

Meeting days: TBD	Instructor:
Meeting times: TBD	Phone:
Meeting location:	E-mail:
Additional info:	Office hours:

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

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 hours per week as long as the total hours are completed. For example, a student may desire to complete 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). Be sure to plan in advance.

INTERNSHIP PROCEDURES

1. Upon expression of interest in an internship, _____ (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.
*See paragraph below. 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 4 weeks.
3. The intern will be evaluated. This will be done through conferring with the field sponsor and having a closing meeting with the student to discuss the internship and evaluate the journal, written evaluation and/or summative project. It is required that the field sponsor complete an evaluation form, which will be provided by the Academic Advisor.

STUDENT LEARNING OUTCOMES

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 3 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 outlined on pg. 4. 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 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.

Depending on the Student's Area of Concentration, the following Learning Outcomes may also apply:

Upon completing an area of concentration, students will be able to:

Exercise Science

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.

Sport Performance Concentration

1. Integrate clinical experience with the use of the current best evidence to make effective decisions about the optimal care of patients and clients.
2. Develop and apply technical knowledge in sports performance and/or sports medicine through direct patient care and client interaction that improves health outcomes.
3. Work with a team of colleagues to construct and present a critical appraisal of a current topic to enhance professional practice in sport performance.

Sport Management

1. Demonstrate essential knowledge of basic management and prioritization principles in the business of sport.
2. Work with a team of colleagues to construct and present an effective risk management plan and operating budget for a sport, fitness or physical education setting.

3. Develop technical knowledge, effective leadership and decision making skills while performing professional service (at least 100 hours) related to sport management.

Integrative Wellness (online program)

1. Apply evidence-based coaching strategies and behavior change techniques to facilitate meaningful lifestyle changes and improved health outcomes
2. Collaborate with colleagues in a wide variety of settings to provide an integrative and holistic approach to healthcare, health education, and health promotion
3. Utilize technology to provide lifestyle interventions to prevent and effectively manage chronic disease
4. Be prepared for national certification in Health and Wellness coaching (i.e. through the International Consortium for the Credentialing of Health and Wellness Coaches).

REQUIRED TEXTS AND RECOMMENDED RESOURCES

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

ATTENDANCE AND PARTICIPATION

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 meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the undergrad student catalog.

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.

ACADEMIC DISHONESTY

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](#) in the undergrad student catalog.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student’s instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

FERPA POLICY

In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad student catalog.

ASSESSMENT AND GRADING (*the requirements below represent the minimum expectations of the internship experience. The Internship Coordinator may assign additional requirements as deemed necessary and as approved by the student's Academic Advisor)

Internship Requirements:

*all internship requirements (i.e. the Verification of Internship Hours form, the Written Reflection and any Additional Project) will be sent to the student's academic advisor via email.

a. Completion of hours (70% of grade)

b. Journal (15% of grade)

A weekly record must be kept 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. It is hoped that this journal would serve as a valuable resource and tool if the student were to be involved in a similar setting in the future.

c. Written reflection/evaluation of experience (15% 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.

d. Additional project (% of grade TBD)

An additional project may be required, if, in the view of the advisor and/or the field sponsor, such a project is warranted. For example, students may create business plans, or specific rehabilitation programs associated with the internship experience.

COURSE SCHEDULE AND ASSIGNMENTS

Develop well-rounded students and accommodate diverse students' experiences and abilities by varying assignments and assessment methods—a carefully designed and written description of course activities and assignments will help students stay on track. Using a table format is often most helpful.

DATE	IN CLASS	WORK DUE
