  
HBNS 403: Adapted Physical Activity Practicum

**Semester:** Winter; **Year:** 2026  
**Grading:** Pass/Fail

**Credits:** 1 credit = 40 hours\*; 2 credits = 80 hours; 3 credits = 120 hours

**\*40 hours (1 credit) meet the minimum program requirement.**

Students can enroll in HBNS 403 up to three times to explore different agencies or locations.

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# 1. Instructor Information and Introduction

## Instructor Contact Information

Instructor name: Iva Obrusnikova, PhD

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

Website: <https://www.linkedin.com/in/iva-obrusnikova-phd-b9498311/>   
Office location: 326 STAR Tower

Office hours: virtual; <https://udel.zoom.us/j/98358834475>

Phone number: 302/388-7662

# 2. Course Description and Delivery Mode

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.

The class will be supervised by the course instructor virtually.

# 3. Agency Search

Students are responsible with identifying a suitable agency and location that aligns with their interests for this practicum. To facilitate this process, students should schedule a consultation with the potential practicum supervisor. You can also schedule a meeting with the practicum coordinator to assist you should you struggle finding placements within the Newark area and beyond.

Students have two following options to complete the HBNS403 practicum requirement:

**OPTION 1 (remote hours):** 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 [HBNS 403 Enrollment Request Form](https://www.udel.edu/academics/colleges/chs/departments/hbns/student-resources/bhan-advising/practica-enrollment/) (go down to HBNS403 Enrollment Information), 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) and your supervisor must complete final evaluation (see Form C). All necessary forms can be found [here](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing).

**OPTION 2 (onsite hours)**: This option involves completing your practicum in person 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 [HBNS 403 Enrollment Request Form](https://www.udel.edu/academics/colleges/chs/departments/hbns/student-resources/bhan-advising/practica-enrollment/) (go down to HBNS403 Enrollment Information), selecting the “in-person” option. 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, Childcare Sites, and K-12 schools, require background/vaccination clearances, which may take from 3 to 6 weeks. 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 are required to submit at least eight reports (see Form B) and your supervisor must complete final evaluation (see Form C). All necessary forms can be found [here](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing).

# 4. Forms & Required Learning Materials

## [Forms](https://drive.google.com/drive/folders/0BzaCTOLZqNseRklleTEyRm8xT2c?resourcekey=0-8xNt6tFZfNXZJcEw36kxUQ&usp=sharing)

1. Practicum Destination Form (Form A)
2. Weekly Practicum Report (Form B)
3. Final Practicum Report (Form C)

## Required Learning Materials

[**Canvas**](http://www.udel.edu/canvas)**:** In this class, Canvas, UD's online learning management system, will be used for all course activities and communication channels. All assignments will be posted through the Canvas course site unless otherwise directed. Information on how to use Canvas is available through the [Canvas Student Guide](https://community.canvaslms.com/docs/DOC-10701). Canvas can also be accessed via [MyUD.](https://my.udel.edu/)

# 5. Learning Assessment

## a. Practicum Reports:

**Deadline:** 1-2 practicum reports must be submitted weekly by the deadline indicated on Canvas.

## b. Final Supervisor Evaluation:

**Procedure:** The final supervisor evaluation must be emailed directly to the practicum coordinator no later than the last day at the practicum site or the final day of scheduled classes for the semester, whichever occurs first.

# 6. Final Grade Breakdown

|  |  |
| --- | --- |
| 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.

|  |  |
| --- | --- |
| 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.

# 7. Policies

## Course-Specific Policies

### Dress Code:

Field experiences demand a professional appearance. Here's what's expected:

* **Professional Attire:** Polo shirts, UD shirts, or clean shirts without inappropriate imagery or text. Khaki pants, leggings, athletic sweatpants or pants, or mid-thigh shorts. Sneakers or tennis shoes paired with socks. Hair should be clean, well-groomed, and, if long, tied back.
* **Unprofessional Attire:** Denim jeans, irrespective of color. Tank tops, belly shirts, skirts, or dresses (unless worn for religious reasons). Clothing depicting inappropriate graphics, texts, or featuring holes. Inadequate shorts exposing undergarments or private areas. Dress shoes, slip-ons, boots. Oversized earrings and bracelets (as some children might pull on them). Chewing gum, wearing hats or sunglasses.

### Communication

* **Stay Updated:** Monitor due dates, course requirements, and your scores. Course materials may be updated, so regularly check your email.
* **Questions?** Reach out with any course-related inquiries. I typically respond within 24 hours on weekdays. If there is no reply after 48 hours (except for the weekend), kindly resend the email.
* **Office Hours & Meetings:** Additional online or in-person meetings besides scheduled office hours can be arranged.
* **Grading Timeline:** Assignment feedback will be provided within one week, and quiz scores will be provided within 48 hours. Late or resubmitted work may see a slight delay in grading.

