



Dates: 8/30/21 - 10/22/21

Meeting Day/Time:

Live Sessions - Monday, 5:30-7 pm

Location: Zoom

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



Dr. Jeff Sullivan

JeffSullivan@pointloma.edu

619.849.2629



Dr. Brent Alvar

balvar@pointloma.edu

619.849.3005

KIN 6000 COURSE DESCRIPTION

This course will provide you with an overview of the MS-KIN program, laying the foundation for leading the sport performance, sport management and exercise science disciplines. We will emphasize leadership, professionalism, and engagement in these disciplines from a Christian perspective. The course will also explore Big Ideas in Kinesiology, including the use of exercise as preventive medicine, corrective exercise to improve human function, and faith-based ethical leadership principles to effectively serve the sport, fitness and education industries. Students will also formulate an initial area of interest for future research as part of the MS degree, interfacing with program faculty and the university library to initially form and develop their idea. This area of interest will inform the thesis, capstone project or area of focus for comprehensive exams.

The learning outcomes for this course are informed by the MS-KIN learning outcomes and also the PLNU Institutional outcomes, so we have included all of them here for you:

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.

KIN 6000 COURSE LEARNING OUTCOMES (CLO)

The following learning outcomes will be achieved by students in this course:

1. Demonstrate appropriate breadth of knowledge of the MS-Kinesiology subdisciplines and appraise current research related to these disciplines.
2. Work with a team to persuasively communicate essential information related to big ideas in Kinesiology (i.e. Exercise as Preventive Medicine, Corrective Exercise to Prevent Injury, Leading Effectively and Faithfully).
3. Explore and reflect on future career advancement, professional organizations, opportunities for service and employment opportunities.
4. Develop and enhance your professional identity and reflect on that identity as a vocational life, mapping a course to that life.
5. Cultivate an understanding of leadership excellence in order to enhance the future organizations you lead.
6. Integrate compassionate care with professional practice by understanding how the Christian faith informs a professional ethic and standard of practice.

CREDIT HOUR INFORMATION

Distribution of Contact Hours

It is anticipated that students will spend a minimum of 37.5 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 12-16 hours a week engaged in the course. The estimated time expectations for this course are shown below:

Course Assignments	Pre-Course Hours	Hours	Post-Course Hours
Class Meetings	--	17.5	--
Course Reading	--	20	--
Module 1 & 2 Assignments	--	15	--
Self Assessment & MBTI®	--	2	--

'About Me' Discussion		2	
Developing an Area of Interest and Conducting a Literature Search	--	5	--
WK 5 Quiz: Profession & Society	--	2	--
Reflection on Professional Development and Occupational Outlook Session	--	6	--
Discussion Boards	--	18	--
Elevator Speech	--	5	
Career Road Map and Vocation Reflection	--	25	--
Total Course Hours	--	112.5	--

REQUIRED TEXT & RECOMMENDED RESOURCES

Students are responsible to have the required textbooks prior to the first day of class. Students are also encouraged to begin reading the books in preparation for the class as soon as possible.

Palmer, P. (1999). *Let your life speak: Listening for the voice of vocation*. Jossey-Bass: San Francisco, CA.

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ASSESSMENT AND GRADING

Grading Points

Course Assignments	Points
Module 1 & 2 Assignments	110
Self Assessment & MBTI®	25
Developing an Area of Interest and Conducting a Literature Search	25
"About Me" Discussion	25
WK 5 Quiz: Profession & Society	20
Reflection on Professional Development & Occupational Outlook	50
Discussion Boards	100
Reflection on Career Road Map and Vocation	150
Total Course Points	500

Grade Scale

A	93-100	B-	80-82	D+	67-69
A-	90-92	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
B	83-86	C-	70-72	F	0-59

ASSIGNMENTS

Discussion Board Participation: Assesses Course Learning Outcomes #1-6

We have supplemented the course text and lecture materials with readings on a variety of current topics in the literature. These readings will be provided via electronic access to journal articles, press releases, and/or social network sites. Whenever possible, these readings are meant to be completed before the scheduled topic is discussed in class. It is expected that you will have interacted with the material **beforehand** so that informed and lively discussion may be the primary focus of class meetings. The aim of supplemental readings is to keep you current with contemporary practice and to give multiple exposures to ideas so that learning is enhanced. After certain readings, and prior to the in-class discussion, you will respond to questions on the Discussion Board on Canvas. At other times, we will ask you to summarize the key points of your learning from the week (Week Reflections) based on class discussions and outside readings. In any case, you should be ready to discuss these reflections with your colleagues in class, and refine the ideas together in class activities. Requirements for Discussion Board posts can be found on the KIN 6000 Canvas course.

Reflection on MS-KIN Route and Area of Interest:

- a. Two paragraph reflection: one paragraph on ideas you have for the primary area of interest you will explore while in the MS-KIN program and one paragraph on the route you will take to complete the MS-KIN requirements for graduation.

Career Road Map and Vocation Reflection: Assesses Course Learning Outcomes #1-6

Throughout this course, we have explored various ways to consider our professional lives within a larger context. From discovering our strengths, to exploring best career fit, to networking, to developing a personal brand, we viewed these ideas in light of a career as a vocation and calling. That is, we re-imagine our work as a mission of service to something beyond our own interests. We also considered our leadership style, strengths, and how others perceive us as leaders with the intent to enhance the organizations we lead in the future.

