

Spring 2022

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| Meeting days: Mondays (every other week on Zoom) | Instructor title and name: Heidi Lynch, PhD, RDN |
| Meeting times: 4:30-6:00 pm | Phone: 619-849-3306 |
| Meeting location: Zoom | E-mail: hlynch@pointloma.edu |
| Final Exam: final capstone/thesis paper submitted via Canvas | Office location and hours: 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

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 including preliminary statistical design, data collection, data analysis, and presentation of results.

Note: KIN 605 is foundational to KIN 650 and is a prerequisite. KIN 650 is the bridge course that provides the opportunity for additional practical experience in analyzing and conducting research in Kinesiology. As such, KIN 650 must be taken prior to KIN 699: Thesis or KIN 698: Capstone Project in Kinesiology.

COURSE LEARNING OUTCOMES

After completing 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 participants and choosing appropriate methodology and statistical design.
3. Design and conduct a quantitative or qualitative 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.

COURSE SCHEDULE AND ASSIGNMENTS

*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 (capstone or thesis).

- I. **Research Project and Paper:** As a graduate experience in research design, you will produce either one quantitative or qualitative research proposal (that is, your thesis or your capstone). This proposal should include the following components:
 1. Introduction including literature review, specific aims, and hypotheses
 2. Materials and methods: participants, instrumentation, study design, data analysis
 3. Research findings/results
 4. Discussion: data interpretation, relationships to literature, conclusions, strengths, limitations
 5. References in proper APA convention, or other specified format for your target journal if directed by your mentor

A specific rubric will be used to grade your final presentation and will be available on Canvas.

II. Oral presentation:

In August, you will be expected to present your thesis/capstone project in a formal environment for the MS in Kinesiology poster symposium. Your grade for this presentation will be based on the quality of your presentation and mastery of the material, your ability to respond to content questions from the audience, and your overall professionalism. An Oral Presentation rubric will be provided to you on Canvas. Although the formal symposium is after our quad finishes, you will do a practice presentation for our class, and this will serve as your grade for this course for the oral presentation.

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

| Assignments | Course Hours |
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| Zoom Meetings | 6 |
| Online Participation | 6 |
| Reading | 15 |
| Writing | 25 |
| Research Process: Data Collection, Analysis, etc. | 33 |
| Presentation Symposium | 5 |
| TOTAL HOURS | 90 |

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Readings posted on Canvas

ASSESSMENT AND GRADING

| Assignment | Points |
|--|--------|
| 1-page summary of current stage in research | 10 |
| Current introduction & methods | 20 |
| Peer review: introduction & methods | 20 |
| First draft of poster | 20 |
| Revised methods with mentor agreement | 20 |
| Results (or plan for presenting results) | 20 |
| PPT of poster (final version) | 20 |
| Oral presentation (5 minute poster presentation) | 30 |
| Final paper (introduction, materials & methods, results, discussion, conclusion) | 50 |
| Total | 210 |

TENTATIVE COURSE SCHEDULE AND ASSIGNMENTS (Note: schedule is subject to change at the instructor's discretion. Changes will be communicated via announcements on Canvas.)

| Date | Topic | Pre-class readings | Assignment Due (submitted through Canvas before class begins) |
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| Week 1 (March 14) | -Course overview -Review components of Research Project: introduction, methods, results, discussion, conclusion -Discussion: Data Collection-plan, process, best practices, pilot & pitfalls. | All readings posted on Canvas | One-page summary of your stage in your research process. Note if you have begun data collection (if not, when you will), the number of participants screened & enrolled, any obstacles you have encountered thus far and how you have addressed these, and any other relevant information to your progress thus far. |
| Week 2 (March 21) | Introduction, methods, peer review | All readings posted on Canvas | Current introduction and methods section. Your paper will be assigned to another student in class to be peer-reviewed. |
| Week 3 (March 28) | Discussion: Data analysis (outliers, "cleaning data", analyzing for stats methods | All readings posted on Canvas | Your review of another student's intro and methods. |

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| | appropriateness); peer review process | | |
| Week 4 (April 4) | Presenting research in a poster session | All readings posted on Canvas | First draft of poster |
| Week 5 (April 11) | Identify a target journal for manuscript publication and outline precisely how you will present your data | All readings posted on Canvas | Results plan: journal or conference where you will submit, how you will present your data. |
| Week 6 (April 18) | Discussion: Reporting results (tables, graphs, figures) | All readings posted on Canvas | Revised methods, including statistics. You MUST have your mentor indicate agreement with the document you are submitting (they must agree that your statistics are appropriate). |
| Week 7 (April 25) | Symposium practice: 5-minute presentation of poster | All readings posted on Canvas | Final version PPT of poster |
| Week 8 (May 2) | Final thesis/capstone paper | All readings posted on Canvas | Submit a complete paper (introduction, methods, results, discussion, conclusion) in its <i>final format</i> . |

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 accepted under extremely unusual circumstances. Late assignments will incur a 50% deduction in points. Please contact your professor to determine when to submit your assignments based on your internship starting and ending dates.

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

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the week. If you have questions for, desire to meet or share a prayer request with Rev. Wong you can contact him directly at mvchaplain@pointloma.edu or gordonwong@pointloma.edu. Rev. Wong's cell number is 808-429-1129 if you need a more immediate response.

In addition, on the MV campus there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

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 the [Academic Honesty Policy](#) in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

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.

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 will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will 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.

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 Requirement](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use.

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