

# KIN699: Thesis

**Dates:** 1/11/2021 - 5/9/2021

**Meeting**

**Day/Time/Location:** Remote

**Credit Hours:** 3

## **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.

### **INSTRUCTOR INFORMATION**

**Instructor:** Arnel Aguinaldo

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### **COURSE DESCRIPTION**

This course provides an extended research experience for the student in a specific topic of professional interest. Under the direction of a faculty advisor and thesis committee, and after completing KIN 605, 610 and 650, the student will conduct further empirical research and will advance through the preparation and defense of a thesis.

### **COURSE AIM**

This course aims to develop graduate students with the ability to conduct original research to advance their field and professional standing. The qualified student will have previously proposed a thesis topic in either KIN 605 or KIN 650 and/or defended it to their thesis committee. The student will receive faculty guidance toward completion of the research design. In the event that the student does not successfully defend by the end of the course, the student may enroll the next semester that KIN 6099 is offered. The student will also meet with the program director and faculty advisor to determine whether to enroll in the Capstone Project or Comprehensive Examination course to meet the final requirement for graduation.

*Prerequisites: KIN 605 (Research Methods), KIN 650 (Research Project Seminar), and consent of Program Director.*

### **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 completing this course, you should be able to:

1. Understand the importance of the research process in advancing the Kinesiology disciplines.
2. Demonstrate appropriate breadth of knowledge of the background and principle research in your discipline in order to conduct an independent research project including:
  - selecting a problem
  - locating, appraising and synthesizing the appropriate literature
  - critiquing previous research studies and advancing the findings of this literature
  - using AMA/APA or journal-relevant style manual
- Work independently to produce and persuasively communicate new research information in the discipline.
- Demonstrate a robust finished thesis project that accomplishes appropriate measurement constructs such as validity and reliability, and which uses effective data collection instruments.

## **CREDIT HOUR INFORMATION**

It is anticipated that students will spend a minimum of 50 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending 18-22 hours a week engaged in the course. The estimated time expectations for this course are shown below:

<b>Assignments</b>	<b>Pre-Course Hours</b>	<b>Course Hours</b>	<b>Post-Course Hours</b>
Course Assignments	--	10	--
Research	--	25	--
Writing/Editing	--	50	--
Thesis Defense Presentation	--	27.5	--
<b>Total Course Hours</b>	<b>112.5</b>		

## **Thesis Overview:**

All MS-KIN students must complete KIN 605 (Research Methods) and KIN 650 (Research Project Seminar) as part of their program of study. Those students who pursue the Thesis Option will develop a research proposal in KIN 605 and will submit a final proposal no sooner than during completion of KIN 650. A committee of at least three members, including at least two Kinesiology faculty members, will review all thesis proposals, establish a proposal defense date, and determine the student's ability to complete KIN 6099. Students who successfully defend a thesis proposal will be allowed to enroll for KIN 6099.

## **Timeline for Thesis Progression:**

- Fall Q1: Form research idea
- Fall Q1 Week 8: Initial proposal of project in KIN 605 to colleagues
- 1st Week of November: Finalize project title and choose thesis advisor
- 1st Week of December: Finalize thesis committee
- Fall Q2 Finals Week: Initial Proposal to thesis committee
- Last Friday of January: IRB proposal
- Fall Q2 and Spring Q1: KIN 650/660-Refine project idea, conduct literature review, write intro and methods, collect pilot data, determine power/sample size.
- Spring Q1 and Q2: KIN 650-conduct statistical analysis, write discussion.
- Final defense to committee-last Friday in June.
- Final project due-1st Friday in August

## **POLICIES AND PROCEDURES FOR THESIS**

The final grade of pass or fail will be determined according to the successful completion of a thesis document. The format of the document is arranged in consultation with the thesis committee and can be either a formal, chapter based manuscript, or any number of publishable manuscripts for submission to relevant peer-reviewed outlets. Journal manuscript-based format is

Before registering for KIN 6099, the student should begin thinking about the process that leads to successful completion of this course. Possible thesis topics should be formulated by the student and discussed with the thesis advisor according to the timeline listed above. In order to successfully complete the thesis, several organizational and administrative steps must be completed. The normal order of such steps is presented below:

### *Prior to Enrollment in KIN 6099*

The student will be expected to perform an initial literature review of one or more potential thesis topics to identify and focus a direction for the research.

