

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



MASTER SYLLABUS

**COURSE NUMBER: EXSC 406
COURSE TITLE: Senior Seminar**

CIP Code: 31.0505

Created by: Dr. Janet L. Parcell

**School: School of Science, Health, and Criminal Justice
Department:
Implementation Semester/Year: Fall 2027**

A. COURSE TITLE: Senior Seminar

B. COURSE NUMBER: EXSC 406

C. CREDIT HOURS (# Hours of Lecture, Laboratory, Recitation, Clinical):

| | |
|--------------------------|---|
| # Credit Hours per Week | 1 |
| # Lecture Hours per Week | 1 |
| # Lab Hours per Week | |
| Other per Week | |

D. GRADING METHOD:

| | |
|-----------|-------------------------------------|
| A – F | <input type="checkbox"/> |
| Pass/Fail | <input checked="" type="checkbox"/> |
| Other: | |

E. WRITING INTENSIVE COURSE:

| | |
|-----|-------------------------------------|
| Yes | <input type="checkbox"/> |
| No | <input checked="" type="checkbox"/> |

F. GER CATEGORY:

Does the course satisfy a GER category? If so, please select all that apply.

[\(https://www.canton.edu/provost/assessment/ger/\)](https://www.canton.edu/provost/assessment/ger/)

| | |
|---|--------------------------|
| [1-2] Communication | <input type="checkbox"/> |
| [3] Diversity: Equity, Inclusion & Social Justice | <input type="checkbox"/> |
| [4] Mathematics & Quantitative Reasoning | <input type="checkbox"/> |
| [5] Natural Science & Scientific Reasoning | <input type="checkbox"/> |
| [6] Humanities | <input type="checkbox"/> |
| [7] Social Sciences | <input type="checkbox"/> |
| [8] Arts | <input type="checkbox"/> |
| [9] US History & Civic Engagement | <input type="checkbox"/> |
| [10] World History & Global Awareness | <input type="checkbox"/> |
| [11] World Languages | <input type="checkbox"/> |

CORE COMPETENCIES (Required starting in Fall 2026):

| | |
|--------------------------------------|-------------------------------------|
| [12] Critical Thinking and Reasoning | <input checked="" type="checkbox"/> |
| [13] Information Literacy | <input checked="" type="checkbox"/> |
| [14] Civic Discourse | <input type="checkbox"/> |

G. APPLIED LEARNING COMPONENT (High-Impact Practices):

| | |
|-----|-------------------------------------|
| Yes | <input type="checkbox"/> |
| No | <input checked="" type="checkbox"/> |

If Yes, select [X] one or more of the following Curricular Attribute categories:
 HIPs definitions found here: <https://www.suny.edu/applied-learning/resources/>

| | |
|--|--------------------------|
| Capstone | |
| Creative Works | <input type="checkbox"/> |
| For-Credit Internship | <input type="checkbox"/> |
| Practicum | |
| Practicum [Clinical Placement] | <input type="checkbox"/> |
| Practicum [Non-Clinical Placement] | <input type="checkbox"/> |
| Research & Field Study | |
| Field Research | <input type="checkbox"/> |
| Research | <input type="checkbox"/> |
| Undergraduate Research | <input type="checkbox"/> |
| Service or Community | |
| Service Learning | <input type="checkbox"/> |
| Community Service | <input type="checkbox"/> |
| Civic Engagement | <input type="checkbox"/> |
| Study Abroad | |
| International and Domestic Travel/Exchange | <input type="checkbox"/> |
| COIL | <input type="checkbox"/> |

H. SEMESTER(S) OFFERED:

| | |
|-----------------|-------------------------------------|
| Fall | <input checked="" type="checkbox"/> |
| Spring | <input type="checkbox"/> |
| Fall and Spring | <input type="checkbox"/> |

I. COURSE DESCRIPTION:

This is a required course for Exercise Science students in their seventh semester (prior to their last semester). Course will consist of lecture meetings, one on one meetings with instructor, and field trips. The course is designed to assist those students who wish to pursue an internship opportunity and to prepare students for a successful transition from college to the professional world or graduate school. Emphasizing career readiness, the course guides students through essential topics such as professional resume and cover letter development, job search strategies, interview preparation, and workplace professionalism and success strategies. Students will participate in weekly field trips to various local professional sites that may also serve as internship sites. Students will be able to observe different sectors of the profession to help inform them on internship possibilities or career decisions. Included are domains of community health education, personal training/small group training, collegiate strength and conditioning, and exercise physiology. Students will engage in goal-setting activities to define their career paths and self-assessment. For those completing an internship during their final semester, the course also provides structured preparation and assistance to secure an internship that aligns with their career goals.