### Use of Advanced Automated Tools

* **Ethical Considerations:** The use of AI tools should be in line with academic integrity. Do not use AI to generate entire essays, complete creative tasks, or answer questions in exams or quizzes on your behalf. Any assignment's primary content and conclusions should result from your understanding and critical thinking.
* **Transparency:** If you've used an AI tool, such as ChatGPT, Dall-E 2, or any other platform, in preparing your assignment, please disclose its use and the capacity in which it was employed. For instance, if you used a tool to gather data, mention this in a footnote or the assignment's methodology section.
* **Grammar & Style Checkers:** You're encouraged to use tools like Grammarly to refine your writing. However, do not overly rely on these; part of your academic journey is to improve your written communication skills.
* **Limitations Awareness:** Be aware of the limitations of AI. If quoting or using data generated by an AI tool, ensure you understand it, can defend its validity, and are aware of potential biases or errors.
* **Feedback Mechanism:** If you believe an AI tool could benefit the entire class or feel there is a grey area in its use, please provide feedback. Our guidelines on AI use are iterative and might be updated based on evolving technologies and pedagogical strategies.

### Student Mental Health & Wellbeing

College students often experience things that may interfere with academic success, such as academic stress, sleep problems, juggling responsibilities, life events, relationship concerns, or feelings of anxiety, hopelessness, or depression. If you are experiencing any of the above in a way that is negatively impacting your ability to participate fully in the learning activities for this class, I strongly encourage you to get in touch with me. Additionally, I have provided information from other campus-wide units below.

* Contact me if you are struggling with this class, please check-in during office hours or contact me by email at [obrusnik@udel.edu](mailto:obrusnik@udel.edu).
* Check-in with your academic advisor or the Assistant Dean for Student Services in your college. If you are struggling in multiple classes, unsure whether you are making the most of your time at UD, or unsure what academic resources are available at UD.
* UD’s Center for Counseling & Student Development (CCSD), TimelyCare, and UD Helpline
  + provides cost-free and confidential mental health services promoting psychological wellbeing so that students can be more successful in their academic, personal, and career pursuits. CCSD provides in-person services including walk-in urgent visits, scheduled individual and group counseling, and consultation for students, parents, and faculty.
  + CCSD partners with [TimelyCare](https://sites.udel.edu/counseling/timelycare) to provide scheduled counseling and health coaching via telehealth.
  + For 24/7 mental health support, students have the option of calling the UD Helpline at 302-831-1001 or accessing TimelyCare’s Talk Now service through the TimelyCare app or online. Visit [CCSD’s website](https://sites.udel.edu/counseling/services/) for additional information and resources.
* UD’s Crisis Text Line
  + Text “UDTEXT” (or “STEVE” for students desiring to connect with a professional who specializes in supporting students of color) to 741741 for confidential text message support.
* Division of Student Life
  + Explore the [Student Life’s Wellbeing webpage](https://sites.udel.edu/studentlife/wellbeing/) for a comprehensive listing of well-being resources, activities, and services available to all students.

## UD Academic Policies

### The Safety of Our Learning Environment

Student learning can only occur when students and their instructors feel safe, respected, and supported by each other. To ensure that our learning environment is as safe as possible, you are expected to abide by the most up-to-date [University of Delaware’s COVID-19 Guidelines](https://www.udel.edu/home/coronavirus/guidelines/),

### Academic Honesty

Please familiarize yourself with UD policies regarding academic dishonesty. The [Academic Honesty Policy](https://www.udel.edu/content/dam/udelImages/student-life/StudentGuide.pdf) states: “Students must be honest and forthright in their academic studies. Students are expected to do their own work and must give proper credit for any work not their own. Students may neither give nor receive unauthorized assistance.  Engaging in academic dishonesty, or allowing other students to do the same, corrupts the educational process and diminishes the quality of a University of Delaware degree.” View the [university's procedures](https://www.udel.edu/students/community-standards/conduct-process/) for resolving academic dishonesty concerns. Contact Community Standards & Conflict Resolution at [communitystandards@udel.edu](mailto:communitystandards@udel.edu) or (302) 831-2117.

### Harassment, Discrimination, and Sexual Misconduct

The University of Delaware works to promote an academic and work environment that is free from all forms of discrimination, including harassment and sexual misconduct. As a member of the community, your rights, resources and responsibilities are reflected in the Non-Discrimination, Sexual Misconduct, and Title IX policy.  Please familiarize yourself with this policy at the [University’s Office of Equity & Inclusion’s website](https://sites.udel.edu/oei/). You can report any concerns to the University’s Office of Equity & Inclusion (302) 831-8063 or at kbuchko@udel.edu.  You can report anonymously through UD Police (302) 831-2222 or the [EthicsPoint Compliance Hotline](https://sites.udel.edu/intaudit/compliance-hotline/).

