

Seminar in Kinesiology

Meeting Days:	TBD via Zoom	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	TBD via Zoom	Phone:	Email to set up a call
Meeting Location(s):	Zoom	Email:	jgoodin@pointloma.edu
Final Presentation:	TBD via Zoom	Office Hours:	By appointment via Zoom

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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This course provides students with guidance in the research process to deepen knowledge in an area of their professional interest. Students will complete and present an original research project in poster format including preliminary statistical design, data collection, data analysis, and presentation of results.

Note: KIN 6005 is foundational to KIN 6050 and is a prerequisite. KIN 6050 is the bridge course that provides the opportunity for additional practical experience in analyzing and conducting research in Kinesiology. As such, KIN 6050 must be taken prior to KIN 0699: Thesis or KIN 6098: Capstone Project in Kinesiology.

COURSE AIM AND INTRODUCTION

This course is intended to develop a fundamental graduate understanding of research as you evaluate the research of others and develop your own research plans. Course meetings will include various approaches including review of research methods, group analysis of selected studies, and preparation of various elements of the research proposal. The final project will require you to collect, analyze, and interpret your own data, and submit a scientific report and poster on the results of either a pilot project or your thesis/capstone research. You will also present your findings to your colleagues.

This seminar course is tailored for students developing and conducting their research project (i.e. thesis, capstone or pilot study) who wish to collect and analyze data and report their findings. You should have decided on a project topic and an Advisor to work with before you enroll in this course. Your chosen Advisor should have approved working with you and your topic. Students interested in this seminar should be well on their way to finishing up a proposal which the Advisor will approve by the end of the KIN 6060: Directed Reading course. While your Professor/Advisor will likely have expertise in your chosen area of study, remember, it is your project and your professor will serve only as a guide to teach you the research process. This is a graduate level seminar that will equip you with the quality tools to bring your project

to a successful conclusion. At the completion of this course, you are expected to complete a project that is advanced enough to be defended. Your success (or failure) in this seminar will depend on the work and energy you are prepared to invest towards the completion of your research project. Remember also that you are in this together with your colleagues. We will give you opportunities in class to review and refine each other's work, similar to the project management process in the job market.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. **Learning, informed by our Faith in Christ**

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. **Growing, in a Christ-Centered Faith Community**

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. **Serving, in a Context of Christian Faith**

Students will serve locally and/or globally in vocational and social settings.

PROGRAM LEARNING OUTCOMES (PLO)

The Point Loma Nazarene University MS-KIN graduate 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 persuasively communicate 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.

COURSE LEARNING OUTCOMES (CLO)

After successful completion of this course, you should be able to:

1. Understand the value and importance of the research process in developing advanced knowledge as a Kinesiology professional.
2. Evaluate, critique and plan research in Kinesiology, including selecting a problem, appraising high-quality research evidence, selecting subjects and choosing appropriate methodology and statistical design.
3. Design and conduct a quantitative research study including data collection and analysis (may include power analysis, calculation of effect size and preliminary pilot study).
4. Present the findings of a thesis, capstone project or pilot project in written and oral formats.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

[Research Methods in Physical Activity](#), 7th ed. (or 6th), 2017. Thomas, Nelson & Silverman.

Additional Resources that may be needed:

- Course Reader and journal articles available via Canvas
- Publication Manual of the American Psychological Association, 6th ed.
- AMA Manual of Style: A Guide for Authors and Editors, 10th ed.
- Publication Manual of the American Psychological Association, 6th ed.

COURSE REQUIREMENTS

**NOTE: The nature of your research project for this course will be determined by the route you choose to complete the final requirement for the MS-KIN. Please see Pg 4 which outlines the process and deadlines for Thesis, Capstone Project and Comprehensive Exams.*

Research Project: As a graduate experience in research design, you will produce a quantitative research proposal. This proposal should include the following components:

1. Introduction including literature review, specific aims, and hypotheses
2. Materials and Methods: Subjects (IRB), Instrumentation, Plan, Data Analysis (data reduction, statistical tests)
3. Pilot Study (if applicable)
4. Research Findings/ Results
5. Discussion: Data interpretation, relationships to literature, conclusions, limitations
6. References in proper APA or AMA convention (or journal-specific format, if applicable)

A specific rubric will be used to grade your final presentation and will be available on Canvas as well as handed out in class.

Introduction & Literature Review

Think of your introduction as a funnel: You should identify a broad topical area, specify a particular focus area within that topic, and then present your purpose statement and research question in a specific form. Your introduction should draw the reader into the importance of your topic and research question. You should use the literature review as a way to familiarize the reader with the research questions, findings, and discussion that informs and impacts your study.

Research Methods Plan

The research plan explains how you propose to find an answer to your research question. Think about the design of a research project that piqued your interest from the literature. What questions did they ask? What type and quality of data would you need in order to address your research question? (For example, “it is known that repetitive mild traumatic brain injuries (MTBIs) may cause prolonged damage to short term memory and cognitive processing, particularly in young athletes; but there is little evidence on the effective treatment of these prolonged symptoms. This study proposes to examine...”)

See your textbook, as well as the research articles given as examples on Canvas for additional information on content and formatting of the research proposal.

****You are strongly encouraged to submit sections of your project before the due date in order to receive appropriate feedback from me. This does not include using me as an editor of grammar; please edit and have at least one colleague review any work before you submit it to me for review.**

Oral presentation: During the last week of class, you will be expected to present your draft thesis/capstone poster in a formal environment.

ASSIGNMENTS

I.	Discussion Forums x3 @ 25 pts	75
II.	Class meetings (1-on-1 & group) x6 @ 25pts	150
III.	Classroom Presentations x3 @ 25pts	75
IV.	Oral Poster Presentation	100
V.	Research Poster Project	100
VI.	Research Extended Abstract	see below
	a) Research Project Compilation	25
	b) Condensed Introduction & Methods	25
	c) Condensed Results & Discussion	25
	d) Figures	25
	TOTAL	600

NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.), you have the responsibility to first contact the professors. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the university).

