

Eastern Oregon University Course Syllabus

Number of Course:

HHP 131

Name of Course:

Professional Careers and Foundations of Health and Human Performance

Catalog Description:

Overview of career opportunities and success skills in health and human performance. The class focuses on topics such as professional writing, academic literature, pedagogy, technical knowledge, and national certification exams.

Credit Hours:

2

Instructor:

Name, office location, phone number, email, office hours

Time and place of the course:

Required Texts or Suggested Materials: Reading materials are posted or linked through Canvas.

Prerequisites: None

Learning Outcomes:

Describe what the student should be able to do upon successful completion of this course. Use specific language (analyze, compare, describe, list, formulate, derive) rather than terms such as "know" and "understand" which may have different meanings for students and instructors.

Through engagement with the course material, each student will:

1. Examine career goals and choose an appropriate academic track to achieve the goals.
2. Understand the different sub-disciplines and foundations of those disciplines in health and human performance.
3. Show proficiency in finding, recognizing, and referencing appropriate scholarly information.
4. Demonstrate competency in essential technology skills for professional success.
5. Develop a personal plan by writing a final paper that includes: A mission statement, personal goals, a plan to achieve those goals, and requirements for the field and desired profession.
6. Manage time effectively and show proficiency working within multiple scholarly networking platforms.

Course Requirements: *Major assignments, attendance expectations*

Final Paper 40%

Participation and Discussions 30%

Course Assignments 30%

(LO 1-4) Final Paper: As a final for this class, you will be writing a 2-3 page paper on your chosen career field. You will then be required to complete a peer review of another student's paper.

When you have received your peer review you will make changes to your final paper and submit it.

(LO 1-6) Course Assignments: Complete a professional Introduction email, Library research, APA formatting, Investigating professional associations, Interview someone in the profession, Degree plan assignment

(LO 1-6) Participation and Discussions: in class attendance, substantive contribution to discussion topics (in class or in Canvas).

Grading Policies:

Explain how each course requirement will be graded (append rubrics), what percentage on any one assignment equals what grade for that assignment, percentage of overall course grade derived from each requirement, policies on accepting late work, opportunities to resubmit, etc.

Final grade scale

90+% A

80+% B

75+% C

70+% D

Below 70% F

See attached documents for grading criteria for a Final Paper assignment, and one of the Course assignments.

Means of Assessment:

Explain how assignments demonstrate learning outcomes of the program, connected explicitly to outcomes (for example, by number) Please indicate the Program Learning Outcome.

Each assignment demonstrates the accomplishment of one or more learning outcomes of the course. This course contributes to a bachelor's degree in Health and Human Performance at Eastern Oregon University. This class meets the following program objectives/outcomes: "Demonstrate competency in the academic content of physical activity and health by completing all major course work with a grade of "C-" or better. Each individual course lists specific outcomes that are tied to national standards. Through discussion, examination, laboratory experiences, and application of concepts; students are assessed and graded according to their performance."

(LO 1-4) Final Paper: As a final for this class, you will be writing a 2-3 page paper on your chosen career field. You will then be required to complete a peer review of another student's paper. When you have received your peer review you will make changes to your final paper and submit it.

(LO 1-6) Course Assignments: Complete a professional Introduction email, Library research, APA formatting, Investigating professional associations, Interview someone in the profession, Degree plan assignment

(LO 1-6) Participation and Discussions: in class attendance, substantive contribution to discussion topics (in class or in Canvas).

Brief Outline of Course:

Describe the nature of the course (lecture and lab, workshop format, etc.), any specific course content not detailed in the catalog description, and brief schedule.

