILITY & ORAL EXPRESSION	5	4	3	2	1	NA	
Ability to express thoughts/data on papers, reports, etc.							
Ability to use professional language/terms							
Effective communication with clientele (articulate, insightful, useful feedback)							
Strong Points							
Suggestions for Improvement							_ _
Suggestions for Improvement							
RESPONSIBILITY	5	4	3	2	1	NA	
Dependable							
Consistently fulfills hours & obligations							
Arrives on time or early							
Provides advance notice of absences							
Follows directions with minimal instruction							
Strong Points							
Suggestions for Improvement							
EXERCISE PROGRAMMING	5	4	3	2	1	NA	
Ability to prescribe appropriate exercise							
Ability to adapt program to client needs							
Ability to establish realistic goals for client							

Strong Points	
Suggestions for Improvement	
Space is provided below for additional comments for improving performance or clisted above.	correcting deficiencies on areas not
RATER'S COMMENTS	
STUDENT'S COMMENTS	
SUMMARY OF EVALUATION CONFERENCE (Agency Supervisor and Prac	ticum Student)
Practicum Student	Date
Agency Supervisor	Date
ES Practicum Advisor	Date



# FINAL EVALUATION FORM

This form is to be completed by the agency supervisor and (confidentially) returned to the ES practicum advisor. Submit as hard copy, as fax, or electronically via e-mail as pdf file after scanning signatures.

Practi	cum Student							
Agend	cy Supervisor							
Evalu	ation Dates							
Practi	cum Student Cumulative Hours							
work	rating should be made with care and and make an <b>honest</b> judgment of thot upon isolated incidents alone.				-			
	5 – Outstand	ding, 4 – Good, 3 – Av	verage, 2 – Fair	, 1 – Poo	r			
Estim	ate of Ability and Professional Pror	nise	5	4	3	2	1	
Final	Course Grade you feel practicum	n student deserves						
A	Outstanding - Consistently excep	otional in fulfilling requ	irements					
В	Good - Frequently met and exce	eded minimum requires	ments					
С	Average - Met minimum require	ments but needs to den	nonstrate more	initiative				
D	Poor - Completed required hours assigned tasks competently	s but lacked ability to po	erform					
F	Failure - Did not complete requi	red hours or assignmen	ts					

Please take this opportunity to provide both general and specific feedback concerning your experiences both with your practicum student and the exercise science practicum experience as a whole.

This feedback is of vital importance to the Health, Exercise Science, and Recreation Management faculty in curriculum planning and development.

Questions to consider:

- Do feel you and the specific clientele you serve benefitted from the student/practicum experience?
- What are specific knowledge areas, skills, and/or abilities in which your practicum student was deficient?
- What is your opinion of the organization of the practicum experience, including the level of communication with the ES Practicum Advisor?

with the ES Practicum Advisor?				
Would you consider coming to the University to discuss your ed undergraduates?	ucation/career to exercise science			
Agency Supervisor	Date			
Agency Supervisor	Date			
ES Das ation as Advisor	Data			
ES Practicum Advisor	Date			



# PRACTICUM STUDENT CRITIQUE

This form is to be electronically completed by the practicum student and submitted to Jay Garner (practicum@olemiss.edu). Please consider the utility of your feedback in improving the practicum experience for future students. Provide detailed responses to all questions. Submit as hard copy, as fax, or electronically via e-mail as pdf file after scanning.

Student			
Cooperating Agency			
Agency Supervisor			
ES Practicum Supervisor			
Academic Term			
COURSE PRACTICALITY Was your practicum a useful experience? Were you able to relate the classroom theories and facts to the daily tasks performed in your internship?			
COURSE VALIDITY  Was your practicum effective in providing you professional experience?  Do you feel your practicum produced the desired results?			

Consider supervision from both the agency and the University le	evels.
AGENCY PROGRAM  Comment on the positive and negative aspects of the agency, pe communication, staff morale, programs provided, and quality of	
PROBLEMS What difficulties did you experience during your practicum?	
ACCOMPLISHMENTS List a minimum of 4 specific achievements you accomplished du	aring your practicum.
PERSONAL EVALUATION In 1-2 paragraphs, give an overall evaluation of your practicum edifferently if given another opportunity? Is there any advice you their practicum at your cooperating agency.	
Practicum Student	Date
ES Practicum Advisor	Date