

Written Assignment: Module 14

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW. Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith_course number).

Career Paper

Instructions

At the beginning of this course, you had the opportunity to identify your personal characteristics, values and skills. You also spent time developing a list of your personal and professional goals. Throughout the course a number of Kinesiology professionals have shared their characteristics, skills, values and goals with you. Now, at the end of this course, you have an opportunity to demonstrate the ways in which you are best suited for a specific career within the discipline of Kinesiology.

Your essay should be divided into three parts:

Part #1

Please list your top five personal characteristics, values, skills as well as your list of professional goals from the self - assessment assignment that you completed earlier in the course.

Part #2

Review the information on the characteristics, values, skills and professional goals of each of the speakers that you heard over the course of the semester. Identify the speaker or speakers with whom you most closely identified and create a list of their personal characteristics, values, skills and professional goals. This list should have the same format as the self-assessment assignment you completed.

Note: If you find that you are not connecting with any of the speakers in this course or careers that are outside of the field of Kinesiology, please feel free to find a video on your own to watch and base your essay on. Include a link to the video with your paper.

Part #3

Write a narrative that demonstrates how your characteristics, values, skills and professional goals match those needed for work in this field and will contribute to your success in your chosen field of study i.e., athletic training, physical education, research (specify area), or exercise/movement science.

FYI-This essay is very similar in format and content to the essay you write for admission to the department of Kinesiology.

Write out your answers and submit to the dropbox.

Rubric

	Points Possible	Points Received	Comments
Overall Format- typewritten, well- stated, clearly organized	5pts	5	
Personal characteristics, values, skills as well as your list of professional goals	5pts	5	
Personal characteristics, values, skills and professional goals of the speaker with whom you felt most aligned	5pts	5	
Narrative-makes a clear connection between qualities, goals and those that determine success in your chosen field	15pts	15	
Total Points	30pts		

Example

Part One

My Top 5 Characteristics:

1. Self -Reliant
2. Ambitious
3. Dependable
4. Understanding
5. Confident

My Top 5 Values

1. Seeing the results of my work
2. Being able to structure my own work
3. Feel that my work is making a difference
4. Have personal control over life/lifestyle
5. Be in a position to change opinions

My Top 5 Skills

1. Conceive, adapt, develop, hypothesize or discover
2. Counsel, empower, coach, guide or listen to individuals
3. Perceive intuitively, sense, show insight or have foresight
4. Work with earth and nature
5. Advise, consult, arbitrate or influence

Professional/Occupational Goals

1. To understand exercise psychology and apply it to my work
2. To research and discover what allows some people to play through pain, and others to succumb to it
3. To find the differences between elite athletes psychological response to failure and non-athletes response
4. To find if there is any psychological difference that allows high level athletes to perform better under pressure than mediocre athletes
5. To discover to a further extent the psychological effects of exercise on everyday life

Part Two

Speaker: Dr. Dane Cook

Top 5 Characteristics

1. Persistent
2. Analytical
3. Flexible
4. Ambitious
5. Thorough

Top 5 Values

1. See the results of my work
2. Contribute new learning to a field
3. Be involved in studying
4. Feel that my work is making a difference
5. Create new ideas, programs or structures

Top 5 Skills

1. Conceive, adapt, develop, hypothesize or discover
2. Care, treat, heal, nurse, minister to or rehabilitate
3. Observe, reflect, study or notice
4. Perceive intuitively, sense, show insight or have foresight
5. Teach, train, instruct, inform, or explain to groups

Professional/Occupation Goals

1. Discover the extent to which exercise affects chronic pain
2. Figure out what the ideal dosage of exercise is for helping treat depression
3. Earn the grant for his study on Mechanistic Resistance Exercise Training
4. Discover why brain responses to chronic pain and fatigue differ from person to person
5. Be able to explain why certain populations (i.e. Gulf War Veterans and fibromyalgia patients) have augmented responses to pain

Part Three

Ideally I would like to major in kinesiology and then proceed to get the graduate schooling needed to end up doing research. Dr. Cook's presentation piqued my interest in researching psychological aspects of exercise and I also know from his presentation that the road to this profession is often long and requires a lot of work, but I think that my ambition to accomplish this goal is more than sufficient. He said that one of the key characteristics for the field is to be inquisitive, and I feel like I meet that requirement. I also think my characteristics of confidence and dependability will apply well to this field of research, as well as the road to get there. From the knowledge I have gained this semester listening to numerous researchers, I have learned that confidence is a key attribute; I know that you need confidence in your own work and methods in order to get grants, pursue research, and trust in your work.

After looking through my exemplar forms I noticed that I share many of my values with the researchers that presented this semester. I believe these values will translate into success in my chosen field of exercise psychology research. All five values happened to be directly related to research, but the two values

of mine that I think are most important are 'feel that my work is making a difference' and 'be in a position to change opinions'. I believe that research can make a difference in the lives of many people, and that I want to be a part of this difference making. I cannot envision myself doing a job that does not have an impact on other people, but I can see myself doing research that I am both interested in and believe will contribute positively to society. Secondly, my value of 'be in a position to change opinions' would contribute to my success in this field because after listening to many researchers this semester, I think you have to have confidence in your work if it is going to have any chance of changing other people's minds and have an effect on those that read it.

My skills also lend themselves well to research of exercise psychology, especially my skill "Conceive, adapt, develop, hypothesize or discover". This one is applicable to research in every way possible since research consists of developing a hypothesis, conceiving a way to test the hypothesis, adapting to any problems that arise, and discovering if the hypothesis was correct or not. I also thinking "showing foresight" is another important skill for someone who wants to go into research because foreseeing potential problems or obstacles with a study is very important for the entire process.

Finally, my professional and occupational goals also are directed in the field of kinesiology and psychological exercise research. One of my professional goals is to understand exercise psychology and apply it to my work. I think this a good goal because I need to have an excellent understanding of basic exercise psychology before pursuing any of my other aspirations. I believe all my other goals are attainable especially after doing the self-assessment and thinking about all my values, skills, and characteristics. I want to learn more about all of the subjects of my professional goals, and I think that that is the most important aspect of research, simply having a strong interest in it. By getting an undergraduate degree in Kinesiology I hope to have the privilege of being able to attend graduate school and get the opportunities I need in order to achieve these ambitions.