Week	Topic	Assignments Due
One	Introduction to Health and Human Performance History of Health Education and Promotion	Introduction and Email
Two	Library Research and Information Literacy	Library Research Assignment
Three	APA Style and Professional Writing	APA Formatting Assignment
Four	Academic Planning	Degree Plan Assignment
Five	Professional Options with Health and Human Performance Goal Setting	Lecture Notes
Six	Professional Options with Health and Human Performance Goal Setting	Lecture Notes Future Requirements Assignment
Seven	Professional Associations	PA Assignment
Eight	Professionalism in the Field	Core Competencies Assignment Ethics in the Field Assignment
Nine	Professionalism in the Field	Interview Assignment Draft of Final Paper Due
Ten	Final Paper	Discussion Peer Reviews Due
Finals Week		Final Paper

General Education Category and Outcomes: Gateway

HHP 131 provides students introductory academic content for both HHP and broader undergraduate study. Many of the topics and skills are cross-disciplinary in nature, and designed to assist students in navigating their academic experience and prepare them for working in their discipline. This course is taken by both first year EOU students and by students in their senior of high school in preparation for entering higher education, giving these particular students skills necessary to be successful their first year of college.

GE Learning Outcome: Communication - Many of the assignments revolve around either directly communicating or developing foundational communication skills for first year students. These include those associated with writing on topics specific to their own degree planning and future goals, communicating with professionals in their chosen field, advisors, and discipline faculty.

University Writing Requirement Outcomes: N/A/**Writing Center Statements:*****For on-campus courses***

The Writing Center provides a place — physical or virtual — where every EOU writer can find an interested, responsive reader. Writing tutorials are free of charge for EOU's undergraduate and graduate students who are writing for any course at any level, or who are writing resumes, job letters, graduate applications, and more. Go to eou.mywconline.com to schedule an appointment in the Writing Center (Loso Hall 234).

For online or on-site courses

The Writing Center provides a place — physical or virtual — where every EOU writer can find an interested, responsive reader. Writing tutorials are free of charge for EOU students writing for any undergraduate course. Go to [EOU's eTutoring page](#) to submit a paper to a writing tutor.

For graduate courses

The Writing Center provides a place — physical or virtual — where every EOU writer can find an interested, responsive reader. Writing tutorials are free of charge for EOU students writing for any graduate course. Go to [EOU's eTutoring page](#) to submit a paper to a writing tutor. Click on [Graduate Students How To](#) for information about tagging your submission.

Classroom Decorum:**Academic Misconduct Policy:**

Eastern Oregon University places a high value upon the integrity of its student scholars. Any student found responsible for an act of academic misconduct (including but not limited to cheating, unauthorized collaboration, fabrication, facilitation, plagiarism or tampering) may be subject to having his or her grade reduced in the course in question, being placed on probation or suspended from the University, or a combination of these.

Accommodations/Students with Disabilities policy:

Any student who feels he or she may need an accommodation for any type of disability, must contact the Disability Services Office in Loso Hall, Room 234. Phone: 541-962-3081.

Syllabus Prepared By: Brenna Barthel-Hines and Darren Dutto

HHP 131

Final Paper and Peer Review

Final Paper Purpose:

As a final for this class, you will be writing a 2-3 page paper on your chosen career field. You will then be required to complete a peer review of another student's paper. When you have received your peer review you will make changes to your final paper and submit it. This assignment contributes to the following course outcomes:

1. Examine career goals and choose an appropriate academic track to achieve the goals.
2. Understand the different sub-disciplines in physical activity and health.
3. Show proficiency in finding, recognizing, and referencing appropriate scholarly information.
4. Demonstrate competency in essential technology skills for professional success.

Tasks to complete the requirements for this assignment:

- This is an individual paper.
- The written report must include the following content:

A cover page and abstract are not required for this assignment. In the running head and title of the paper include your name.

Minimum of 2 pages, not to exceed 3 of text (double-spaced).

Additional pages for references

APA formatting and citations are required (I recommend using the APA report template in Google Docs).

Minimum of 3 academic or scholarly references

Your paper should address the following:

Introduction

Description of your chosen career field or profession

A summary of one of the presentations from class that relate to your field

A summary from an interview with one professional in your field of interest.
(Interviews need to be completed by Monday of Week Eight!)

Responsibilities in the field both professionally and ethically

Details on what a person needs to accomplish both academically and professionally to work in this field.

Information on the professional associations for your desired profession

The future outlook for the profession

Any other information that you feel might be relevant to the topic or you have learned as a result of the interview or other assignments for this class.

Conclusion

Other Requirements

- Draft of your final paper for peer review is due Friday of Week Nine
- Peer reviews will be automatically assigned Sunday of Week Nine
- Peer reviews must be complete by Wednesday of Week 10
- Upload a copy of the final paper to Canvas by Monday of Finals Week.

