

Career Perspectives in Applied Physiology and Kinesiology

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APK 4905c | Class #24375 | Section 13CP | 1 Credit | Spring 2025

Course Info

INSTRUCTOR

Diba Mani, Ph.D.

Method of Contact: **Canvas Messaging** for presently enrolled 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. An in-person open house day will be offered the first week of class.

MEETING TIME/LOCATION

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 related to applied physiology and kinesiology. Skills such as professional networking, scientific communication, and global/international engagement will be refined while incorporating artificial intelligence (AI) to create documents and prepare for interviews. Students will leave the class with a portfolio that comprises a personal statement, resume, letter of recommendation, headshot, and sample slides demonstrating effective scientific communication, which may be used to obtain future 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 general lecture recordings given by Dr. Mani on topics relevant to your [eventual] career search and APK alumni spotlight interviews conducted between Dr. Mani and individuals who have experience in non-professional degree occupations. Course material is instructor-generated and provided at no additional cost. Students will be required to select a personal or career/professional development book to review through the semester to reflect upon in an assignment shared with the class. Book options include but are not limited to (in any format and edition/version):

- Berardi, John. *Change Maker: Turn Your Passion for Health and Fitness into a Powerful Purpose and a Wildly Successful Career*. Benbella Books, 2019. ISBN-13: 978-1948836555
- Bradberry, Travis, and Jean Greaves. *Emotional Intelligence 2.0*. TalentSmart, 2009. ISBN-13: 978-1591844335
- Bradford, D. L., & Robin, C. *Connect: Building Exceptional Relationships with Family, Friends, and Colleagues*. Currency, 2021. ISBN-13: 978-0241406809
- Christensen, Clayton M. *The Innovator's Dilemma: The Revolutionary Book That Will Change the Way You Do Business*. HarperBusiness, 1997. ISBN-13: 978-0062060242
- Clear, James. *Atomic Habits: Tiny Changes, Remarkable Results: An Easy & Proven Way to Build Good Habits & Break Bad Ones*. Avery, 2018. ISBN-13: 978-0735211292
- Duckworth, Angela. *Grit: The Power of Passion and Perseverance*. Scribner, 2016. ISBN-13: 978-1501111105
- Dweck, Carol S. *The Growth Mindset*. Ballantine Books, 2017. ISBN-13: 978-0345472328
- Newport, Cal. *Deep Work: Rules for Focused Success in a Distracted World*. Grand Central Publishing, 2016. ISBN-13: 978-1455586691
- Painter, Liz. *STEM Careers: An Indispensable Guide to Opportunities in Science, Technology, Engineering and Maths*. Bloomsbury Publishing, 2021. ISBN-13: 978-1911724186

Any additional required readings such as articles and excerpts from other resources will be accessible through online resources, which are provided at no cost if students 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. All additional material will be provided online through Canvas.

COURSE FORMAT

This class is 100% online. Access course through Canvas on [UF e-Learning](#) and the Canvas mobile app by Instructure. 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. 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 LEARNING OBJECTIVES

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

1. **Analyze** physiology- and kinesiology-related career options.
2. **Identify** appropriate career-building opportunities to match skills and interests.
3. **Understand** the ethical and effective use of generative AI in career preparation.
4. **Evaluate** personal strengths and weaknesses through surveys and reflection.
5. **Develop** a professional network through peer and professional interactions.
6. **Perform** a practice interview that will be **evaluated** by AI and/or peers.
7. **Apply** respectful communication strategies to **obtain** a letter of recommendation/reference for future application packets.
8. **Produce** a portfolio that showcases the various assignments completed during the semester to **apply for** future experiential learning opportunities, grants/scholarships, and/or jobs.

Course & University Policies

ATTENDANCE POLICY

This fully online course prioritizes flexible learning. Synchronous online meetings and optional in-person events may boost engagement but are not mandatory. The optional in-person engagements may include university career panels, internship events, and career fairs that are shared in the class for extra credit.

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 any optional live sessions (e.g., scheduled office hours, seminars, panels) 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 this class, we will use generative AI such as ChatGPT and Gemini, as well as other AI platforms such as: Grammarly, Quinncia, Career.io, Canvas and AI Ease Headshot Generator, and personality/strengths survey inventories that may incorporate AI for interpretation (pending which is selected for use by the student).

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. To maintain fairness for all students, late submissions will not be accepted. In rare cases of unforeseen technological issues (e.g., missed deadlines, unreadable files), a one-time courtesy adjustment may be considered with a 50% deduction. To request this adjustment, students must notify the instructor immediately (within 24 hours of the posted assignment deadline). 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@hnp.ufl.edu
- Dr. Steve Coombes (he/him), APK Graduate Coordinator, scoombes@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 the [NameCoach Instruction website](#).

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	0%
Assignments	50%
Engagement	25%
Portfolio	25%

Extra Credit	0%
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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: Graded assignments are designed to prepare you for real-world career applications. Assignments include the development of a personal statement, LinkedIn profile, professional headshot, reference letter request packet, reflection on a book reading, personality survey/test reflection, international job posting, slides for different audiences, and elevator pitch. You'll practice essential skills like interviewing, science communication, and self-reflection through exercises like mock interviews, slide presentations, and personality assessments. Optional activities, such as viewing alumni spotlight interviews, can further enhance your career development.

