

Texas State University
Part-Time Faculty Excellence in Teaching Award
Nomination Form

Name Carolyn Clay Net ID CC61

Department Health and Human Performance College Education

Current TXST teaching appointment FTE% 75%

Number of long semesters of TXST teaching at 50% or more FTE 20

Statement of Teaching Philosophy (300 words maximum):

I follow Bloom's Taxonomy as I prepare new and innovative teaching resources and I always employ several teaching methods. For example, in my online course, ESS 4317, I create an online environment for student to discuss and analyze case studies. Then I have students create their own fictional client, post to the group discussion forum and group members are then to analyze one another's fictional client's case. The described types of activities promote students to cultivate higher order thinking skills. Information is delivered via traditional powerpoint lectures; online lectures; video demonstrations; and assigned readings. I teach two other courses, ESS 1201 and ESS 4318 that are very practical based. I also will use practical skills assignments (20-minute teach-backs); skills assessments and questions and answers; quizzes; and traditional comprehensive exams. As part of my teaching load I am assigned to PFW 1110K, Restrictive Fitness Activities and 1150G, Restrictive Leisure Activities. These courses are reserved to students with certain level of abilities and inabilities due to illness or physical limitations and require special approval for registration. Due to the nature of these two courses, enrollment varies. Collaboration of these courses along with ESS 4318 provides a unique opportunity for learning while gaining practical experience hours. I feel by utilizing a variety of teaching methods students will gain the competence and confidence needed in the competitive field and will this level of rigor and experience will stimulate their desire for a higher level of learning.

TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Carolyn Clay

Title: Senior Lecture

B. Educational Background

Degree	Year	University	Major	Thesis/Dissertation
M.Ed.	2003	Texas State University-San Marcos	Physical Education with an emphasis in Exercise Science	Metabolic Cost of Hatha Yoga
BESS	2002	Texas State University-San Marcos	Exercise and Sports Science	

C. University Experience

Position	University	Dates
Senior Lecture	Texas State University-San Marcos	2007 - Present
Lecture	Texas State University-San Marcos	May 2004 - 2007
Grant Specialist	Texas State University-San Marcos	2004 - 2007
Co-Director of Total Wellness	Texas State University-San Marcos	Jan. 2004 - Present
Graduate Teaching Assistant	Texas State University-San Marcos	Fall 2002 - Fall 2003
Physical Educator	Texas State University-San Marcos	Summer 2002
Personal Trainer	Texas State University-San Marcos	2001 - 2002
Research Assistant	Texas State University-San Marcos	2001 - 2002

D. Relevant Professional Experience

Position	Entity	Dates

E. Other Professional Credentials

II. TEACHING

A. Teaching Honors and Awards:

Graduating Student Recognition of Campus Support Program, Texas State University-San Marcos, 2007, 2008, 2009, 2010, 2011

Student Appreciation Award, Texas State University-San Marcos, 2006

B. Courses Taught:

Texas State University-San Marcos: 2002 - Present

PFW 1101 Lifetime Fitness and Wellness with an emphasis on Yoga

PFW 1101A Beginning Aerobics

PFW 1110E Beginning Jogging and Walking; Fitness Walking Primarily

PFW 1110K Restricted Fitness Activities

PFW 1150G Restricted Leisure Activities

ESS 1201 Group Exercise Instructor Training
ESS 3117 Physiology of Exercise Laboratory
ESS 3317 Physiology of Exercise
ESS 4317 Fitness Assessment and Exercise Prescription
ESS 4318 Fitness Assessment and Exercise Prescription Practicum
ESS 4337 Independent Study in Exercise and Sports Science

C. Graduate Theses/Dissertations or Exit Committees (if supervisor, please indicate):

D. Courses Prepared and Curriculum Development:

Texas State University-San Marcos: 2002 - Present

PFW 1101 Lifetime Fitness and Wellness with an emphasis on Yoga
PFW 1110K Restricted Fitness Activities
PFW 1150G Restricted Leisure Activities
ESS 1201 Group Exercise Instructor Training
ESS 4317 (Online) Fitness Assessment and Exercise Prescription
ESS 4337 Independent Study in Exercise and Sports Science

E. Funded External Teaching Grants and Contracts:

F. Submitted, but not Funded, External Teaching Grants and Contracts:

\$49,994 **FACTS: a Fitness And Conditioning program for Those who Serve Institutions of Higher Education. Department of Justice. Confirmation #1829129. May 12, 2012.**

G. Funded Internal Teaching Grants and Contracts:

\$1,200.00 Technology Integration Workshop, Instructional Technologies Support, Texas State University-San Marcos, July 30th to August 10th, 2012.

