

PES409/209 Practicum Guidelines

Division of Physical Activity & Health, Eastern Oregon University

As part of all degrees at Eastern Oregon University, students must complete a capstone experience. Within the Physical Activity and Health program, the capstone practicum requires students to complete three different experiences that allow them to apply knowledge and skills acquired during their academic course of study. Each of the three experiences may be fulfilled by completing the requirements for PES409.

A PES209 practicum credit is also available for those who wish to receive lower division credit. All of the below requirements apply for PES209 credit except that no research paper is required. PES209 does not meet the requirements for the capstone practicum and are generally reserved for students who are not physical activity and health majors.

The Practicum Experience

- ❑ Each student should select an appropriate site and supervisor for a hands-on experience related to physical activity or health. Typically, a practicum is an opportunity for the student to apply skills in a real world setting. For example, students who are completing a practicum in a school setting would be expected to assist the supervising teacher in their duties. This might include clerical tasks, teaching mini-lessons to individuals or small groups, teaching a short lesson to the entire class, or other duties and tasks agreed upon by the student and the supervising teacher.
- ❑ A proposal form must be filled out and submitted to the practicum coordinator. Proposal forms are available at <http://www.eou.edu/physh>
- ❑ If the proposal is accepted, the supervisor will contact the student with information about how to register for the credit.
- ❑ Students are required to complete 30 clock hours of work for each one credit they receive, up to 6 credit hours for a term.

Submitting Work

- ❑ All of the required materials are due by Monday of final exam week.
- ❑ **Journal:** Students will keep a journal of their 30 hours of practicum experience. This will include the date, hours worked, and a short description of the work.
- ❑ **Research paper** (PES409 only): This paper should focus on a topic of interest related to the practicum experience. For example, if the student is working with a teacher during instruction of a gymnastics unit then they might research injury prevention techniques associated with gymnastics. The paper should tie the students experience from the practicum with the research. Each submitted paper must demonstrate sufficient depth in researching the topic (5+ pages with sufficient discussion of research sources). All papers must be written in APA format with proper documentation of sources. For more information on APA format, see the style sheet at <http://www.eou.edu/~bsather/documents/apa.pdf> or the official APA Style Guide.
- ❑ The research paper and journal should be saved in a standard format (RTF or DOC) and submitted as an email attachment to the EOU coordinator.
- ❑ **Supervisor Confirmation:** Upon completion of the practicum, the supervising teacher should submit a letter of evaluation for the student. The letter should describe the students' attitude, participation, successes and failures, and confirmation of the minimum required hours that were experienced during the Practicum. This letter should be sent to:

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