UNIVERSITY OF DELAWARE

Department of Behavioral Health & Nutrition

**BHAN 403: Practicum in Adapted Physical Activity**

**Instructor:**      Iva Obrusnikova, Ph.D., CAPE; Professor

**Email:**              [obrusnik@udel.edu](mailto:obrusnik@udel.edu)

**OFFICE HOURS via Zoom**: See the main page on Canvas.

**COURSE DESCRIPTION:**

The course consists of supervised adapted physical activity experiences designed to help students develop adaptive, managerial, and instructional skills as they apply to the physical activity of individuals with disabilities. It is an opportunity for a student to enter into a professional service position to learn through experience or accumulate clinical hours necessary for graduate school admission or other certifications.

**COURSE GOALS:**

Upon completion of this course, students will:

1. Identify and apply at least one progressive sequence of movement tasks that meets the physical needs of the target individual(s) with a disability (can be skill, fitness, or mobility-based).
2. Identify and apply three different instructional strategies to facilitate physical activity or motor behavior in the target individual(s) with a disability.
3. Critically reflect on experiences working with individuals with a disability.

Students have two following options to complete the BHAN403 practicum requirement:

**OPTION 1 (remote practicum):** Under this option, you will complete your practicum remotely with an internship agency/organization. To choose this option, please complete [Form A](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing) and attach it to the [BHAN 403 Enrollment Request Form](https://docs.google.com/forms/d/e/1FAIpQLSeSZ3yKeu2SSsK7D_JUBdBBGHMp15i2yTjKHWjm1R6u0PHfbg/formResponse), selecting the "remote hours" option. It's important to note that on-site, in-person hours are not permitted under this option. If you wish to switch from remote to in-person hours, please contact [Dr. Obrusnikova](mailto:obrusnik@udel.edu) for guidance on the next steps. Regardless of the number of credits and the length of your practicum, you are required to submit at least eight reports (see Form B). Your supervisor must complete an evaluation (see Form C) at the end of your placement and email it to the course instructor. You can find all necessary documents [here](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing).

**OPTION 2 (onsite hours)**: This option involves completing an in-person practicum with an internship agency/organization. To choose this option, complete the [BHAN 403 Enrollment Request Form](https://docs.google.com/forms/d/e/1FAIpQLSeSZ3yKeu2SSsK7D_JUBdBBGHMp15i2yTjKHWjm1R6u0PHfbg/formResponse) and attach [Form A](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing). If you plan to work with children under the age of 18 years, please contact [Jodi Allen](mailto:joallen@udel.edu). Note that obtaining a background check can take up to 4 weeks. Certain sites, such as Christiana Care, Child Care Sites, and K-12 schools, require background clearances. Registration requests for these sites made after the start of the semester will be rejected. Regardless of the number of credits and the length of your practicum, you must submit at least eight reports (see Form B) in the form of weekly journals. Your supervisor should complete the evaluation (Form C on Canvas) at the conclusion of your placement. All necessary documents can be found [here](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing).

Please carefully consider your preferred practicum option and follow the specified procedures for each. If you have any questions or need further assistance, do not hesitate to reach out.

**COURSE POLICIES:**

**Practicum Length:** The practicum duration is a minimum of five weeks for summer/winter sessions, regardless of credit hours. You must plan to commit a minimum of 40 hours for one credit, 80 hours for two credits, and 120 hours for three credits. Practicum hours can begin as early as November (for Winter) and May (for Summer).

**Canvas:** This course utilizes Canvas for assignments and communication. Access the course materials at Canvas.

**Communication: You are responsible for monitoring due dates, course requirements, and point scores. All provided materials may change, so it's crucial to check your email daily. Feel free to contact me with any questions. I typically respond to emails within 24 hours on weekdays, and within 48 hours on weekends, please resend if needed. We can schedule one-on-one online meetings or chats by request. Grades and feedback will be posted within 72 hours of the assignment due date, while discussion grades will be posted within 24 hours. There may be delays for late submissions or resubmitted assignments.**

**Software and Hardware**: You will need a word processor capable of saving documents in MS Word Format for this course.

**Academic Honesty:** Adhere to the University of Delaware's Honor Code. Academic dishonesty, including cheating, plagiarism, fabrication, or multiple submissions, is not tolerated and will be handled according to UD regulations. Refer to the Code of Student Conduct for further information. (<http://www.udel.edu/stuguide/17-18/code.html>).

**Inclusion and Title IX:**Our classroom environment should be mutually respectful and inclusive of all students.

**Harassment:**It is unacceptable and a violation of university policy to harass, discriminate against or abuse any person because of their race, color, national origin, gender, sexual orientation, disability, religion, age, or any other characteristic protected by applicable law. Such behavior threatens to destroy the environment of tolerance and mutual respect that must prevail for this university to fulfill its educational mission. Contact the Office of Equity and Inclusion (http://www.udel.edu/oei/) if you believe a violation has occurred.

**Accommodations:** The University of Delaware is committed to diversity and welcomes students with disabilities. Your academic success is important. If you have a documented disability, which may impact your work in this class, please contact the ACCESS Center as soon as possible to arrange for the appropriate services and accommodations. Please call 302/831-2741 (voice), 302/831-6367 (TDD), 302/831-2789 (fax). You need to arrange a meeting with the instructor to discuss specific accommodations you wish to make in the course. The instructor will not contact you.

**GRADING:**

|  |  |
| --- | --- |
| One credit: Attendance (5pts/hour, 40 hours x 5pts) | 200 |
| Weekly report (at least 8 x 10pts) | 80 |
| Good or better rating on your evaluation form | 20 |
|  | 300 points |

You have to receive 95% or more (285+ points) to pass the practicum.

|  |  |
| --- | --- |
| Two credits: Attendance (5pts/hour, 80 hours x 5pts) | 400 |
| Weekly journals (at least 8 x 10pts) | 80 |
| Good or better rating on your evaluation form | 20 |
|  | 500 points |

You have to receive 95% or more (475+ points) to pass the practicum.

|  |  |
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| Three credits: Attendance (5pts/hour, 120 hours x 5pts) | 600 |
| Weekly journals (at least 8 x 10pts) | 80 |
| Good or better rating on your evaluation form | 20 |
|  | 700 points |

You have to receive 95% or more (665+ points) to pass the practicum.