UF Department of Applied Physiology and Kinesiology
College of Health and Human Performance
UNIVERSITY of FLORIDA

Career Perspectives in Applied Physiology and Kinesiology

APK 4905c & PET 5936 | Class # 49081 & 27339 |

Section 0129 & K845 | 1 Credit | FA 24

Course Info

INSTRUCTOR	**Diba Mani, Ph.D.** Method of Contact: **Canvas Messaging** for FA 24 students Email: dmani@ufl.edu for non-course related communications or for communications involving those outside the course Pronouns: she/her
OFFICE HOURS	Virtual; scheduled for at least 2 hrs/wk - details posted on Canvas
MEETING TIME/LOCATION	Access course through Canvas on UF e-Learning and the Canvas mobile app by Instructure. There are no in-person meetings for this course but this online course will offer in-person opportunities and entails synchronous and asynchronous meetings via Zoom.

COURSE DESCRIPTION

This course encourages students to explore careers in industry, both in healthcare and non-healthcare, that are related to applied physiology and kinesiology while developing a supportive network of professors, alumni, and peers. Skills such as networking, scientific communication in industry, and global/international engagement will be refined. The cumulating project will be a portfolio to identify and obtain suitable experiential learning and career opportunities.

PREREQUISITE KNOWLEDGE AND SKILLS

Open to all majors. While there are no course pre-requisites, general computer and internet literacy are important for student success in this course. This includes implementing the learning management system (Canvas), video conference software like Zoom, and e-mailing with attachments.

REQUIRED AND RECOMMENDED MATERIALS

Most material in this course will be acquired through engagement with individuals who have experience in non-professional degree occupations. The assigned book for this course is by Angela Duckworth, titled "Grit: The Power of Passion and Perseverance" (2018; ISBN: 9781501111105). The book format (e.g., e-book, paperback,

hardcover, borrowed through UF Libraries Reserves) is up to the student. Any version or format of this book is appropriate.
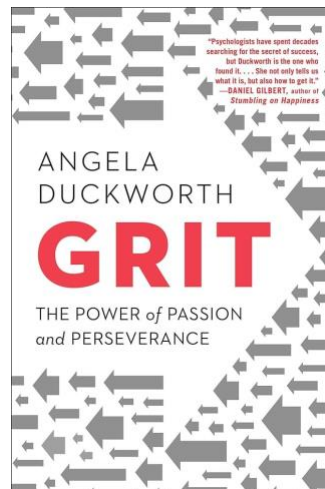
Any additional required readings such as articles and excerpts from other resources will be accessible through online resources, which are provided at no cost to you if you sign in with the UF VPN (when necessary). Access to the internet, a computer with functioning webcam, microphone, and speaker (or headphones/earbuds) are required. Please refer to "Student Computing Policy" below for additional information on this. All additional material will be provided online through Canvas. Access to the Canvas shell will be available for the duration of the semester, starting by the first day of the term and spanning at least one week after the end of the term.

COURSE FORMAT

This class is 100% online with synchronous and asynchronous components. Opportunities for in-person engagement at the UF main campus in Gainesville, FL, USA may be available but are not mandatory for grading purposes. Pre-recorded lectures and assigned readings are organized within modules. The class is designed to be flexible to your schedule, outside from any synchronous sessions that will be announced by the first official day of the course. There are no closed- book assessments in this course.

The Canvas course will open at least 24 hours before the start of the semester, and close about one week after the last day of class.

COURSE LEARNING OBJECTIVES

Upon completion of this course, students will be able to:

1. Compare physiology- and kinesiology-related career options and assess how acquired skills and interests match up to a given career path through career panels and interviews with professionals working in various companies, including pharmaceutical, medical device, sports and athletic performance, and technology.
2. Justify learning and career progression plans across different physiology- and kinesiology-related industry career possibilities.
3. Compose a personal impact statement and evaluate their strengths and weaknesses through surveys that evaluate personal character.
4. Construct a network through peer and professional interactions.
5. Complete an informational interview and obtain a letter of recommendation/reference.
6. Use a portfolio to identify appropriate career-building opportunities to match skills and interests.