\$9,971.12 Upgrading and enhancing the student human performance laboratory: A commitment to the continuous expansion of opportunities for lab- and field-based exercise science curricular activities. Student Computing Resources, Texas State University-San Marcos, 2012.

IPad 2 GOLD Program: Consultation to enhance online course, ITS Instructional Design, Texas State University-San Marcos, 2011.

\$600.00 Workshop: Creating and Delivering An Online Course from May 18-22, 2009. Instructional Design and Technologies Support (ITS) Texas State University.

\$9,261.45 Upgrading and enhancing the student human performance laboratory: Expanding opportunities for field-based exercise science curricular activities. Student Computing Resources, Texas State University-San Marcos, 2009.

\$7,429 Upgrading and enhancing the student Human Performance Laboratory: Expanding opportunities for field-based exercise science curricular activities. Student Computing Resources, Texas State University-San Marcos, 2007.

\$19,439.00 Enhancing students' ability to evaluate human performance with technology, Student Computing Resources, Texas State University-San Marcos, 2004.

\$36,729.45 Total Funded

H. Submitted, but not Funded, Internal Teaching Grants and Contracts:

I. Other:

III. SCHOLARLY/CREATIVE

A. Works in Print

1. Books (if not refereed, please indicate)

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

e. Creative Books:

2. Articles

a. Refereed Journal Articles:

Clay CC, Lloyd LK, Walker JL, Sharp KR, Pankey RB. The metabolic cost of hatha yoga. *Journal of Strength and Conditioning Research*. 2005;19(3):604-610.

Lloyd LK, Cook CL, Kohl HW. A pilot study of teachers' acceptability of a classroom-based physical activity promotional tool: TAKE 10!®. *Texas Association HPERD Journal*. 2005; Spring Issue:8-11.

b. Non-refereed Articles:

3. Abstracts:

Pulmonary Functions and RVO2 with Differing Abdominal Contraction Conditions. Pankey RB¹, Henrich T², Clay CC¹, Hobbs M¹. ¹Texas State University, San Marcos, TX ²University of the Incarnate Word, San Antonio, TX Research Consortium for the 2008 AAHPERD National Convention and Exposition, April 2008.

4. Reports:

5. Book Reviews:

6. Other:

B. Works not in Print

1. Papers Presented at Professional Meetings:

Cook CL, Lloyd LK. Trimming the fat on a slim budget: developing a successful wellness program. Paper presented at: The 80th Annual Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD) Convention; December 6, 2003; Galveston, TX.

Cook CL, Lloyd LK, Moore BM, Kohl HW III. Paper presented at: Acceptability of a classroom-based physical activity promotional tool: TAKE 10!™. Paper presented at: The 78th Annual Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD) Convention; November 30, 2001; Corpus Christi, TX.

2. Invited Talks, Lectures, Presentations:

State

Lloyd LK, **Clay CC.** The Effective Treatment of Obesity in Adolescents. Presented at: The 2010 Pediatric Obesity Symposium Sponsored by the Institute for Public Health and Education; May 8, 2010.

Lloyd LK, **Clay CC.** Youth health crisis and how it impacts learning: What districts can do. Presented at: The School Board Recognition Day/Conference; January 14, 2005; Texas State University-San Marcos.

Local

Clay CC. Maintain, Not Gain; Educational Presentation, SMCISD District Office, December 13th, 2012.

Clay CC. Child Development Center - Leading professional development workshop: Yoga and Relaxation. Friday, Jan. 15th, 2010, 3:30 to 4:30 PM.

Professional Development Workshop: Summer Shape-Up - Come and join in on an interactive workshop to learn and practice techniques to tone and sculpt your body. Monday, April 5th, 2010, 2:30 to 4:30 PM.

Relaxation Techniques. Parent Support Group on Wednesday, December 16th 2010, 12 noon at the Child Development Center. Our guest will be Ms. Carolyn Clay, M.Ed., ACSM Health Fitness Instructor and Director of Total Wellness, Senior Lecturer, Department of Health, Physical Education and Recreation.

