

**2018-2019**

<b>Meeting days:</b> Individually arranged with internship site	<b>Instructor title and name:</b> Heidi Lynch, PhD, RDN
<b>Meeting times:</b> Individually arranged with internship site	<b>Phone:</b> 619-848-3306
<b>Meeting location:</b> Internship site	<b>E-mail:</b> <a href="mailto:hlynch@pointloma.edu">hlynch@pointloma.edu</a>
<b>Final Exam:</b> final written reflection submitted via Canvas	<b>Office location and hours:</b> Mondays and Wednesdays 10:30-11:30 am, or by appointment

**PLNU Mission**

**To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**COURSE DESCRIPTION**

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The Internship or Practicum experience provides the student with practical knowledge and direct and relevant experience in their chosen discipline. Students may arrange the site(s) of internship or may inquire with their faculty advisor about opportunities in the San Diego region. Students can repeat KIN 688 and are required to complete three units total.

Prerequisite(s): Consent of Instructor

The internship/practicum experience presents opportunities for students to pursue practical work in their chosen field of study that relates to their professional plans. The department expects the student to have completed coursework and have the necessary experience to carry out the objectives of the internship as well as possess the habits and motivation to be of benefit to the sponsoring agency. Furthermore, the student must understand that he/she represents Point Loma

Nazarene University during the entire internship and therefore should act professionally and ethically at all times.

### INTERNSHIP GUIDELINES

#### - Recommended Hours

- 3 credits = 10-12 hours/week, at least 8 weeks
- 2 credits = 8-10 hours/week, at least 8 weeks
- 1 credit = 4-6 hours/week, at least 8 weeks

There is flexibility in terms of hours per week as long as the total hours are completed. For example, a student may desire to complete the internship during the summer or may want to extend the internship past 8 weeks. It is suggested, however, that the internship not be less than four weeks in length and not continue longer than two terms (16 weeks).

### INTERNSHIP PROCEDURES

1. Upon expression of interest in an internship, Heidi Lynch (internship coordinator) will help the student discern the goals and objectives of the internship as well as the rationale for engaging in the internship and project. The internship must be developed to achieve specific MS-KIN program learning outcomes.
2. The Internship Coordinator and the student will discuss the journaling process. Journals should be typed and forwarded to the Internship Coordinator and Academic Advisor every four weeks.
3. Intern evaluation is based on conferring with the internship site supervisor, and having a closing meeting with the student to discuss the internship and to evaluate the journal, written evaluation and/or summative project. The internship site supervisor must complete an evaluation form, which will be provided by the Academic Advisor.

### COURSE LEARNING OUTCOMES

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An essential component of the Internship/Practicum experience is to give the graduate student direct, relevant experience in her/his discipline. Therefore, each internship experience should accomplish at least three of the Learning Outcomes of the MS-KIN program (see below). The intern and coordinator should agree on which of the following MS-KIN program learning outcomes will be met by the internship experience through the various assignments. The two will work together to evaluate the extent to which the student met these outcomes as a result of the experience:

***Students who complete the MS-KIN will be able to:***

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions.
2. Work independently and with a team to communicate persuasively essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

### **Exercise Science Specific Learning Outcomes**

1. Incorporate current best evidence to make effective decisions about the optimal care of patients and clients.
2. Apply knowledge of the metabolic and physiologic benefits of exercise toward creating effective exercise interventions to treat and prevent metabolic diseases.
3. Work with a team of colleagues to perform common laboratory assessments to determine health, fitness and disease states in a series of patients.

## **COURSE SCHEDULE AND ASSIGNMENTS**

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### **Internship Requirements:**

\*All internship requirements (i.e. the verification of internship hours form, the written reflection, and any additional projects completed as part of the internship) will be sent to the student's academic advisor via email.

#### **a. Completion of hours (60% of grade)**

#### **b. Journal (20% of grade)**

Students will keep a weekly record of the experience. This journal must be typed and should include adequate detail associated with student observation, activity and learning synthesis. Hours of experience should be included and highlighted such that the advisor can easily confirm that the required numbers of hours and key learning objectives have been achieved. This journal is intended to serve as a valuable resource and tool if the student were to be involved in a similar setting in the future.

#### **c. Final written reflection/evaluation of experience (20% of grade)**

Upon completion of the required experience, the student will produce a concise and thoughtful reflection of the internship experience. The written evaluation must be grammatically correct, and include the following:

1. Description of program (i.e. location, type of experience, hours, duties, etc.)
2. Description of goals/expected outcomes of program
3. Summary of learning/goal attainment/value of experience/effect on future career decisions
4. Reflection of entire field experienced.

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### REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Please communicate with the professional with whom you are interning to determine the recommended readings and resources to complete the experience.

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### ASSESSMENT AND GRADING

<ul style="list-style-type: none"> <li>• Completion of hours 60% (one 60-point hours log)</li> <li>• Four journal entries 20% (four 5-point journal entries)</li> <li>• Final written reflection 20% (one 20-point final reflection)</li> </ul> <p>Total: 100 points</p>	<p>Grade scale:</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td>A=93-100</td> <td>C=73-76</td> </tr> <tr> <td>A-=92-90</td> <td>C-=70-72</td> </tr> <tr> <td>B+=87-89</td> <td>D+=67-69</td> </tr> <tr> <td>B=83-86</td> <td>D=63-66</td> </tr> <tr> <td>B-=80-82</td> <td>D-=60-62</td> </tr> <tr> <td>C+=77-79</td> <td>F=0-59</td> </tr> </tbody> </table>	A=93-100	C=73-76	A-=92-90	C-=70-72	B+=87-89	D+=67-69	B=83-86	D=63-66	B-=80-82	D-=60-62	C+=77-79	F=0-59
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### INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned under extremely unusual circumstances. Late assignments will incur a 50% deduction in points. Please contact your professor (the internship coordinator) to determine when to submit your assignments based on your internship starting and ending dates.

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### FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. No requests for early examinations or alternative days will be approved. For the class, your final written reflection will be submitted in lieu of a traditional final exam.

## **SPIRITUAL CARE**

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### **PLNU Liberty Station Campus:**

PLNU strives to be a place where you grow as whole persons. To this end we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Liberty Station campus we have an onsite chaplain, Rev. Wil Ryland who is available during class break times across the week. If you have questions, desire to meet with Rev Ryland or prayer requests you can contact him directly at [gradchaplainlibertystation@pointloma.edu](mailto:gradchaplainlibertystation@pointloma.edu). In addition there are resources for your Christian faith journey available at <http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life>

### **PLNU COPYRIGHT POLICY**

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Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

### **PLNU ACADEMIC HONESTY POLICY**

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Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See Academic Policies in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who

teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

#### **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Graduate and Professional Studies Catalog for additional detail.