Course & University Policies

ATTENDANCE POLICY

As a fully online course, students are not required to participate in any activities that impact their grade synchronously. However, there will be opportunities outside of the asynchronous online classroom, including synchronous online meetings and in-person opportunities that can contribute to the "Engagement" grade category. There is no mandatory attendance for any in-person engagements, such as department-specific career panels or university internship and career fairs.

PERSONAL CONDUCT POLICY

University of Florida students are bound by the Honor Pledge. On all work submitted for credit by a student, the following pledge is required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Student Honor Code and Conduct Code (Regulation 4.040) specifies a number of behaviors that are in violation of this code, as well as the process for reported allegations and sanctions that may be implemented. All potential violations of the code will be reported to Student Conduct and Conflict Resolution. If a student is found responsible for an Honor Code violation in this course, the instructor will enter a Grade Adjustment sanction which may be up to or including failure of the course.

Students are expected to exhibit behaviors that reflect highly upon themselves and our University:
- Read and refer to the syllabus.
- Arrive to live sessions (e.g., scheduled office hours) on time.
- Follow the guidelines for appropriate behavior in virtual environments (e.g., name visible, non-offensive background (whether virtual or not), appropriate dress during live sessions).
- Submit assignments by the deadlines. If you miss a deadline, please recognize that requesting an exception is unfair to your classmates and instructor.
- Show respect for the course instructor, classmates, and guests in engagement.
- Use professional, courteous standards for any web exchanges (e.g., proper greetings and titles in emails).
- Communicate through the preferred means (Canvas), reserving communication through official UFL email addresses for emergencies or to communicate with individuals not in the course (e.g., networking contacts).
- You are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor in this class.
- The use of software to promote academic integrity through plagiarism detection is advocated for. Although not required, Turnitin is an excellent resource for this and reference/citation assistance.

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STUDENT COMPUTING POLICY

Since this course is fully online, and per the UF student computing requirements, UF does not recommend students relying on/regularly using tablet devices, mobile phones, or Chromebook devices as their primary computer, as these may not be compatible with specific platforms used in this course or other UF courses. Access to a fast, secure internet network will be necessary for this course. If a student is in an area with limited

internet access, UF students can access eduroam for free with their GatorLink log-in credentials. If you have any problems connecting to eduroam, you can contact the UF Computing Help Desk or review the UF website about the computing policy.

There are more than 100 Wi-Fi hotspots in Florida, including several state university campuses and community colleges. You may connect to eduroam in other states as well. You don't have to sit in a car: many locations have open spaces and communal rooms available so you can get online while socially distancing and following CDC guidelines in an air-conditioned space. In Florida, all UF/IFAS Research and Education Centers (REC) are equipped with eduroam, so if you live in a rural area of your county, you can visit an REC to securely watch course videos and take care of your academic needs.

If you have any problems connecting to eduroam you can call (352-392-HELP/4357) or email the UF Computing Help Desk.

APPROPRIATE USE OF ARTIFICIAL INTELLIGENCE (AI) TECHNOLOGY

The use of AI tools will facilitate student development of skills and knowledge acquisition within the stated learning objectives of the course and are permitted in this course. When students opt to leverage AI tools to augment their submitted products, they will be expected to appropriately cite the tool(s) utilized. Further, students will be held accountable under the scope of the UF Student Honor Code & Conduct Code for the content of all work they submit (including the portions that may have been produced in part or whole by an external Entity—including AI). Thus, students should engage in active editorial and underwriting efforts to ensure the totality of the work submitted reflects their intentions and ethical values.

IN CLASS RECORDING

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. Additional information can be found on the UF website on in-class recording policies.

CLOSED-BOOK ASSESSMENT PROCTORING

There are no closed-book assessments (neither exams nor quizzes) in this course. Thus, no proctoring service will be implemented.

