



XS 232 – M1: Exercise Science Seminar: Professional Organizations and Development (1 cr)

Fall 2026

Tuesday 9:40 am – 10:25 am, BCAC (BC119)

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CREDIT: 1 credit hours

CATALOG DESCRIPTION:

This course is designed to begin the professional socialization process through an introduction to the professional standards and organizations that operate in the exercise science professions. Prerequisite XS130.

REQUIRED TEXTBOOK / MATERIALS:

No required textbook for the course. You will need internet access for assignments and in-class discussions (when permitted).

TENTATIVE STUDENT LEARNER OUTCOMES (SLOs):

Throughout the lecture portion of the course, the students will be expected to:

1. Identify major professional organizations and career opportunities related to exercise science.
2. Determine the goals/missions of the exercise science organizations
3. Identify Professional Journals associated with professional organizations within exercise science.
4. Differentiate the various certifications available through exercise science organizations
5. Determine the ethical considerations of various practices within exercise science organizations
6. Identify the costs and benefits associated with memberships of professional organizations.
7. Differentiate the various resources available through each organization including websites, directories, scholarships, training, etc.

➤ A minimum of 2 hours of out of class student work is expected for each hour of in class time.

METHODS OF EVALUATION AND GRADING PROCEDURES:

Presentation/Project	1 x 50	= 50 pts
Weekly assignments*	10 x 15wks	= 150 pts
TOTAL		= 200 pts

A = 93-100% of 200 points
A- = 90-92 of 200 points
B+ = 86-89% of 200 points
B = 83-85% of 200 points
B- = 80-82% of 200 points
C+ = 76-79% of 200 points
C = 73-75% of 200 points
C- = 70-72% of 200 points
D+ = 66-69% of 200 points
D = 63-65% of 200 points
D- = 60-62% of 200 points
F = 0-59.4% of 200 points

*Weekly assignments can include in-class discussions, in-class speakers, homework, etc.
In-class work CANNOT be made up outside of class.

Grading

Percentage grades will only be rounded to the nearest whole number and the cutoff is 0.5%. For example, a grade of 89.50% will be rounded to 90% (letter grade of an A) and a grade of an 89.49% will be rounded to 89% (letter grade of a B+).

ATTENDANCE POLICY

- Excused absences include: 1) activities in which the student serves as an official representative of the College (e.g., musical performance, athletic contests, field trips); 2) Personal illness, with documentation by the College nurse or a physician, if possible; 3) Family or personal emergencies; and 4) When severe weather makes travel to campus dangerous.
- Other than figures and tables, the lectures will not be available on Blackboard. If you are absent it is your responsibility to get the notes from a classmate.
- While attendance may be taken on every lecture day, it will not be factored into the student's grade. However, it has been observed that failing to attend lectures on a regular basis in this class correlates highly with poor examination performance.
- **In-class discussions and assignments CANNOT be made up outside of class.**
- The professor's lecture notes will not be made available to the student, regardless of the reason for the student's absence.
- Audio/video recordings of lectures will not be permitted except in special situations approved by the professor.

OTHER POLICIES

Sleeping in Class

- Students sleeping in class are a distraction to the professor and to the students in class who have a sincere desire to learn. Therefore, this behavior is deemed to be a form of nonacademic misconduct (see below) and will not be tolerated.

Classroom Electronics Policy

- To promote engagement, minimize distractions, and maintain a productive learning environment, the use of electronic devices in class is restricted.
- Cell phones, smartwatches, tablets, laptops, headphones, earbuds, and similar electronic devices must be silenced and stored out of sight unless their use is specifically authorized for a class activity, assessment, or accommodation. The use of headphones or earbuds during class is prohibited, as they interfere with participation, communication, and attention to course activities.
- Students are expected to give their full attention to class discussions, lectures, demonstrations, and group activities. Texting, social media use, web browsing, streaming media, gaming, or other non-course-related activities are not permitted during class.
- Repeated violations of this policy may result in the student being asked to put the device away, leave the classroom for the remainder of the class period, and/or receive a reduction in participation or professionalism points, as outlined in the course grading policy. Failing to comply with this policy is deemed to be a form of nonacademic misconduct (see below) and will not be tolerated.

Disability statement:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disability. If you have a documented disability that accommodation please contact the Disability Services Director at 937-481-2444, Robinson Communication Center 114 Office B.

Academic misconduct statement:

You are expected to adhere to the highest academic standards of behavior and personal conduct in this course and all other courses. Students who engage in academic misconduct are subject to College disciplinary procedures.

