

**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. Beginning in fall 2017 the senior portfolio will be submitted as a personal web page.

| <b>Senior Portfolio Component</b>  | <b>Course where Completed</b> |
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| <b>I. Philosophy:</b> 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. |                               |
| <ul style="list-style-type: none"> <li>Professional Philosophy</li> </ul>  | HPE 221 or SRM 222            |
| <b>II. Professional Networking and Collaboration:</b> 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:   |                               |
| <ul style="list-style-type: none"> <li>A professionally acceptable resume (approved by the Career Center and listed on Lion Jobs)</li> </ul>   | HPE 443 or SRM 420            |
| <ul style="list-style-type: none"> <li>Sample cover letter (approved by the Career Center)</li> </ul>  | HPE 443 or SRM 420            |
| <ul style="list-style-type: none"> <li>An overview of their internship experience</li> </ul>   | HPE 498/SRM 498               |
| <ul style="list-style-type: none"> <li>At least one letter of recommendation, preferably from their internship agency supervision</li> </ul>   | HPE 498/SRM 498               |
| <ul style="list-style-type: none"> <li>Current membership in a professional organization</li> </ul>  | HPE 221, SRM 222              |
| <ul style="list-style-type: none"> <li>Involvement in professional activities including professional offices held, presentations and awards, professional conferences and specific sessions attended, professional networking and collaboration including volunteering, community service, professional workshops, sports camps, resourcing, and service-learning.</li> </ul>  | Ongoing                       |
| <b>III. Creative Technology:</b> 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  |                               |

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| include PowerPoint presentations, videos, and professional applicable software such as Microsoft Excel, desktop publishing, fitness assessment software, and professional website interaction.   |                    |
| • Creative Technology 1: Personal Web Page   | HPE 221 or SRM 222 |
| • Creative Technology 2:   | Ongoing            |
| • Creative Technology 3:   | Ongoing            |
| <p><b>IV. Research:</b> As part of the senior portfolio, each student must submit a certificate signifying completion of IRB training. This training can be completed on-line and may be a specific assignment in a major course. In addition, 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:</p> <ul style="list-style-type: none"> <li>◆ Participation as a research subject.</li> <li>◆ Research data recorder.</li> <li>◆ Laboratory assistant during data collection.</li> <li>◆ Participation in any aspect of the written research.</li> <li>◆ Professional presentation of research as either oral or poster presentation.</li> </ul> <p>Submission of the research component of the senior portfolio must follow these guidelines:</p> <ul style="list-style-type: none"> <li>◆ Minimum of two typed pages, single spaced, size 12 font, one inch margins.</li> <li>◆ Discussion of research involvement including title of research project, purpose, methodology, and level of personal involvement in research project.</li> </ul> |                    |
| • IRB Training   |                    |
| • Professional Research  | Ongoing            |