Engagement: While this course is fully online, interaction is encouraged to enhance your learning experience. Graded engagement components include online discussions, attendance at career fairs or internship events (UF or external, online or in-person), and seminar participation. Additionally, attending in-person career panels or seminars (e.g., Applied Physiology and Kinesiology Industry Board Panel, Center for Exercise Science, Biomedical Engineering Seminar Series) may earn extra credit.

Portfolio: The portfolio is a culminating project that showcases graded assignments, a resume, sample student work, and a personal statement. This comprehensive package can be shared with potential employers to enhance job applications.

Extra Credit: Students can earn additional credit in the "Engagement" category by attending virtual and in-person seminars, career panels, and career fairs that are shared in the class. This extra credit, capped at 1% of the total grade, is not included in the regular grading scale."

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
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Weekly Schedule

Synchronous engagement opportunities such as live industry professional conversations (e.g., panels and presentations) will be announced within Canvas (optional but available for extra credit). Deadlines for graded course components (e.g., assignments) are posted in Canvas (please note all are due at 11:59 PM ET). 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	Upcoming Assignment Deadline
1	January 13-17, 2025	Orientation	Orientation (Professor Recording) Introductions (Course, Classmates, and Career/Professional Development Book Selection) Required Video: <i>Duckworth, Angela Lee. "Grit: The Power of Passion and Perseverance". Ted Talks Education. April 2013, https://www.ted.com/talks/.</i>	--
2	January 20-24	Module 1	Monday is Martin Luther King, Jr. Day* Lecture Recording & Slides: <i>What is STEM (Science, Technology, Engineering, and Math)?</i> <i>Alumni Perspective Spotlight Interview #1</i>	Due Sunday, January 26 th : "Introduce Yourself" and "Syllabus Quiz" and "Meet w/ Dr. Mani (optional for extra credit)"
3	January 27-31	Module 2	Lecture Recording & Slides: <i>Portfolios, Resumes, and Curriculum Vitae</i> <i>Alumni Perspective Spotlight Interview #2</i>	--
4	February 3-7	Module 2	Lecture Recording & Slides: <i>Personal Impact Statements and Missions</i> <i>Alumni Perspective Spotlight Interview #3</i>	--
5	February 10-14	Module 3	Lecture Recording & Slides: <i>Meeting Yourself: Strengths and Weaknesses</i> <i>Alumni Perspective Spotlight Interview #4</i>	Due Sunday, February 16 th : "Resume 1.0" and "Writing a Personal Statement with AI"
6	February 17-21	Module 4	Lecture Recording & Slides: <i>Career Pathways Beyond More Education</i> <i>Alumni Perspective Spotlight Interview #5 and #6</i>	Due Sunday, February 23 rd : "Letter of Recommendation – Sample Request Form"
7	February 24-28	Module 5	Lecture Recording & Slides: <i>Useful Skills and Personal Qualities</i> Lecture Recording & Slides: <i>Preferred or Required Qualifications</i> <i>Alumni Perspective Spotlight Interview #7</i>	Due Sunday, March 2 nd : "Personality Survey/ Test"
8	March 3-7	Module 6	Lecture Recording & Slides: <i>Communicating Science to Different Audiences</i> <i>Alumni Perspective Spotlight Interview #8</i>	Due Sunday, March 9 th : "Practice Interview – Your Elevator Pitch" and "Mid-Course Survey"
9	March 10-14	Module 7	Lecture Recording & Slides: <i>Finding A Career Mentor</i> <i>Alumni Perspective Spotlight Interview #9</i>	Due Sunday, March 16 th : "Presenting a Topic to Different Audiences"
10	March 17-21	--	Monday-Friday is Spring Break*	--

11	March 24-28	Module 8	Lecture Recording & Slides: <i>Self-Management</i> <i>Alumni Perspective Spotlight Interview #10</i>	Due Sunday, March 30 th : “Attending a Career Fair or Panel” (optional for extra credit)
12	March 31-April 4	Module 9	Lecture Recording & Slides: <i>Certifications and Internships</i> <i>Alumni Perspective Spotlight Interview #11 and #12</i>	Due Sunday, April 6 th : “Book Review/ Reflection”
13	April 7-11	Module 10	Lecture Recording & Slides: <i>Branding Yourself</i> Lecture Recording & Slides: <i>Networking</i> <i>Alumni Perspective Spotlight Interview #13 and #14</i>	Due Sunday, April 13 th : “LinkedIn Profiles & Headshots”
14	April 14-18	Module 11	Lecture Recording & Slides: <i>Minorities in STEM Career</i> Lecture Recording & Slides: <i>International Careers in Physiology and Kinesiology</i> <i>Alumni Perspective Spotlight Interview #15</i>	Due Sunday, April 20 th : “International Career Opportunities – Share a Job Posting”
15	April 21-25	--	Closing (Professor Recording) Thursday-Friday are Reading Days*	Due Wednesday, April 23 rd : “Portfolio - Putting it All Together”
16	April 28- May 2	--	Final Exam Week (NONE in this course)	--

*Official SP 25 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.