October's **2009** National Work and Family Month in coordination with Work Life the Total Wellness Program offered "Mommy and Me Stroller Fit" classes around the Child Development Center.

Breast Cancer Awareness Month-October 1st, Breast Cancer Awareness Campaign in conjunction with Work Life Coordinator and Susan G. Komen for the Cure- Austin.

Are you getting enough sleep? Our "Parent Support Group" will meet on Thursday, April 30th at 12 noon in JCK 460. Our guest is **Ms. Carolyn Clay**, M.Ed., Director of Total Wellness, from the Department of Health, Physical Education, & Recreation.

Summer Shape-up (PD) NEW, **Ms. Carolyn Clay**, ACSM Certified Health Fitness Specialist (HFS), Senior Lecturer, Department of Health, Physical Education and Recreation. Wednesday, May 13th, 2009. 2:30-4:30pm, JCK 1100, Texas State University-San Marcos.

Work Life Lunch and Learn Series, NEW Work Life @ Texas State-Wellness (the 30-minute workout) Coordinated by Ms. Rose Trevino, Work Life Coordinator, Human Resources; Presenter: **Ms. Carolyn Clay**, M. Ed., Director of Total Wellness, Department of Health, Physical Education, & Recreation; Wednesday, September 10, 2008; 11:45 am- 1 pm.

Beginning an Exercise Program; Department of Health, Physical Education and Recreation: Dr. Lisa Lloyd, Associate Professor, Exercise and Sports Science and Interim Chair and **Ms. Carolyn Clay**, ACSM Health and Fitness Instructor, Senior Lecturer; Friday, September 5, 2008; 1-3 pm.

Bobcat FIT (Families in Training); Department of Health, Physical Education and Recreation: Dr. Lisa Lloyd, Associate Professor, Exercise and Sports Science and Interim

Chair and **Ms. Carolyn Clay**, ACSM Health and Fitness Instructor, Senior Lecturer; Tue., 4.8.08, 2:30-4:30 pm

Turning Your New Year's Resolutions into Reality; Department of Health, Physical Education and Recreation: Dr. Lisa Lloyd, Associate Professor, Exercise and Sports Science and Interim Chair and **Ms. Carolyn Clay**, ACSM Health and Fitness Instructor, Senior Lecturer; Tue., 1.22.08, 2:30-4:30 pm

Lloyd LK and **Clay CC** "Bobcat FIT (Families in Training) (PD) New" Professional Development, Texas State University-San Marcos. Presented on April 8th, 2007, 2:30-4:30pm, JCK 1100

Clay CC, "Turning Your New Year's Resolutions into Reality (PD) NEW" Professional Development, Texas State University-San Marcos. January 22nd, 2007, 2:30-4:30 pm. JCK 460

Lloyd LK & **Clay CC** "*Maintain, No Gain!* Nutrition and Physical Activity Tips to Survive the Winter Break" Professional Development, Texas State University-San Marcos. November 20th & 21st, 2007

Clay CC "Action and Relaxation, Yoga and De-Stress for Finals". Jackson Hall Dormitory, Texas State University-San Marcos, November 12th, 2007.

Clay CC Top Health and Fitness Issues. Fitness San Marcos, San Marcos Activity Center, February 17th, 2007.

Clay CC, "Stress Relief in the Office: Yoga and other Relaxation Techniques," Professional Development, Texas State University-San Marcos. Presented November 6th, 2006.

Lloyd LK and **Clay CC**. Yoga/Relaxation Techniques, Administrative Retreat at Way Ranch, September 27th, 2006.

Clay CC HPER Community-Focused Health and Fitness Programs, Superintendent Anthony's visit, May, 2006.

Lloyd LK and **Clay CC**. Battling the Bulge, Fitness Programs for Everyone. Fitness San Marcos, San Marcos Activity Center, February 5th, 2005.

Clay CC. Battling the Bulge – The Role of Education. Community Relations & College of Education, School Board Recognition Day, Texas State University-San Marcos, January 14, 2005.

Clay CC. Yoga and stress reduction. "Plugged-In To Teen Topix" Teen Summit, LBJ Student Center, Texas State University-San Marcos, November 20th, 2004.

Clay CC. Health and Nutrition 101. Jackson Hall Dormitory, Texas State University-San Marcos, September 20th, 2004.

