

Course Name: REC254 Work Placement: Sports Conditioning
Credit Value: 6
Prerequisite Course: None

Course Description

The purpose of this course is to provide students with career planning skills and applied work experiences. The course will consist of two-hours/week of classroom based activity and one-hour/week of placement meetings.

Course content will include: development of placement learning objectives, resumes and cover letters, interview strategies, career planning, work portfolio, and employer presentations. Students will also be required to complete 100 hours of supervised work placement.

PLAR Information

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Course Learning Outcomes

Upon completion of this course, the student will have reliably demonstrated the ability to:

- 1. Design work placement objectives.**
 - 1.1 Complete a personal inventory of skills and experiences.
 - 1.2 Identify areas of work placement interest.
 - 1.3 Determine agencies, programs, and services that offer placement.
 - 1.4 Write general and specific work placement objectives.
 - 1.5 Discuss the hiring process and employers' expectations.
- 2. Develop professional resume and cover letter.**
 - 2.1 Understand various types of resumes.
 - 2.2 Research sample resumes.
 - 2.3 Draft a resume and a cover letter for work placement.
- 3. Demonstrate competence in a job interview situation.**
 - 3.1 Know the steps of job interviewing.
 - 3.2 Arrange and complete an interview for work placement.
 - 3.3 Evaluate your experience being interviewed.
- 4. Create a personal career plan.**
 - 4.1 Assess personal and professional skills and attributes.
 - 4.2 Identify personal and career aspirations.
 - 4.3 Complete a three-year education and career path.
 - 4.4 Identify and promote training, skill development, and certification opportunities for personal growth and development.
 - 4.5 Develop career plans to include active participation in professional associations and the acquisition of professional certification.
 - 4.6 Initiate networks with professionals and service providers.
- 5. Complete a work placement.**
 - 5.1 Obtain and complete a 100 work placement experience.
 - 5.2 Adhere to work placement learning objectives.
 - 5.3 Attend weekly placement meetings with program faculty.
 - 5.4 Submit work placement journals.
 - 5.5 Advise program faculty advisor and placement supervisor of any problems associated with work placement.
 - 5.6 Demonstrate professional behaviour during placement.

Evaluation Strategy

Grading System

A+ Honours	90-100%										
A+	85-89%	B+	75-79%	C+	65-69%	D+	55-59%	R	Repeat	U	Unsatisfactory
A	80-84%	B	70-74%	C	60-64%	D	50-54%	S	Successful	I	Incomplete

*For a complete detailed description please refer to the *Academic Calendar*.

Student Success

(Dial 5185 for Campus Life or 5301 for the Aboriginal Learning Unit)

Canadore is committed to Student Success and offers CONFIDENTIAL services to help you in your studies.

- Counselling helps with academic, career and personal/crisis issues.
- AccessAbility Services will accommodate you if you have physical, mobility, visual, auditory, medical and/or learning disabilities.
- Health Centre provides services to you in case of illness.
- Career Services offers career advice, resume and interviewing workshops.

Waiver of Responsibility

Every attempt is made to ensure the accuracy of this information as of the date of publication. The college reserves the right to modify, change, add, or delete content.