Section of Assignment	Due	Points Available	Full Points will be Awarded When:
Draft Submitted and Peer Review	<ul style="list-style-type: none"> ● The draft was submitted by Friday of Week 9 ● Peer review complete and submitted Wednesday of Week 10 AT THE LATEST 	50	The draft is submitted on time, and a peer-review of the paper has been completed. See the peer review format below for additional requirements.
Final Paper Submitted	Monday of Finals Week	100	Points will be awarded for: Writing clarity Organization An accurate, logical, and thorough review of the profession. Use of appropriate reference material Grammar, spelling, sentence structure, addresses all requirements outlined above
Total		150	

Draft Review Guidelines:

There are two parts to this assignment:

Submit your DRAFT to this assignment in Canvas at the end of Monday of Week 10 (per the Course Schedule), or as directed by the instructor.

Access the peer's work you are assigned and ATTACH to the comments area of the peer review your single-spaced peer review as a Word document or PDF.

You are required to conduct a peer review equivalent to 1 page single-spaced on another student's submission using the grading criteria from the final paper instructions as a guide.

Writing clarity

Organization

Accurate, logical, and thought-provoking

Use of appropriate peer-reviewed or reference material
Grammar, spelling, sentence structure
Overall impact/evaluation of content

The one-page, single-spaced peer review must include:

- 1) 3 pieces of useful information (suggestions on how to improve the submission), and
- 2) at least 2 links to sources they can consider to help them write their paper.

You are graded on a complete/incomplete basis. What this means for you: If you complete the submission of your draft and a peer review, with ALL of the required elements, you will get 50 points. If you do not submit a draft of your paper and a peer review, with ALL of the required elements, you will get a 0. Partial credit is not given.

How to do this:

Submit a rough draft of your paper by the due date (per the Course Schedule) or as directed by the instructor.

You will be automatically assigned a peer's work to review. That means that you will have access to their file before the peer review is due.

You have thru Friday of Week Nine to complete your peer review and submit it via Canvas (per the Course Schedule), or as directed by your instructor.

NOTE: The instructor will grade the Draft and the Review together. Both are due to be completed by Friday, or as directed by your instructor but your grade could be lowered if you do not submit your Draft per the instructions given. Students will be depending on you to submit your Draft on time so they can complete their reviews on time.

Date: 10/27/22

HHP 131

Degree Plan Assignment

Assignment Purpose:

In order to meet the course expectations, you will be required to create an individualized academic degree plan. The lectures cover graduation and program requirements, and you will be guided through the creation of your own plan. When complete, your instructor will need to approve your plan. While plans change as you learn more about yourself and course options can vary moving forward, understanding how to take responsibility for your own schedule and academic planning should leave you feeling more empowered about your ability to influence your success.

This assignment contributes to the following course outcomes:

- Examine career goals and choose an appropriate academic track to achieve the goals.
- Understand the different sub-disciplines and foundations of those disciplines in health and human performance.
- Demonstrate competency in essential technology skills for professional success.
- Develop a personal plan by writing a final paper that includes: A mission statement, personal goals, a plan to achieve those goals, and requirements for the field and desired profession.

Assignment Tasks:

Complete the tasks listed below and submit both documents by the due date.

1. After Degreeworks and graduation (or transfer program) requirements have been covered in class, your first task is to complete the general education worksheet. You should start by first filling in the courses that you will complete as a result of your major requirements. From there, you should have identified (based on your personal strengths and goals), general education courses that meet requirements outside of the courses required by your program.

GE Worksheet:

<https://docs.google.com/document/d/0B-844eoNzbWAd211d1hrYzBHYlpYNXhnQ19NVjRZT1d4MmtF/edit?usp=sharing&oid=101562926859900080065&resourcekey=0-K5eyUrAQXKQt9RZSxeHAPg&rtpof=true&sd=true> (Links to an external site.)

Tips: Listing course attributes, as well as prerequisites, next to each course on your GE Worksheet, as well as your academic plan, will make planning moving forward easier. (Example: SOC 204- UWR, SSC, DPD. Prereq: WR 121) Always remember to first include courses for college credit you have already taken.