Clay CC, "Stress Relief in the Office: Yoga and other Relaxation Techniques," Professional Development, Texas State University-San Marcos. Presented August 26th, April 27th and 28th, 2004.

Lloyd LK, **Clay CC**, and Schmidt, E. A. "Total Fitness 101: 8-weeks to Health and Weight Control," Community Education-Texas State University. September 28th – November 16th, 2004; June 9th – July 28th, 2004; January 20, - March 11, 2004
Clay, C.C. Yoga and Stress. Brogdon Hall Dormitory, Texas State University-San Marcos, March 23rd, 2004.

Clay CC. Ways to Increase Daily Physical Activity in College Students. Brogdon Hall Dormitory, Texas State University-San Marcos, February 2nd, 2004.

Lloyd LK and **Clay CC** "Balancing the scale: the simple facts of weight loss" Professional Development, Texas State University-San Marcos. Presented on January, 13, 2004

Clay CC Home Fitness Programs. Fitness San Marcos, San Marcos Activity Center, April 17th, 2004.

Lloyd LK and **Clay CC**, "Nutritional and physical activity tips to survive the winter break," Professional Development, Texas State University-San Marcos. Presented December 9 and 10, 2003

3. Consultancies:

4. Workshops:

Trevino R and **Clay CC**. Professional Development Workshop: Summer Programs Available for Children. The event will include informational booths such as: Sports Camps; Academic Camps; Youth Group Swim Lessons; Fitness Camps; Adventure Camps. Friday, April 10th, 2010 - 10 AM to 1 PM.

5. Other:

C. Grants and Contracts

1. Funded External Grants and Contracts:

\$2000 **Clay CC**. Texas Bicycle Coalition and TxDot Grant. Teaching Bicycle Safety to Educators, the SuperCollege Program, 2006.

2. Submitted, but not Funded, External Grants and Contracts:

\$49,994 **FACTS: a Fitness And Conditioning program for Those who Serve Institutions of Higher Education.** Department of Justice. Confirmation #1829129. May 12, 2012.

\$6,546.75 **Clay CC, Lloyd LK.** Total Wellness: A 15-week comprehensive fitness program. Women Sports and Fitness Foundation sponsored by Ryka. Proposed, August 15, 2003.

3. Funded Internal Grants and Contracts:

\$16,000 A Prospective Study of Seasonal Variation in Body Weight and Physical Activity in Mexican American Women in Central Texas. Office of Sponsored Programs. Texas State University-San Marcos, 2009.

4. Submitted, but not Funded, Internal Grants and Contracts:

- \$4,000 One-Time-Only FY10 Diversity Plan Funding. Cholesterol and Glucose Screening for 2nd Annual Texas State University-San Marcos Employee Wellness Fair, 2009.
- \$4,000 One-Time-Only FY10 Diversity Plan Funding. Cholesterol and Glucose Screening for 2nd Annual Texas State University-San Marcos Employee Wellness Fair, 2008.

D. Fellowships, Awards, Honors:

Recipient of Texas Opportunity Graduate Fellowship: Texas State University-San Marcos, Fall 2002-Summer 2003.

Texas State University-San Marcos, College of Education: Achievement, Leadership and Service Award in Exercise and Sports Science, Spring 2002

Lyndon Baines Johnson Outstanding Senior Nominee. Texas State University- San Marcos, Spring 2002.

Most Outstanding Undergraduate Poster Presentation, “Acceptability of a Class-room based physical activity promotional tool: Take 10!TM” 78th Annual Texas Association for Health, Physical Education, Recreation, and Dance, November 30, 2001.

IV. SERVICE

A. University:

Co-Developer of P.O.W.E.R., a 6-week pilot program, 2013-Present

Texas State Employee Wellness Fair Planning Committee, Team Member, 2008 – Present

Summer Camp Fair Planning Committee, Team Member 2009, 2010

Total Wellness Advisory Council Co-Chair, Texas State University – San Marcos, 2010 - Present

Total Wellness: A wellness program for faculty and staff at Texas State University-San Marcos, Program Co-Director, 2002-Present

Texas State University-San Marcos, Total Wellness, Co-Founder, 2002

B. Departmental:

Ad-Hoc FEC committee for SET of Internships/Clinical Sites/Student Teaching, April 2013 – Present, Committee Member

Ad Hoc Subcommittee for SET Online/Hybrid Courses, Committee Member, April 2013 – Present, Committee Member

