

## Professional Involvement Activities

### PURPOSE:

The Health and Physical Education **major must earn at least 50 professional involvement points** by participating in health, physical education and activity, sport and other related activities. Activities must be spread across the categories listed below. No more than 15 points per section will be counted. All points must be earned by the end of the internship I semester (the second to last semester of the program of study). It is anticipated that much more than 50 points will be earned.

**These are the kinds of activities that enhance a resume and help the health and physical education graduate get a job.** These activities link well with the university's DegreePlus Quality Enhancement Plan. Information can be found at: <http://www.wcu.edu/learn/academic-enrichment/ccpd/degree-plus/students-info.aspx>

**VERIFICATION:** To receive credit for any of the below listed activities, a completed verification form with the appropriate signatures and supporting evidence (if necessary) is required. **These forms should be filed with your advisor as soon as the activity is completed.**

**I. MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:** Points can be earned for joining any of the organizations below as well as other professional organizations for which there is an annual membership fee.

<u>Organization</u>	<u>Points</u>
WCU Health and Physical Education Majors Club	3
NC SHAPE– State resource for SHAPE America	5
Society for Health and Physical Educators (SHAPE)	10
<u>Certifications</u> (1 point for each hour involved)	6 max
- First Aid	
- CPR	
- WFR/OEC	
- ACSM	
- NSCA	
- Fitness or Aerobics Instructor/Personal Trainer	
- Sports Official (member of an association)	
- Coaching Certificate	
- Wilderness/Adventure Leadership Certification	
- Other (see adviser)	
Tracking	/15 max

\*To receive credit for these organizations, submit a photocopy or electronic version of your membership card.

**II. PARTICIPATION IN PROFESSIONAL ORGANIZATIONS :** There are several opportunities to participate in professional activities local and statewide during the semester.

<u>Level of Participation</u>	<u>Points</u>
Become an elected WCU HPE Majors Club Officer and attend all meetings.	8
Attend all WCU Health and Physical Education Majors Club meetings.	5
Attend the NCAHPERD-SM State Convention (1-3 days).	3-6
Attend the Physical Education Leadership Training conference (2 days).	3-6

Attend the SHAPE Southern District Convention (1-3 days).	6-10
Attend the SHAPE National Convention (4-5 days).	10-15
Participate in Dance performance at local school/flash mob – HPE 346	3
Participate in extra field experience for adapted class – HPE 424	3
Participate in Lead Breathing Workshop – HPE 255	3
HPE ambassador for open houses	5
Suite 201 workshops or attending campus speakers related to teaching	1 per hour
Other (see advisor)	
Tracking	/15 max

**III. SELECTED SERVICE ACTIVITIES:** Points can be earned for a variety of volunteer service activities.

<u>Activity</u>	<u>Points</u>
Volunteer to assist at The Catamount School. 1 point/hour	8 max
Participate in the Poverty Simulation – HPE 350/325	8
Volunteer to assist a public school teacher beyond required field-experiences. 1 point/hour	5 max
Volunteer to assist with a “Field Day” or “Health Fair” at a public school. 1 point/hour	3 max
Volunteer for HPE Majors Club service activities. 1 point/hour	5 max
Volunteer for Special Olympics. 1 point/hour	5 max
Volunteer to participate as a subject or assist in a research study. 1 point/hour	8 max
Volunteer to serve in the Growing Minds Farm to School program. 1 point/hour	5 max
Volunteer to serve in the University Participant Program. 1 point/hour	5 max
Other (see adviser)	
Tracking	/15 max

**IV. FULL-SEMESTER PROFESSIONAL ACTIVITIES:** Points can be earned through involvement in activities which go on during any part of a given school year.

<u>Activity</u>	<u>Points</u>
Participate on an intramural team as player or coach. - May earn points for up to 5 different sports. 1 point for non-major teams/ <b>2 points for HPE teams.</b>	5-10 max
HPE major’s social gathering with team activity involved	5
Participate on an intercollegiate team, 8 points/season	up to 15
Participate on a city recreation team(s). 2 points/team	4 max
Participate in a race (non intercollegiate). 2 points/race	10 max
Teach or work on a regular basis throughout the semester in any of the following: - Aerobics/fitness center or club - School Athletics or Recreational Sports program: coach or official - Intramurals program: supervisor, official or scorekeeper - After school program - Other (see adviser) *Number of points awarded depends on the time involved	3-8*
Tracking	/15 max