MAKE-UP POLICY

Make-up assessments and assignments will be given at the discretion of the instructor. Late submissions are not accepted, although some adjustments have been put in place to accommodate for a single first-time mistake on any one assignment or assessment throughout the entire semester (such as technological issues like missing a deadline or uploading an unreadable or incorrect file): a courtesy adjustment may be made under certain circumstances but with a 50% score deduction, maintaining fairness and consistency with peers – this must be communicated immediately (not the day after the deadline, at the end of the term, etc.). Please review "Grading" below for late submission or missed assessment policies (outside of documented and excusable scenarios).

Unexcused (including "inappropriate excuses") assignments cannot be made up and will result in a zero on that item. Please do **not** ask for an accommodation for inappropriate excuses, which include:

- Extracurricular activities
- Out of town/vacation
- Sleeping in
- Sports
- Technological issue due to procrastinated assignment upload
- Volunteering
- Work

Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in UF online catalog.

ACCOMMODATING STUDENTS WITH DISABILITIES

Students requesting accommodation for disabilities must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments. Accommodations are not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations. Students registered with the DRC: It is strongly recommended that you submit your accommodation requests through the DRC in the first week of classes to ensure that they are approved in time.

In the case of situations that may impede learning throughout the semester, students may reach out to the Dean of Students Office to provide documentation that will then be directed to the course instructor.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at the UF website on GatorEvals. Students will be notified when the evaluation period opens and can complete evaluations through the e-mail they receive from GatorEvals, in their Canvas course menu under GatorEvals or through the GatorEvals website.

Getting Help

HEALTH & WELLNESS
- ***U Matter, We Care****:* If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.
- ***Counseling and Wellness Center****:* Visit the Counseling and Wellness Center website or call 352-392-1575 for information on crisis services as well as non-crisis services.
- ***Student Health Care Center****:* Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website.
- ***University Police Department****:* Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).
- ***UF Health Shands Emergency Room / Trauma Center****:* For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; or visit the UF Health Emergency Room and Trauma Center website.
- ***GatorWell Health Promotion Services****:* For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the GatorWell website or call 352-273-4450.

ACADEMIC RESOURCES

- **E-learning technical support**: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center**: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support**: Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center**: Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.
- **Writing Studio**: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints & Grievances**: Students are encouraged to communicate first with the involved person(s), but here is more information on the appropriate reporting process.

APPLIED PHYSIOLOGY & KINESIOLOGY (APK) DEPARTMENT ADMINISTRATORS

For suggestions or concerns related to APK courses or programming, please reach out to any of the following:

- Dr. David Vaillancourt (he/him), APK Department Chair, vcourt@ufl.edu
- Dr. Demetra Christou (she/her), APK Department Vice Chair, ddchristou@hhp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, rachaelseidler@ufl.edu
- Dr. Joslyn Ahlgren (she/her), APK Undergraduate Coordinator, jahlgren@ufl.edu

PREFERRED NAME

It is important to the learning environment that you feel welcome and safe in this class, and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed if your name and pronouns are not reflected by your name on the class roster. Please kindly correct me if I forget or make a mistake.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records. Please keep your preferred name (first and last, if possible) visible when engaging in course activities online (e.g., virtual office hours).

NameCoach is an online tool that provides students, faculty, and staff the ability to record the pronunciation of their names. You are encouraged to record this information in our Canvas course; instructions may be found on https://it.ufl.edu/resources/namecoach/.

PRIVACY

Aspects of course content may be audio and visually recorded for students in the class to refer to. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. By enrolling in this course, you will be required to have audio and video enabled for various activities, such as synchronous sessions with industry professionals and asynchronous Discussion Board posts. If you do not want your image in any recording pertaining to course content, please let

me know within the first couple weeks of class so that we may seek an accommodation. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

Grading

The following table outlines the graded components of the course.

Course Components	Allocation to Final Grade
Syllabus Quiz	--
Assignments	50%
Engagement	25%
Portfolio	25%

Syllabus Quiz: The purpose of this open-book quiz with infinite attempts is to encourage students to review course expectations at the start of the term. Students must earn 100% on the syllabus quiz in Canvas before access to the rest of the course modules is permitted.