Technology Committee, Committee Member, August 2007-2012

C. Community:

SMCISD – Worksite Wellness Advisory Council Co-Chair, 2012 - Present

Zumba Gone Wild: Dance For Wildfire Relief. Raised funds to support American Red Cross, Saturday, November 5th, 2011

Total Wellness – San Marcos Advisory Council Co-Chair, 2010 - Present

Total Wellness-San Marcos: A wellness program for residents of San Marcos and surrounding communities offered at the San Marcos Activity Center; Co-Founder, Co-Director, and Professional Team Member; 2010-Present

Healthy City Task Force: Committed to Community Health, City of San Marcos, Team Member, 2010 - Present

A Tu Salud, San Marcos! A community Fun Walk and Fund Raiser, Host, July 29, 2006

Fitness University @ Hernandez Intermediate School, San Marcos Independent School District: An after school wellness program, Professional Team Member, 2006
A Tu Salud, San Marcos! A community Fun Walk and Fund Raiser, Organizer, July 31, 2005
A Tu Salud, San Marcos! A community wellness program for low-income Mexican American women and their children, Professional Team Member, 2004-2007
 Fitness University: Summer Wellness Program for Youth, Co-Founder, Co-Director, and Professional Team Member, 2004-Present
 FITT 240, previously known as Texas State Strength and Conditioning Camp: Fitness Camp for Young Athletes, Co-Founder, Co-Director and Professional Team Member, 2004-Present
 Total Fitness 101: An 8-Week Wellness, Weight Loss Program; Professional Team Member, 2003-2004

D. Professional:

E. Organizations

1. Honorary:

2. Professional:

IDEA Health & Fitness Association
 Aerobics and Fitness Association of America
 American College of Sports Medicine
 Texas Chapter of American College of Sports Medicine

F. Service Honors and Awards:

Texas State Quality Team Award: 2011 Employee Wellness Fair Team. Texas State University – San Marcos, March 2011

G. Grants and Contracts:

1. Funded External Grants and Contracts

\$124,201.13.	Total Wellness, Fiscal Year 2013 (includes contract with the City of San Marcos)
\$111,275.45	Total Wellness, Fiscal Year 2012 (includes contract with the City of San Marcos)
\$81,524.26	Total Wellness, Fiscal Year 2011
\$31,457.25	Total Wellness – Texas State, Fiscal Year 2010
\$24,156.94	Total Wellness – Texas State, Fiscal Year 2009
\$24,043.45	Total Wellness – Texas State, Fiscal Year 2008

2. Submitted	\$24,890.25	Total Wellness – Texas State, Fiscal Year 2007
	\$24,740.00	Total Wellness – Texas State, Fiscal Year 2006
	\$20,021.93	Total Wellness – Texas State, Fiscal Year 2005
	\$466,310.66	

ed, but not Funded Grants and Contracts

3. Funded Internal Grants and Contracts

4. Submitted, but not Funded, Internal Grants and Contracts

ESS 4318: Fitness Assessment and Exercise Prescription Practicum
Tuesday and Thursday | 2-4pm | [Room A206](#)

Senior Lecturer: Ms. Carolyn Clay, M.Ed.
Office: Exercise Physiology Lab
Jowers Center, Room C208
E-mail: carolynclay@txstate.edu

Phone: 512-245-1972
Web Site: www.hhp.txstate.edu/Total-Wellness
Office Hours: [Tues & Thurs: 12 - 2 PM](#), or by
[appointment.](#)

Course Description: This course presents the most current exercise and sport science information on exercise testing and programming of people who are apparently healthy in a usable form for Health and Fitness Management students. This course provides students with the fundamental knowledge, competence, and skills necessary to conduct safe and valid physical fitness instruction, health appraisal, and fitness testing. This course provides students with on-site and off-site practical experiences. Each experience you have during this course you will be working with the real people or on a project that will affect real people. The course will provide you with an internship experience in a safe and learning environment with real clientele that you cannot gain in another setting. This is your opportunity to shine and get an experience that you can take with you outside of the university. You will be meeting daily/weekly with many staff and professionals with whom you can and will gain vital knowledge and experience. You will have exposure to faculty, staff, community members, children, your peers and athletes to name a few.