* Read the [full policy](https://bpb-us-w2.wpmucdn.com/sites.udel.edu/dist/f/4341/files/2025/02/20200902-NDSM-Policy-final.pdf)
* [File a report](https://sites.udel.edu/oei/)

### Responsible Employee Disclosure Statement

As a University employee, I must report any alleged violation of the *Non-Discrimination, Sexual Misconduct and Title IX Policy*. This means that if I become aware of any instance in which a member of our campus community, including students, may have experienced sexual misconduct—including sexual harassment, sexual assault, relationship violence (domestic or dating violence), or stalking — or any form of discrimination as outlined in the Policy, I am required to report the matter to the University’s Title IX Coordinator.

Once a report is made, the Title IX Coordinator will reach out to the affected party to provide information about their rights and options, available support resources, and how the University may respond to the report. The goal is to ensure the safety and well-being of both the individual and the broader campus community.

If such information is shared with me — whether during class, in a written assignment, or in a one-on-one conversation — I will respect your privacy. I will share the information only with the Title IX Coordinator.

For more information about the University’s *Non-Discrimination, Sexual Misconduct and Title IX Policy*, support services, and reporting procedures, please visit [www.udel.edu/sexualmisconduct](http://www.udel.edu/sexualmisconduct). You may also contact the Title IX Coordinator directly at kbuchko@udel.edu.

The University offers the following confidential resources:

1. TimelyCare provides [24/7 mental health support via telehealth](https://www.udel.edu/students/health-wellbeing/mental-health/timelycare/) for confidential crisis and victim support for survivors of all forms of sexual misconduct. Students can receive eight (8) free *scheduled telehealth* counseling sessions per year with a therapist of their choosing.  Students can register for TimelyCare at <https://www.udel.edu/students/health-wellbeing/counseling-center-services/timelycare/>
2. If you need immediate counseling assistance after hours, TimelyCare: TalkNow offers unlimited free emergency virtual sessions within five (5) minutes of logging on.  Available 24/7, TalkNow provides on-demand emotional support to talk about anything, including anxiety, relationships, depression and school-related issues. TalkNow can be accessed at <https://www.udel.edu/students/health-wellbeing/counseling-center-services/timelycare/>
3. Student Wellness & Health Promotion offers one-on-one appointments with a professional victim advocate or a dating violence counselor. The Victim Advocate is available for all UD students facing traumatic situations, including sexual assault, dating and domestic violence, sexual harassment, and stalking.  The Victim Advocate also provides information on resources including professional advocacy, support groups and 24/7 crisis assistance. To contact the Victim Advocate, email victimsupport@udel.edu, use this link to schedule an appointment: [Book an Appointment with me](https://www.udel.edu/students/health-wellbeing/victim-services/) or visit <https://www.udel.edu/students/support/victim-support-services/> for more information.
4. The Center for Counseling & Student Development Services provides individual and group counseling. The Counseling Center also offers walk-in hours Monday-Friday between 9:30am-4pm that are based on a first-come, first-served basis.

### Accommodations for Students with Disabilities

Any student who may need disability-related accommodations should contact the Office of Disability Support Services (DSS) office as soon as possible. For more information, please visit [Getting Registered at DSS](https://sites.udel.edu/dss/students/registration-process-2/). Contact DSS by phone: 302-831-4643; fax: 302-831-3261; website: [www.udel.edu/dss](http://www.udel.edu/dss); email: [dssoffice@udel.edu](mailto:dssoffice@udel.edu); or visit 240 Academy Street, Alison Hall Suite 130 during business hours (8-5 M-F).

### Notice of Non-Discrimination and Equal Opportunity

The University of Delaware does not discriminate against any person on the basis of race, color, national origin, sex, gender identity or expression, sexual orientation, genetic information, marital status, disability, religion, age, veteran status or any other characteristic protected by applicable law in its employment, educational programs and activities, admissions, and scholarship and loan programs as required by Title IX of the Educational Amendments of 1972, the Americans with Disabilities Act of 1990, Section 504 of the Rehabilitation Act of 1973, Title VI and VII of the Civil Rights Act of 1964, and other applicable statutes and University policies. The University of Delaware also prohibits unlawful harassment, including sexual harassment and sexual violence.

### **For inquiries or complaints related to non-discrimination policies, please contact: Office of Equity & Inclusion-** [**oei@udel.edu**](mailto:oei@udel.edu)**, (302) 831-8063**

For complaints related to Section 504 of the Rehabilitation Act of 1973 and/or the Americans with Disabilities Act, please contact: Office of Disability Support Services, [dssoffice@udel.edu](mailto:dssoffice@udel.edu), Alison Hall, Suite 130, Newark, DE 19716 (302) 831-4643 OR contact the [U.S. Department of Education - Office for Civil Rights](https://www2.ed.gov/about/offices/list/ocr/docs/howto.html)