Assignments: The purpose of graded assignments are to develop material that can be used in actual job applications, for networking, and acquisition of knowledge related to jobs in industry. Assignments include the development and/or completion of a personal statement, a LinkedIn profile, a strength versus weakness inventory with reflection, a reference letter request package, development of interview questions, head shot, comparative industry versus academia scientific slides, and viewing speaker presentations. Attendance at in-person career panels (e.g., Applied Physiology and Kinesiology Industry Board Panel) and seminars (e.g., Center for Exercise Science, Biomedical Engineering Seminar Series) may merit extra credit in this category. A detailed grading rubric for assignments are posted in Canvas for you to use to prepare and submit work.

Engagement: Although a 100% online course, interaction with classmates and the course instructor are encouraged, augmenting the classroom experience. Graded components for course engagement include Discussion Board posts introducing and connecting with peers, attendance at an internship or career fair (UF or external, online or in-person), and seminar

Portfolio: The portfolio is a cumulation of content completed as graded assignments along with the creation of a resume and/or *Curriculum Vitae*. This capstone project should result in a package ready for distribution to potential employers, if students are interested in doing so. A detailed grading rubric for the Portfolio is posted in Canvas for you to use to prepare and submit.

GRADING SCALE

Any discrepancies with points displayed in the gradebook must be brought to the attention of the instructor as soon as possible, or before the last day of class. There are no re-grades or re-submissions in this course. If there is something that you believe is incorrect, a re-evaluation of the score may be made. Please recognize that doing so will result in a stricter evaluation of your submission, which may result in additional deductions. There is **no** curve for this course and final grades will **not** be rounded up. The Make-Up Policy described above will be followed. More detailed information regarding current UF grading policies can be found on the UF website on grades and grading policies.

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	93.00-96.99%	4.0
A-	90.00-92.99%	3.7

B+	87.00-89.99%	3.3
B	83.00-86.99%	3.0
B-	80.00-82.99%	2.7
C+	77.00-79.99%	2.3
C	73.00-76.99%	2.0
C-	70.00-72.99%	1.7
D+	67.00-69.99%	1.3
D	60.00-66.99%	1.0
E (F)	0-59.99%	0

Weekly Schedule

Synchronous engagement opportunities such as live industry professional conversations (e.g., panels and presentations) will be announced by the first day of the semester within Canvas. Deadlines for graded course components (e.g., assignments) are posted in Canvas. Please reach out in advance for accommodations, including special observances, such as holidays not already designated by the University (and noted below) – I am happy to assist however I can.

Week	Dates	Canvas Module	Content
1	August 19-23, 2024	Orientation	Semester begins on Thursday Syllabus and Canvas Exploration Introductions
2	August 26-30	Module 1	What is STEM (Science, Technology, Engineering, and Math]
3	September 2-6	Module 2	Monday is Labor Day* Portfolios, Resumes, and *Curriculum Vitaes*
4	September 9-13	Module 2	Personal Impact Statements and Missions
5	September 16-20	Module 3	Meeting Yourself: Strengths and Weaknesses
6	September 23-27	Module 4	Career Pathways Beyond More Education
7	September 30-October 4	Module 5	Useful Skills and Personal Qualities Preferred or Required Qualifications
8	October 7-11	Module 6	Communicating Science to Different Audiences
9	October 14-18	Module 7	Finding A Career Mentor Friday is Homecoming Day*
10	October 21-25	Module 8	Self-Management
11	October 28-November	Module 9	Certifications and Internships
12	November 4-8	Module 10	Branding Yourself
13	November 11-15	Module 10	Friday is Veteran's Day* Networking

14	November 18-22	Module 11	Minorities in STEM Careers
15	November 25-29	--	Monday-Friday is Thanksgiving Break*
16	December 2-6	Module 11	Thursday-Friday are Reading Days* International Careers in Physiology and Kinesiology
			*Official FA 24 weekday holiday

SUCCESS AND STUDY TIPS

This is an elective course that we hope you are taking to genuinely reach course objectives. Take course opportunities and experiences seriously and try to get something out of the opportunity to better understand your aspirations after earning your degree. The course should provide you with the opportunity to develop material ready to use in a job application.