Rationale: This course will provide practical laboratory and field experiences that will allow Exercise Sports and Science students to apply their knowledge acquired in HHP courses and provide 120 hours of on and off campus related practicum opportunities for acquisition of skills and competency necessary to be a successful health and fitness professional.

Course Policies

Team Members Shirt: You will be required to purchase and wear a Total Wellness Team Member shirt to all affiliated internship hours. The cost of the shirt will not exceed \$10.00. All students must purchase at least one shirt and may choose to purchase more.

120 Hours of Practical Experience: As a requirement of this course, students must accrue 120 hours of assigned on-site practical experience activities. These activities provide a safe learning environment to apply skills and techniques you have learn in this course and from other related resources. We will utilize the "Sign-Ups" tool on TRACs to sign up for the practical experience time. Experience hours will be documented and tracked you, Ms. Clay and other program staff/instructors. To obtain hours students will be assigned times to observe and be active in our major programs: Exercise Physiology Lab; Total Wellness-San Marcos; Total Wellness-San Marcos Fit-Kids Club; Total Wellness – Texas State; Worksite Wellness – San Marcos CISD; Personal Training Clients; FIT240 Training Program for Teens (summer only); and Fitness-University (summer only). Students may also be involved with the planning, preparing and set-up process for special projects and events throughout the semester. In addition, students may also be asked to become involved with other special projects such as research. Students may also earn hours for assisting in preparation for upcoming special events, and helping on other projects each week. In addition, students can earn hours by attending designated workshop and/or completing a fitness certification.

[Friday, March 7th](#) students must have reach [60](#) of the required hours.

The 120-hours must be completed by [Monday, April 28th](#) and students who do not acquire the full 120-hours will not pass this course.

CPR Certification: Students must complete and turn in their CPR certification. Students will earn up to 4 hours for completing this certification. **Students are required to seek out and complete this CPR Certification on their own.**

Absences, Class & Practical Experience Hours: Do NOT arrive to class late, class starts at 2pm. 3 absences (class or practical experience time) you will earn an "F" in this course. We will cover a large amount of content and have daily practical/hands-on experiences. It is extremely difficult to make up skill

training. You can earn up to 350 points for attendance. Each class you arrive late to or miss you will be deducted 25 points.

Background Check: You will be working with children and clients of all ages, thus required to complete and pass a criminal background check for this course.

Prerequisite: ESS 3317; Co-requisite: ESS 4317

Course Goals and Objectives:

The overall goal of this course is to strengthen students' knowledge, skills, and abilities to safely conduct comprehensive health and fitness tests and develop individualized exercise programs. By the end of the semester, students should:

1. Be able to explain the purpose and procedures of comprehensive exercise testing, including resting measures, body size and composition, aerobic, muscular strength, endurance and flexibility.
2. Be able to select an appropriate submaximal or maximal protocol and conduct an assessment of cardiorespiratory fitness.
3. Acquire the skills necessary to instruct participants to use exercise equipment and follow testing procedures.
4. Accurately measure heart rate and blood pressure and obtain rating of perceived exertion at rest and during exercise according to established guidelines.
5. Be able to assess body size and composition.
6. Be able to interpret information obtained from comprehensive fitness tests.
7. Be able to identify appropriate criteria for terminating a fitness assessment and demonstrate proper procedures to follow after discontinuing such a test.
8. Be able to modify as necessary certain protocols for assessing the fitness of children, adolescents, and older adults.
9. Know the use and value of results of the fitness evaluation for various populations, how to interpret the values, and explain results to clients.
10. Be comfortable with working with individuals of a variety of ages and levels of fitness.
11. Acquire 120 hours of assigned on-site university related practical experience hours.

Course Topics (include but are not limited to):

Blood Pressure	Flexibility	Submaximal Vo ₂
Heart Rate	Consent Form	Comprehensive Fitness Testing
Muscular Strength	Medical History Appraisal	Special Populations
Muscular Endurance	Maximal VO ₂	
Body Size and Composition		

Course Evaluation

In-Class Activities, Homework and Participation: Be on time and prepared (all electronic devices put away and with learning materials). Students are expected to dress in professional athletic clothing for each class (i.e., shorts, t-shirts, sports bras, sweats, tennis shoes, etc.) that allows for them to participate in exercise testing and prescription activities. Students will be observed on their degree of accuracy and completion each with in-class activities. This will be preparation for Skills Tests.