1. The student, in consultation with an advisor, will select the thesis topic and identify a Thesis Advisor who will Chair the Thesis Committee (must be a member of the Kinesiology Faculty).
2. The student will complete an extensive literature review related to the selected topic. The significant material resulting from the literature review will eventually be written in a research review format as an initial draft of the Thesis Chapter II - Review of Literature, or in the manuscript format of the peer-reviewed journal the student wishes to submit to for publication (the final format can be determined by the committee).
3. Following the initial literature review, and in consultation with the Thesis Advisor, the student will identify a specific research question to pursue.
4. The student will write a formal Thesis Proposal to be submitted to the Thesis Advisor. This Thesis Proposal must include the following components:
5. An initial Introduction will be composed to establish a summary of existing research related to the question, a statement of the problem, and the purpose of the study. This Introduction must be based upon a substantive review of relevant literature.
6. The student will outline and describe an appropriate research design to examine the research question or test the hypothesis. The details of this process will be written into an initial draft of the Methodology section of the Thesis. The student must include a tentative design for statistical, textual or other analysis of data.

7. A proposed timeline for the study will be included. This timeline must identify the proposed Thesis Defense date. The Thesis Advisor will coordinate the proposed defense date with other thesis defense dates to prevent an overload on faculty members of thesis committees. If a student fails to have the Thesis ready for defense by the proposed date, there may be a delay before a new date may be scheduled.
8. A statement concerning any costs associated with the study, and how such costs will be covered, should be included in the Proposal. The student should discuss potential costs with the Thesis Director prior to writing the proposal.
9. The Proposal document should follow the reference citation format of the anticipated publication target journal (e.g., Medicine and Science in Sports and Exercise, etc). Number the pages of the Proposal.

Drafts of the Thesis Proposal will be submitted to the Thesis Advisor for review and editing. This may involve several exchanges of drafts and re-writes. When the Advisor and student find the proposal acceptable, a Thesis Committee will be identified.

The Thesis Committee will consist of the student, the Thesis Advisor, and a minimum of two additional members (one of which must be PLNU faculty member). The formal written Thesis Proposal will be distributed to members of the Committee **at least one (1) week prior to a scheduled meeting** of the Committee to review and approve the Thesis.

5. The student will schedule a meeting of the Thesis Committee to present the Proposal for approval no later than Final Exam week of Fall Quad 2. This meeting will provide all Committee members an opportunity to discuss the proposed project with the student. The student should be prepared to deliver a **15-minute oral description** of the Thesis:
  6. Provide a brief review of the literature and identification of the problem or question.
  7. Review the planned methodology and data analysis procedures.
  8. Summarize the importance of the study.
  9. The student may utilize PowerPoint slides and/or other helpful visuals during the project description.


Committee members will have an opportunity to ask questions and make comments regarding the project. The Committee will expect the student to respond to questions. Any necessary research design changes will be agreed upon before the Committee approves for the student to begin the project. A Thesis Approval Form is completed, signed by the Committee, and submitted to the Department Head for approval.

### ***Thesis Process Overview***

6. Once the Thesis Proposal is approved by the Committee, the student may proceed with the project under the supervision and advisement of the Thesis Advisor. If human subjects are involved, appropriate approval to conduct the project must be obtained from the PLNU Institutional Review Board for human subjects research (IRB) prior to any collection of data. Approvals can take several weeks and data collection may not begin until approval is obtained. The student must obtain their thesis committee's approval for the proposed project must occur prior to IRB submission.
7. During the data collection phase of the Thesis, the student will interact mainly with the Thesis Advisor. The Thesis Advisor will decide if any full Committee meetings are necessary prior to the final Thesis Defense.
8. The final written Thesis may be prepared in a traditional Chapter or Manuscript Format, depending on the preference of the Committee. A basic description of the Manuscript Format is included at the end of this syllabus. The format includes a manuscript ready for submission to a specific and appropriate scientific journal for publication consideration.
9. If the Thesis is not completed by the end of the semester in which the student registers for the 6099 credit, a "continuous enrollment" policy takes effect. This means that the student must enroll for KIN 6099 each semester until the Thesis is completed and approved by the committee.
10. The student should submit drafts of the final written Thesis document to the Thesis Advisor for comments. These drafts should be submitted in electronic format. Generally, the Thesis Advisor will accept early drafts of the Thesis in portions (Manuscript, Literature Review, Summary and Conclusions) as the sections are written. However, the student should begin writing the Thesis in the required format. The student should expect considerable revision prior to submission of a final draft of the Thesis to the full Thesis Committee.

