

**UNIVERSITY OF NORTH ALABAMA**  
**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION**  
**B.S. in HEALTH, PHYSICAL EDUCATION AND RECREATION**  
**SENIOR PORTFOLIO**

**Portfolio Components**

The senior portfolio required of all students completing a degree in the Department of Health, Physical Education and Recreation will consist of five (5) components. These five (5) components along with an explanation of each are provided below.

- **Philosophy.** Each student completing a senior portfolio must provide a well written, well developed and logical professional philosophy based on personal beliefs and attitudes reflecting core concepts of the profession. The development of this professional philosophy should be an outgrowth of the educational experiences the student has encountered during their program of study in the Department of Health, Physical Education, and Recreation at the University of North Alabama.
- **Professional Networking and Collaboration.** Each student will be required to include in their senior portfolio a professional development plan. At a minimum, this component of the senior portfolio must include a professionally acceptable resume and sample cover letter; an overview of their internship experience; at least one letter of recommendation, preferably from their internship agency supervisor; membership in professional organizations; involvement in professional activities including professional offices held, presentations and awards; and professional networking and collaboration including volunteering, community service, resourcing, and service-learning.
- **Creative Technology.** It is expected that a student completing a degree in the Department of Health, Physical Education and Recreation will be able to demonstrate a level of competence in the use of technology acceptable for entry level positions in their chosen profession. As part of the senior portfolio the student must include a minimum of three (3) examples of creative technology which may include PowerPoint presentations, videos, and professional applicable software such as Microsoft Excel, desktop publishing, fitness assessment software, and professional website interaction.
- **Artifacts from Program of Study Core and Concentration Area Courses.** This component of the senior portfolio serves two purposes. First, it provides examples of the student's work completed as part of his/her program of study selected to demonstrate the student's mastery of course content in the major. Second, the required artifacts demonstrate the three (3) levels of the University's Quality Enhancement Plan (QEP): Research Literacy. A minimum of four (4) artifacts representing course work completed in core courses and three artifacts representing course work completed in concentration courses must be included in the portfolio to reflect each of the three levels of the QEP. See the table below for a list of QEP artifacts to be included in the senior portfolio.

## QEP Artifacts

<b>Core Courses</b>
<b>Level 1.</b> HPE 270. Research project on career options.
<b>Level 2.</b> HPE 225: Article critique <b>and</b> HPE 466: Legal case brief
<b>Level 3.</b> HPE 498/SRM 498: Major project completed during internship
<b>Concentration Courses</b>
<b>Level 1.</b> HPE 221 <b>or</b> SRM 222: Research paper on a major person or event significantly impacting the profession.
<b>Level 2.</b> HPE 410 <b>or</b> HPE 450 <b>or</b> SRM 310 <b>or</b> SRM 441: Article critique
<b>Level 3.</b> HPE 353 <b>or</b> SRM 410 <b>or</b> SRM 444 <b>or</b> SRM 480: Research Paper

- **Research.** Each student completing a senior portfolio must provide evidence of involvement in professional research as part of their major program of study. Examples of involvement in research may include the following:

- ◆ Participation as a research subject.
- ◆ Research data recorder.
- ◆ Laboratory assistant during data collection.
- ◆ Participation in any aspect of the written research.
- ◆ Professional presentation of research as either oral or poster presentation.

Submission of the research component of the senior portfolio must follow these guidelines:

- ◆ Minimum of two typed pages, single spaced, size 12 font, one inch margins.
- ◆ Discussion of research involvement including title of research project, purpose, methodology, and level of personal involvement in research project.

### Senior Portfolio Evaluation

The student's senior portfolio will be evaluated using the following rubric:

Target: The portfolio is presented in an overall professional manner relative to content and appearance; the portfolio is organized following the specific directions provided; all the required portfolio components are included; portfolio content reflects a high level of professional writing ability including grammar, spelling, sentence structure, and professional vocabulary.

Acceptable: The portfolio is presented in a general professional manner relative to content and appearance; the portfolio is organized following the specific directions provided; all the required portfolio components are included; portfolio content reflects an acceptable professional level of writing ability including grammar, spelling, sentence structure, and professional vocabulary.

Unacceptable: The portfolio lacks presentation in a professional manner relative to content and appearance; the portfolio lacks organization relative to the specific directions provided; part or all of some of the required portfolio components are missing;

portfolio content does not reflect an acceptable level professional of writing ability including grammar, spelling, sentence structure, and professional vocabulary.