This final capstone project assignment will require you to reflect on these ideas, integrating your professional road map with your personal leadership style and the idea of vocation. In your final presentation, you should accomplish the following:

- *Describe how your self awareness has changed due to the assessments taken in this class (you may choose to highlight 1 or 2 inventories if this helps)*
- Identify the most helpful assessment taken in this class. Why was it the most helpful? Provide an example of how it has affected your career plan or leadership.
- List your top two strengths and top two challenges based on the assessments you've taken.
- Describe a plan for leveraging and/or improving your leadership skills moving forward.
- Identify and explore your areas of personal strength, opportunities for growth, and how others perceive you (as a leader and a professional). Reflect on feedback given to you by industry experts. Outline a plan to leverage your strengths and address your weaknesses.
- Reflect on your professional identity as a vocational life that is informed by your faith, your life purpose/calling, and describe new insights you have gained in this area.

Final Paper- If you choose to complete a paper, it should be no longer than 5 pages and submitted as a Word document, in either AMA or APA format, and no later than Friday of Week 8, Quad 1. You should arrange the sections of the paper as follows, with each section identified by a subheading:

- *Introduction:* this should be written last, although presented first, and should provide a brief picture or overview of the general findings and conclusions.
- Address each bullet point above with separate subheading
- *Conclusion:* A clear conclusion that brings together the entire paper

STATE AUTHORIZATION (⊛ FOR FULLY ONLINE COURSES ONLY)

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma

Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map using the below link to view which states allow online (distance education) outside of California.
<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>

PLNU ATTENDANCE AND PARTICIPATION POLICY✳

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of 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. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See **Academic Policies** in the Graduate and Professional Studies Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

Note: Fully online courses

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days may be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days may be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor.

Note: Hybrid courses

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.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor.

LATE ASSIGNMENTS

All assignments are to be submitted by the due dates posted. There will be a 20% reduction of possible points for each day an assignment is late. If missing assignments result in your failure to meet learning outcomes, you may receive a letter grade reduction on the final grade in addition to the loss of points for missing work. Unless otherwise noted by your professor: No assignments will be accepted after midnight on Sunday night, the last day of class.

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.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

COPYRIGHT POLICY

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ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated 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 results of another person's creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member 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." See **Academic Policies** for full text.

PLNU ACADEMIC ACCOMMODATIONS POLICY★

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 on main campus (**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 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 term 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.

SPIRITUAL CARE

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. In addition there are resources for your Christian faith journey available at <http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life> .

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

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** information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact **student-tech-request@pointloma.edu**.

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



Course Summary:

Date	Details	Due
Mon Aug 30, 2021	<u>KIN6000-1 FA21 - Foundations In Kinesiology.</u>	5:30pm to 8pm
Wed Sep 1, 2021	<u>About Me Discussion Post</u>	due by 11:59pm
	<u>Assignment: MS-KIN Program Route and Area of Interest</u>	due by 11:59pm
	<u>Academic Plan Sheet</u>	due by 11:59pm
Sun Sep 5, 2021	<u>MS-KIN Community Space Review</u>	due by 11:59pm
	<u>Networking Survey - complete this after the Networking event</u>	due by 11:59pm
Mon Sep 6, 2021	<u>KIN6000-1 FA21 - Foundations In Kinesiology.</u>	5:30pm to 8pm

Date	Details	Due
Sun Sep 12, 2021	<u>Week 2 Assignment: Your Research Question</u>	due by 11:59pm
Mon Sep 13, 2021	<u>KIN6000-1 FA21 - Foundations In Kinesiology.</u>	5:30pm to 8pm
Wed Sep 15, 2021	<u>Self Assessment and the Myers-Briggs Type Indicator (MBTI®)</u>	due by 11:59pm
Sun Sep 19, 2021	<u>Week 3 Reflection: Developing an Area of Interest and Conducting a Literature Search</u>	due by 11:59pm
Mon Sep 20, 2021	<u>KIN6000-1 FA21 - Foundations In Kinesiology.</u>	5:30pm to 8pm
Sun Sep 26, 2021	<u>Week 4 Discussion: How your Profession Impacts Society.</u>	due by 11:59pm
	<u>WK 4 Reflection: Self Assessment</u>	due by 11:59pm
Mon Sep 27, 2021	<u>KIN6000-1 FA21 - Foundations In Kinesiology.</u>	5:30pm to 8pm
Wed Sep 29, 2021	<u>Mid-Course Evaluation</u>	due by 11:59pm
	<u>WK 5 Discussion: Your Story of Vocation</u>	due by 11:59pm
Sun Oct 3, 2021	<u>WK 5 Quiz: Profession and Society.</u>	due by 11:59pm
Mon Oct 4, 2021	<u>KIN6000-1 FA21 - Foundations In Kinesiology.</u>	5:30pm to 8pm
Fri Oct 8, 2021	<u>LinkedIn</u>	due by 11:59pm
Sun Oct 10, 2021	<u>Updating your Resume</u>	due by 11:59pm

Date	Details	Due
Wed Oct 13, 2021	<u>Week 7 Discussion: Elevator Speech</u>	due by 11:59pm
Fri Oct 15, 2021	<u>WK 7 Elevator Speech and Peer Review</u>	due by 11:59pm
Sun Oct 17, 2021	<u>WK 7 Peer Review Due</u>	due by 11:59pm
Mon Oct 18, 2021	<u>Course Evaluation</u>	due by 11:59pm
Fri Oct 22, 2021	<u>WK 8 Academic Honesty Verification Statement</u>	due by 11:59pm
	<u>WK 8 Career Road Map and Vocation Reflection</u>	due by 11:59pm