Video Project: Students will produce one video project this semester and present to the class. Students will be set-up in small groups to work on this project. Students will be assessed on accuracy of video as it pertains to the skill covered. A rubric will be used to assist in peer evaluation of this video as it pertains to the quality of voice, lighting, background, etc.

Skills Tests: Students will also be assessed on understanding and knowledge of the protocol and skills of assessments. The purpose of the skills test is to evaluate students' competencies for components of health related physical fitness testing. Students are responsible for all exercise assessments and will be assessed on their knowledge of their protocol, technique and communication skills through both hands on and verbal demonstration. Skills Tests cannot be made up. Skills tests will be performed a live practical in the classroom and students will be graded by the course instructor, as well as their peers.

Practical Experience Expectations:

Students will be expected to engage in the following throughout the semester:

- early/timely arrival, stay full time, be present,

- proper attire,
- friendly introduction of self to leading faculty/staff
- asked "how can I assist you or others"; self-starter: knows what to do and how to properly do it
- engaged at all times, no passive time, involved, not sitting/standing/leaning on side watching
- no cell phone or electronic device distraction during entire experience,
- friendly and appropriate interactions with others (i.e., fellow students, community members, instructors, associates, staff of the Activity Center, summer camp parents and children, fellow interns and the staff and faculty of Texas State University...),
- learns the names of members/clients/faculty and staff and learns how to build relationships
- leading of safe and effective activities
- initiating clean-up towards end class or event (leaving in better shape than you found it)
- respectful and kind to others
- asked leading faculty/staff questions when appropriate
- before you leave ask if there is anything else you can do to help.

General Rules of Engagement:

- Keep a friendly smile on your face and greet everyone you come into contact with.
- Become an expert in your program and if you do not know the answer find out.
- Treat the lab, fitness rooms and fit-kids club with care and respect, always leave the space in better order than how you found it.
- Do not use internet for Facebook, You Tube, or any other internet-based activity that is not course/internship work-related.
- Do not use your cell phone or ipod during class or practical experience times
- Volunteer to assist with projects. Be a "self-starter" and do not wait to be asked or told to become involved. However, do not take on projects without authorization/ approval of Ms. Clay.
- Come dressed in your TW Team Member shirt (clean and not wrinkled) to each assigned event.
- Be on time to your shift, arriving late or missing an internship assignment is inexcusable and the consequence is a deduction of the time frame missed from your total acquired hours.
- Do not engage in inappropriate conversations or activities in your Team Member shirt or anywhere around our program area. Eyes and ears are on you and YOU represent our program, division, department, college, university, and city.

Grades in this course are earned based on performance, not student's needs.

Class Activities	Grade Calculation	
Item	Grade	Percent
In-Class Activities, Homework & Participation (Variably # of points: resume, professional profile, professional interview)	A	90 – 100 %
Classroom Attendance (350 points)	B	80 – 89 %
Skills Assessments (150)	C	70 – 79 %
CPR training (50 points)	D	60 – 69 %
Comprehensive Fitness Testing (25 points)		
Video Project (100 points)	F	< 60 %
Completion of 120 hours (120 points)	<i>Note: Students who do not acquire 120 hours by the last class day will earn an "F" for this course.</i>	
<i>Instructor reserves the right to make changes to the class, syllabus, or schedule as the class progresses.</i>		

Students with Disabilities. If you are a student with a disability who will require an accommodation to participate in this course, please contact me within the first two weeks of the semester. You will be asked to provide documentation from the Office of Disability Services. Failure to contact me in a timely manner may delay your accommodations. For more information, refer to the Office of Disability Service's Website: www.ods.txstate.edu.

Texas State's Academic Honesty Policy. We expect students to do their own work on all graded material submitted for all departmental course requirements. Students who violate the University Honor Code will receive an "F" for the course. Such conduct may also constitute dismissal from the University. Students who are unfamiliar with the University's Honor Code policy should review UPPS 07.10.01. In short, violation of the "Honor Code" includes, but is not limited to, cheating on an examination or other academic work, plagiarism, collusion and the abuse of resource materials.