J. **PRE-REQUISITES:** Senior Level status in EXSC program

CO-REQUISITES: NONE

K. LEARNING OUTCOMES:

| Course Student Learning Outcome [SLO] | Program Student Learning Outcome [PSLO] | GER | ISLO & Subsets |
|---|---|-----|----------------|
| a. Evaluate personal strengths, skills, and areas for growth to formulate a clear and actionable career development plan. | | - | 5 |
| b. Construct a professional-quality resume and cover letter that align with current industry standards and specific job postings in the exercise science field. | | - | 5 |
| c. Understand appropriate work setting behaviors and skills to help ensure a successful internship or job experience | 6 | - | 4 [IK, T] |
| d. If applicable: Develop an internship proposal with a statement of goals, site preferences, target areas, and strategies for communication with possible hosts. | 1 | - | 1 [W] |

| KEY | Institutional Student Learning Outcomes [ISLO 1 – 5] |
|--------|---|
| ISLO # | ISLO & Subsets |
| 1 | Communication Skills Oral [O], Written [W] |
| 2 | Critical Thinking <i>Critical Analysis [CA], Inquiry & Analysis [IA], Problem Solving [PS]</i> |
| 3 | Foundational Skills <i>Information Management [IM], Quantitative Lit, /Reasoning [QTR]</i> |
| 4 | Social Responsibility <i>Ethical Reasoning [ER], Global Learning [GL], Intercultural Knowledge [IK], Teamwork [T]</i> |
| 5 | Industry, Professional, Discipline Specific Knowledge and Skills |

| KEY | Program Student Learning Outcomes [PSLO] https://www.canton.edu/sci_health/hefi/outcomes.html |
|--------|--|
| PSLO # | PSLO & Subsets |
| 1 | Communication Skills |
| 2 | Social Responsibility |
| 3 | Critical Thinking |
| 4 | Professional Competencies |

L. TEXTS: N/A

M. SUGGESTED INSTRUCTIONAL MATERIALS: N/A

N. EQUIPMENT: N/A

O. SUGGESTED MEASUREMENT CRITERIA/METHODS:

| | |
|-----------------|-------------------------------------|
| Quiz | <input type="checkbox"/> |
| Exam: practical | <input type="checkbox"/> |
| Assignment | <input type="checkbox"/> |
| Other: | <input checked="" type="checkbox"/> |

P. DETAILED COURSE OUTLINE:

I. Course introduction and overview

- a. Discuss course expectations and requirements.

II. Self-Assessment and Career Path Development

- a. Evaluate personal strengths, skills, and areas for growth.
- b. Assess and reflect on critical knowledge from program courses.
- c. Prepare goal statement for final semester and post-graduation.

III. Options for Final Semester

- a. Discuss options, requirements, and responsibilities for final semester
- b. Research potential sites and positions within sport organizations that align most with career goals or research projects that are of specific interest to the student
- c. If choosing an internship, students will create a potential site and contact list

IV. Importance of a good Resume and Cover letter

- a. Create a draft resume and cover letter
- b. Meet individually with the course instructor to review drafts
- c. Finalize resume and cover letter

V. Securing the internship (for students who are choosing internship option)

- a. Making initial contact
- b. How to prepare for an internship interview
- c. Complete all required paperwork

VI. Career Planning

- a. How/where to look for a job
- b. How to prepare for an interview and interviewing tips
- c. How to be successful at your job
- d. Graduate school

Q. LABORATORY OUTLINE: N/A