Requirements for Thesis, Capstone Project and Comprehensive Exams

ROUTE	Comprehensive Exam	Capstone Project	Thesis Research
Purpose	To synthesize, integrate and apply advanced theoretical and clinical knowledge, especially in the candidate's area of concentration.	To answer a question related to professional practice by translating research theory into practice. To demonstrate significant expertise in a narrow area.	To conduct novel, independent research to generate new knowledge in the candidate's discipline.
Group or Individual	Individual	Group or Individual. (Capstone teams can be 2-3. Teams form in Fall term)	Individual
Publication	No	No	Yes (must submit, acceptance not required)

Professional Considerations	Allows advancement in professional standing, increased specialization, or progression toward certification.	Simulates team cooperation as required in industry. Requires a professional presentation.	Helpful for students intending to enter a PhD program & conduct individual research. Requires professional presentation & defense.
Format	Series of 4-8 broad questions posed by faculty committee. Answer questions in executive summary format with evidence to support answers. · May choose Certification exam as topic in order to advance in professional standing (i.e. ACSM CEP/RCEP).	Research Paper-12 pages. Polished, grammatically correct, error-free product in AMA/APA format: · May include case study, case series or retrospective analysis; market analysis, or EBP problem in discipline · Present the resolution of the problem at interdisciplinary <i>Graduate Symposium</i> .	1-2 publishable manuscripts written in format of desired journal. Candidate will work closely with Thesis Advisor and committee to determine specific format criteria.
Length	2-3 pages per question	12-15 pages, polished, error-free product	30-50 pages; manuscript length determined by Journal.
Expected # Completing	50-60% of MS-KIN candidates	30% of MS-KIN candidates	10-20% of MS-KIN candidates (Candidates who satisfactorily complete KIN 605)
Units	3 units elective + \$150 fee	3 units	3 units
Eligibility	Only after the fulfillment of all MS-KIN courses except those in last summer session.	Enroll in KIN 698 only after KIN 650, 660 and approval by Program Director.	Preliminary proposal must be approved by Thesis committee in order to register for KIN 699. Prereqs=KIN 650, 660, approval by Program Director.
Advisor	No	Team solicits faculty Advisor	Student solicits & confirms Advisor and 2 committee members. At least 2 of 3 members must be MS-KIN faculty.
Timeline	<ul style="list-style-type: none"> · 1st week of Dec: Declare comps route · 1st Friday of April: identify faculty committee (at least 2 members) · May: faculty work with student to form questions. · 2nd Friday of May: Finalized exam questions sent to MS-KIN assistant. · June-July: Exam scheduled as per student schedule. · 2nd week of August: Oral defense (only if necessary). 	<ul style="list-style-type: none"> · Fall Q1 Wk 8: Initial proposal of project in KIN 605 to colleagues · 1st Week of Dec: choose Advisor · Last Friday of January: IRB proposal if necessary · Last Friday in June: presentation. · 1st Fri in August: Final project due 	<ul style="list-style-type: none"> · Fall Q1 Wk 8: Initial proposal of project in KIN 605 to colleagues. · 1st Week of December: choose Thesis Advisor and Committee. · End of Fall Q2: Proposal to thesis committee (<u>must be approved to advance</u>) · Last Friday of January: IRB proposal · Last Friday in June: Final defense. · 1st Fri in August: Final manuscript due

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires delivering a final presentation **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations will be approved.

USE OF TECHNOLOGY

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. In this course, we will rely on Canvas for accessing course materials, submitting assignments, and collaborating in discussion boards and blogs. You'll want to make sure you are comfortable with these tools, so take advantage of our computer LabTechs to answer questions and help you with any technology issues. You may also call the Help Desk at x2222.

You are welcome to bring your laptop, iPad, and/or cell phone to class, which we will utilize during many class sessions—but please make sure you use them appropriately and responsibly. *If a tech tool becomes a distraction or disruption while class is in session, we will simply invite you to no longer bring it to class.*

INFORMATION LITERACY

The curriculum of the MS-KIN is designed so that you develop skills in scientific writing, performing statistical analysis of data, reading and critically appraising primary literature, and incorporating current best evidence into your professional practice. Not all information is equally sound or applicable to your practice. Various assignments within this course are designed to accomplish the goal of informational literacy—to evaluate the validity and importance of information obtained from any source and use the information appropriately to solve relevant problems. These assignments include: SPSS Output Reports, in-class article discussions, in-class discussion of experimental design, review of the literature related to your proposal, presentation of proposal. We will regularly direct you to the Ryan Library to accomplish these assignments.

PLNU COPYRIGHT POLICY

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

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](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849- 2486 or by e-mail at drc@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

Face-to-face Portion of the Hybrid course

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

Online Portion of the Hybrid Course

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

- 1 missed F2F class = warning
- 2 missed F2F classes = de-enrollment
- 2 missed online classes = warning
- 3 missed online classes = de-enrollment

TUTORING

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available by appointment only, may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu.

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, so stop by and say hi! My official office hours (listed above) are tentative—other meetings or appointments may arise—so schedule 24 hours in advance if you have pressing issues, but feel freedom to stop by whenever you'd like. I have an open door for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

CREDIT HOUR POLICY

This course meets PLNU and WASC credit hour policy requirements for contact hours as evidenced by the table below:

Assignments	Course Hours
Face to face	15
Online Participation in groups	5
Reading	15
Writing	25
Research Process: Data Collection, Analysis, etc.	25
Presentation Symposium	5
TOTAL HOURS	90