Forms of academic dishonesty:

- 1) Cheating: Using unauthorized notes or study aids, allowing another party to do one's work/exam and turning in that work/exam as one's own; submitting the same or similar work in more than one course without permission from the course instructors; deception in which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the instructor on assignments or examinations.
- 2) Aid of academic dishonesty: Intentionally facilitating any act of academic dishonesty. Tampering with grades or taking part in obtaining or distributing any part of a scheduled test.
- 3) Fabrication: Falsification or creation of data, research or resources, or altering a graded work without the prior consent of the course instructor.
- 4) Plagiarism: Portrayal of another's work or ideas as one's own. Examples include unacknowledged quotation and/or paraphrase of someone else's words, ideas, or data as one's own in work submitted for credit. Failure to identify information or essays from the Internet and submitting them as one's own work also constitutes plagiarism.
- 5) Lying: Deliberate falsification with the intent to deceive in written or verbal form as it applies to an academic submission.
- 6) Bribery: Providing, offering or taking rewards in exchange for a grade, an assignment, or the aid of academic dishonesty.
- 7) Threat: An attempt to intimidate a student, staff or faculty member for the purpose of receiving an unearned grade or in an effort to prevent reporting of an Honor Code violation.

Other Forms of Academic Misconduct:

- 1) Failure to follow published departmental guidelines, professor's syllabi, and other posted academic policies in place for the orderly and efficient instruction of classes, including laboratories, and use of academic resources or equipment.
- 2) Unauthorized possession of examinations, reserved library materials, laboratory materials or other course related materials.
- 3) Failure to follow the instructor or proctor's test-taking instructions, including but not limited to not setting aside notes, books or study guides while the test is in progress, failing to sit in designated locations and/or leaving the classroom/ test site without permission during a test.
- 4) Prevention of the convening, continuation or orderly conduct of any class, lab or class activity. Engaging in conduct that interferes with or disrupts university teaching, research or class activities such as making loud and distracting noises, repeatedly answering cell phones/text messaging or allowing pagers to beep, exhibiting erratic or irrational behavior, persisting in speaking without being recognized, repeatedly leaving and entering the classroom or test site without authorization, and making physical threats or verbal insults to the faculty member, or other students and staff.
- 5) Falsification of student transcript or other academic records; or unauthorized access to academic computer records.
- 6) Nondisclosure or misrepresentation in filling out applications or other college records.
- 7) Any action which may be deemed as unprofessional or inappropriate in the professional community of the discipline being studied.

Non-academic misconduct:

The university respects the rights of instructors to teach and of students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with these rights will not be tolerated; examples include

- 1) interfering with the instructor's ability to conduct the class,
- 2) causing inability of other students to profit from the instructional program, or
- 3) any interference with the rights of others.

An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated by the Dean of Students under non-academic procedures.

Ongoing behaviors or single behaviors considered distracting (e.g., coming late to class, performing a repetitive act that is annoying, sleeping or reading a newspaper in class, etc.) will be addressed by the faculty member initially

either generally or individually. Cases in which such annoying behavior becomes excessive and the student refuses to respond to the faculty member's efforts can be referred to the Dean of Students. In the case of serious disruptive behavior in a classroom the instructor may first request compliance from the student and if it is not received, an instructor has the authority to ask the student to leave the classroom. If the student fails to leave after being directed to do so, assistance may be obtained from other college personnel, including Campus Safety. An individual engaging in such disruptive behavior is subject to disciplinary action. Such incidents will be adjudicated by the Dean of Students under non-academic procedures to determine if the student should be allowed to return to the classroom.

Tentative Course Schedule

<u>Date</u>	<u>WEEKLY TOPICS</u>
08/25	Course Introduction and the Exercise Science Profession
09/01	Career Exploration and Professional Development Planning
09/08	Professional Organizations in Health, Fitness, and Personal Training
09/15	Strength and Conditioning Organizations
09/22	Clinical Exercise Physiology and Sports Medicine Organizations (& Allied Health)
09/29	Nutrition, Wellness, and Health-Coaching Organizations
10/06	Specialized Organizations: Biomechanics, Motor Behavior, Sport Psychology, and Adapted Physical Activity
10/13	No Class – In Service Day
10/20	Professional Journals and Evidence-Based Practice
10/27	Comparing Certification Requirements, Costs, and Career Value
11/03	Ethics, Professional Conduct, and Scope of Practice
11/10	Membership Costs, Benefits, and Return on Investment
11/17	Organizational Resources: Continuing Education, Conferences, Directories, Scholarships, and Job Boards
11/24	Graduate School, Continuing Education, and Lifelong Professional Development
12/01	Professional Identity: Résumés/CVs, Portfolios, Networking, and Special-Interest Groups
12/08	Student Professional-Organization Presentations and Course Synthesis
12/15	FINAL EXAM SESSION – if needed (10:15am – 12:15pm)

The Instructor has the authority to edit and change the schedule and syllabus at any point in the semester and will notify the class when changes have been made.

Last day to WITHDRAW is October 27TH, 2026