**Introduction**

This project is an opportunity to apply a concept from class directly to a profession that you are interested in either for yourself in the future or think would benefit from this knowledge. Working together with your group you will develop and deliver as a group a 12-minute presentation designed for your professional target audience (e.g., PT, OT, AT, S&C Coach, Sport Coach, PE teacher, physicians).

**Project Components**

This project is broken down into progressive steps some done together as a group and some done as individual submissions building toward the final project.

Each step is described in detail on the subsequent pages:

**Step 1 – Group Submission – *Description of Target Audience & Topic***

**Step 2 – Individual Submission – *Review of two (2) Scientific Articles for Project***

**Step 3 – Group Submission – *Intervention Presentation***

**Step 4 – Individual Submission** – ***Reflection***

**Step 1 – Group Submission – *Description of Target Audience & Topic***

With your group members (3-4 total members) sign up on the Groups page for a Project Presentation group, then you can submit a single submission for the group identifying the: 1) group members, 2) target audience, 3) topic, and 4) goal for presenting on this topic to this audience for the project.

The more specific you can be at this time on the topic, the more your research articles will help you going into developing the presentation.

***Target Audience.*** These are professionals you want to provide training. Examples include (not limited to) strength and conditioning coaches, physical therapists, sport coaches, PE teachers, occupational therapist, doctors, personal trainers, athletic trainers, and health coaches.

***Topic.*** This could be a psychological skill you want to introduce them to; strategies for increasing their clients’ self-efficacy; providing feedback on psychological responses to training; motivational techniques; understanding clients’ values to improve their exercise adherence.

***Goal for this Target Audience to Learn/Take home about this Topic.*** Improve clients’ mental health and well-being (a specific dimension?), improve adherence to exercise, reduce continuous sedentary time, improve effort during exercise, reduce dropout, improve psychological responses to exercise (e.g., motivation regulation, TTM stage, enjoyment/affect during exercise).

**Writing Purpose & Audience:** The purpose of this writing is to get across your ideas clearly; however, the writing does not need to be in a formal voice. This is for information sharing. Your audience is your group members and me (Dr. Moore). To increase clarity among groups members and my ability to provide feedback, write in complete sentences for the Target Audience, Topic, and Goal.

**Step 2 – Individual Submission – *Review of two (2) Scientific Articles for Project***

Each individual group member is responsible for submitting reviews of two scientific (peer-reviewed journals), research articles. The articles for each group member should be unique to that individual. Information from these articles will be used to inform and support material in your group presentation. A template for these reviews is provided via Canvas for you to use to complete these reviews.

**Writing Purpose & Audience:** The purpose of this writing is to provide the information about the article, so it is informational writing to me (Dr. Moore) as a professional. It is helpful to start this writing as stream of consciousness about the key material from the article. Then you can revise that material to address grammar, if there are unnecessary words (especially to reach word limits), or any additional details you want to add.

Prior to submitting this assignment there will be an in-class peer review activity. During this activity you will have time to review and give feedback on one of the article reviews done by each group member. Therefore, you will be able to give your group member peers feedback to make each submission as strong as possible.

**Step 3 – Group Submission – *Intervention Presentation***

The group will give a 12-minute professional development presentation designed for their target audience about their selected topic. More specific information on this step is provided on the first pages of this description, and the rubric is on the bottom page. This presentation will be discussed further in class as well. There is flexibility in the approach you take to the presentation, so talking with Dr. Moore about your ideas and plan either during class project days or in a separate meeting is expected. Research is expected to be synthesized and presented efficiently to provide evidence supporting your recommendations. Individual articles should not be presented in-depth. Figures and tables from class materials or research articles should not be used in presentations without proper citation.

**Audience:** your professional target audience (e.g., PT, OT, AT, S&C Coach, Sport Coach, PE teacher, physicians). Therefore, the materials (slides, script, infographic, activity, etc.) should all be at the appropriate level for the audience members. Although they are professionals, they may or may not know about the concepts you are describing, such as Theory of Planned Behavior, so you want to be sure to meet them where they are by describing/introducing concepts to ensure your audience is on the same page with you.

When providing practical examples or context-specific examples (e.g., PT clinic vs sport coach) wording or phrasing may change again to be realistic; while maintaining respectful presence (e.g., no curse words).

**Purpose:** You are trying to persuade the audience that the strategies you are suggesting they use will be effective in addressing the challenge and that they feel equipped by the end to implement one or more of the strategies you presented. To help persuade them that what you are presenting is not solely your opinion, the presentation material should be informed and supported by research and theory. Citations should be included to give appropriate credit where credit is due.

Although this should be informed and supported by research and theory, such material can be provided in a variety of ways and often is most effective when synthesized (mixed, blended, summarized) across multiple articles or resources. There may be specific details you want to present about a study to help illustrate how it can be implemented and its effectiveness.

**Step 4 – Individual Submission – *Reflection***

You will have the opportunity to submit your personal reflection on the group project process and presentation. A template will be provided with prompts to assist with your reflection.

**Writing Purpose & Audience:** The purpose of this writing is to get your ideas across clearly; however, the writing does not need to be in a formal voice. Your audience is me (Dr. Moore). To increase clarity, write in complete sentences. I am most interested in your ideas and opinions about the process, as well as giving you a space to pause and reflect on the overall project and class experience.