- a. "Cheating" means engaging in any of the following activities.
 - 1) Copying from another student's test paper, laboratory or other report, or computer files, data listings, or programs.
 - 2) Using, during a test, materials not authorized by the person giving the test.
 - 3) Collaborating, without authorization, with another person during an examination or in preparing academic work.
 - 4) Knowingly, and without authorization, using, buying, selling, stealing, transporting, soliciting, copying or possessing, in whole or in part, the contents of an unadministered test.
 - 5) Substituting for another student or permitting another person to substitute for oneself in taking an examination or preparing academic work.
 - 6) Bribing another person to obtain an unadministered test or obtain information about an unadministered test.
 - 7) Purchasing, or otherwise acquiring and submitting as one's own work any research paper or other writing assignment prepared by an individual or firm. This section does not apply to the typing of the rough or final versions of an assignment by a professional typist.
- b. "Plagiarism" means the appropriation of another's work and the unacknowledged incorporation of that work in one's own written work offered for credit.
- c. "Collusion" means the unauthorized collaboration with another person in preparing written work offered for credit.
- d. "Abuse of resource materials" means the mutilation, destruction, concealment, theft or alteration of materials provided to assist students in the mastery of course materials.

For more information, students should also refer to the student handbook. (In particular, they should go to: <http://www.dos.txstate.edu/TxState-Handbook/Rules/Academic-Procedures.html> and click on Academic Honor Code). Students who are uncertain regarding what actions constitute violation of the academic honor code should consult the instructor.

Practical Experience Hours Rubric

Description	Max numbers of hours that can be earned	Date Completed	Actually Hours Earned
Class Hours	30		
Video Project	10		
Professional Profile	5		
CPR Certification	4		
Professional Interview	4		
Personal Development	3		
Resume	2		
Open-Lab Testing	2		
Total	60	Total	

Tentative Schedule

		Hrs
Completed to-date		
Week 1: January 14 & 16	Welcome to class & Orientation Week:	
Week 2: January 21 & 23	Resting Cardiovascular Measurements	
Week 3: January 28 & 30	Body Size & Composition: Height, Weight, Skinfolts and Circumference (Meeting - open lab testing)	
Week 4: February 4 & 6	Learn Bod-Pod (Review & practice skills from weeks 2 & 3 – analysis & setting goals) (Meeting – open lab testing)	
Week 5: February 11 & 13	In-Class Bod Pod Testing of Graduate Students (Meeting – open lab testing)	
Week 6: February 18 & 20	Aerobic Fitness Testing: Maximal & Sub-Maximal -Open Lab Testing Week (out-side of class times)	
Week 7: February 25 & 27	Aerobic Fitness Testing: Maximal & Sub-Maximal (analysis & exercise prescription) -Grad. Testing 4-6:20pm	
Week 8: March 4 & 6	Muscular Fitness Testing (analysis & exercise prescription) -Grad. Testing 4-6:20pm	
Week 9: March 11 & 13	Spring Break Week - San Marcos Activity Center will be open	
Week 10: March 18 & 20	Comprehensive Fitness Testing & Exercise Prescription Review	
Week 11: March 25 & 27	Client Week: Comprehensive Fitness Testing & Exercise Prescription	
Week 12: April 1 & 3	Client Week: Comprehensive Fitness Testing & Exercise Prescription -Grad. Testing 4-6:20pm	
Week 13: April 8 & 10	Professional Profile Presentation & Professional Interview Presentation -Grad. Testing 4-6:20pm	
Week 14: April 15 & 17	Video Project Presentation	
Week 15: April 22 & 24	Skills Tests (Final Exam)	
Week 16: April 28	Final Hours are Due Monday, April 28 th , 2pm	

Course evaluation written comments from former ESS 4318 students

“The actual doing of what we were learning really helped to reinforce the information”

“Each lesson was hands on and applicable”

“All aspects, I would recommend this class to anyone interested in the field?”

Description of how my teaching performance or a project within the course cited in item (3) meets award criteria as delineated in the rubric

I cast a wide net with my teaching approaches with my goal being to give students the tools necessary to develop the skills and become confident and proficient in exercise testing. Students engage in many projects (individual and team), discussions, presentations, self-reflections, skills-assessment, and must learn to work together as a team. Due to my unique position I am able to bring into the classroom on a daily basis what is currently going on in the field. I feel I am able to give to students more in that respect because I am applying what I am teaching in the classroom each week. I am innovative and evolving with my methods and assignments and have had the pleasure of working with many wonderful folks in the teaching and technology area. I look forward to taking the next step in evolving my 4318 course.

Thank you,
Carolyn Clay