Checklist for GE Worksheet Completion:

- Major requirements have been filled in.
- I have identified additional courses that meet my personal goals within the general education list.
- I have selected a DPD course that I would like to take (if not required by my major).
- If DFL I have included SPAN 107 and 108 in the AEH section (this won't be the case for most students).
- I have selected a minimum of 6, and no more than 20 credits for the following sections: SSC, SMI, AEH, APC.
- Each of the above sections includes courses from two separate disciplines.
- If not required by major, I have identified which math class I would like to take to meet my math requirement.
- If not required by major, I have identified two lower-division courses that are UWRs.
- If pursuing a BA, I have included SPAN 209 (with prerequisites) on my GE Worksheet under AEH.
- I have filled in courses like UNI that count towards GTW.
- All of my courses add up to 60 credits. (Do not count math or DPD twice.) If you are planning on transferring or applying to another program, and the GE requirements vary, you will need to document that on your GE Worksheet. (Example: Pre-nursing students do not need APCs as a graduation requirement for nursing school.)

2. Using the Google Docs Template provided (start by making a copy and saving it to your drive), you are going to start creating an academic plan. In most cases, you will be creating a four-to-six-year plan. If you are planning on applying to another program prior to graduating from EOU, your goal is to plan the courses you will need to take in order to meet your program or transfer requirements. Each step will be demonstrated by your instructor, and you will have time to start creating your individual plan.

a.) Most advisors at EOU are going to suggest that math is prioritized since it is a use-it-or-lose-it skill. You will want to start with any math classes you have taken previously and build up to the courses you need to take for graduation. Once you have verified the courses you need to take, you can make sure they are offered in the terms you need them and fill them in first.

b.) Your next priority should be getting through WR 121 (unless your major has other WRI requirements), and CORE or UNI. Your instructor will demonstrate how to place those courses in the correct terms.

c.) You should now take your major or program requirements and start plugging them in. In some instances, an academic plan has already been completed by the department. If this is the case, you will want to stick to what has already been done. The faculty have created plans that consider prerequisites, credit loads, and class times.

CH 4-Year Plan:

<https://docs.google.com/document/d/1cNySL8QEDbJaq27wfd8QCikmKEaMU40p/edit?usp=sharing&ouid=101562926859900080065&rtpof=true&sd=true>Links to an external site.

EXS 4-Year Plan:

<https://docs.google.com/document/d/1IDHBErI5kGTXe4liD7DduubOJKMTGD1q/edit?usp=sharing&oid=101562926859900080065&rtpof=true&sd=true>Links to an external site.

PES 4-Year Plan:

https://docs.google.com/document/d/1lk0Hnx43B1x4Dkw4TolJvP_4E7IfniPv/edit?usp=sharing&oid=101562926859900080065&rtpof=true&sd=trueLinks to an external site.

d.) When you have completed filling in all of your major courses, you can now plug in your GE courses from your GE Worksheet. (It is appropriate to list “AEH course here” with the number of required credits, as you may not want to include specific course details).

e.) Move through the checklist below to ensure that you haven’t forgotten anything! You will want to keep the credit load in mind. $180/4=45$, which means an average of 15 credits/term if you would like to graduate in four years. If you are on scholarship, you may need to average at least 15/term. (This could mean that you could take 14 credits one term, and 16 the next.) Full-time is 12+ credits. Know your limits. Do not plan to take more credits per term than you can handle.

Checklist for Academic Plan

- 180 credits total
- 60 credits of GE from the Worksheet are included
- 60 credits of upper-division are included
- Major/minor and concentration requirements are met
- University writing requirements are met (UD and LD)
- University math requirement is met
- Courses are planned with prerequisites in mind
- Courses are planned during the terms they are offered
- Your teacher has reviewed and approved your plan with you.

You need to submit the following by the due date to complete the assignment:

GE Worksheet (up to 10 pts)

Your completed Google Doc:

<https://docs.google.com/document/d/1Ftu9IJBYSp0Sbbg3qvtlxA6WszzzRiJ/edit?usp=sharing&oid=101562926859900080065&rtpof=true&sd=true> (Links to an external site.) (up to 10 points)