11. Upon completion of the project and acceptance of a final written draft of the Thesis by the Thesis Advisor, a Defense of the Thesis will be scheduled with the Thesis Committee. The student will distribute copies of the final draft to all committee members at least one week prior to the scheduled Defense. At the Defense, the student will present a **15-30 minute review of the project**. This review should include a brief introduction, description of the methodology, results, and interpretation/conclusions. The format should be as a “free communications” presentation at a professional conference. The student is highly encouraged to use PowerPoint type slides for visual aids. Following the presentation the student will field questions from anyone in attendance. Following the general question period, the student will meet with the Thesis Committee to discuss the work. This discussion will determine if the final Thesis will be approved and if any final changes must be made.
12. Following the Thesis Defense, the student will attend to any final recommendations and requirements specified by the Committee and process the necessary final copies of the Thesis. The final copies (or electronic file) must adhere to the requirements given by the Thesis Advisor and Committee. Appropriate signatures will be obtained for the approval page and the final product submitted by the appropriate deadline (**1st Friday in August**).
14. One additional printed copy will be delivered to the Thesis Advisor. It is also customary to provide copies for the other members of the Thesis Committee (check with the individual Committee members to see if these may be electronic or hard-copy).

## RECOMMENDED RESOURCES

- Thomas, J.R., & Nelson, J.K. (2010). Research methods in physical activity (6th ed.) Human Kinetics.
- American Medical Association (AMA) Manual of Style (10th ed.)
- American Psychological Association. (2001). Publication manual of the APA (5th ed.). Washington, DC.
- Peer-Review Journal Guidelines (sample: [AJSM](#) )

## ASSESSMENT AND GRADING

Your grades will be posted in the Canvas **Grades** area no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the Grades as these comments are intended to help you improve your work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

### Grade Weighting

Submit Current Progress	25
Follow-up Meeting with Advisor	25
Research Results Due	25
Discussion & Conclusions Due	25
Schedule Thesis Defense	25
Thesis Manuscript Draft	50
Thesis Survey	25
Thesis Manuscript	300
<b>Total</b>	<b>500</b>

### Grade Scale

<b>A</b>	93-100	<b>C</b>	73-76
<b>A-</b>	90-92	<b>C-</b>	70-72
<b>B+</b>	87-89	<b>D+</b>	67-69

<b>B</b>	83-86	<b>D</b>	63-66
<b>B-</b>	80-82	<b>D-</b>	60-62
<b>C+</b>	77-79	<b>F</b>	0-59

## GUIDELINES FOR WRITING

The faculty of the MS-KIN require that all formal writing assignments be written in **AMA Style** (American Medical Association), unless otherwise indicated. The preferred format for Sport Management students is APA, which may be required in course assignments.

### Scientific Writing:

“Guidelines for Scientific Writing:” <http://www.sportsci.org/index.html> . Find the Research Resources link in the left column and follow it to Writing and click to find *Guidelines on Style for Scientific Writing* (**Note:** These guidelines are in APA format and are the preferred format for Sport Management students.)

Style: <http://www.sportsci.org/jour/9901/wghstyle.html>

Format: <http://www.sportsci.org/jour/9901/wghpaper.html>

Guidelines for Sport & Exercise Journals: <http://www.sportsci.org/jour/9903/wghendnote.html>

View the attached document for the format for a manuscript-style thesis:

### Manuscript-Style Thesis Format

## ATTENDANCE

The student's active attendance and regular participation in this course is determined by the thesis advisor. If a student is not communicating regularly with the advisor, he or she can be dropped at the advisor's discretion.

## LATE ASSIGNMENTS

- All assignments are to be submitted by the due date and time listed in the calendar via [Canvas](#).
- While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.
- Missed exams or quizzes may **ONLY** be made up with a legal, written excuse.
- Late work will **NOT** be accepted or graded; assignments will be considered late if posted **after midnight Pacific Standard Time on the day they are due**

## ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, "Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the result of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. An instructor who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal using the procedure in the university catalog. See [Academic Policies](#) for further information.

## ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact Jean Moncada in the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at (619)

563-2849 or by e-mail at [jmoncada@pointloma.edu](mailto:jmoncada@pointloma.edu). Ask your academic advisor or program director for any additional accommodation information.

## **SPIRITUAL CARE**

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. You'll find faith integration activities throughout this course. In addition, there are resources for your Christian faith journey available on the [Graduate Student Life](#) webpage.

## **FERPA POLICY**

As a student at Point Loma, you have a legal right to privacy as outlined in the federal FERPA (Family Educational Rights and Privacy Act) legislation. If I post grades or return assignments, I'll do so in a way that does not publicly reveal your name, PLNU student ID, or social security number without your written permission. See [Policy Statements](#) for full text.

## **INSTRUCTOR FEEDBACK**

Assignments will be graded as soon after the due date as possible and grades will be posted to the Canvas gradebook. If an immediate response is needed, email or phone the instructor.

## **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.

## **USE OF TECHNOLOGY**

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) page.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

If you do need technical help, you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619-849-2222).