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**Kinesiology/PLNU KIN4088C, Internship in Kinesiology 1-3 units credit**



**Spring 2023**

<b>Dr. Alex Lytle, PT, DPT</b> alytle@pointloma.edu	Meeting location: <b>KIN 3</b> Meeting time: <b>T - 7:30-8:45am</b> <b>Final Date: Week of May 1st,</b> <b>Date/Time TBD</b>
<b>Office location and hours:</b> By appointment only	<b>Additional info:</b> clinical sites TBD by student & clinic

**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**

Students will be mentored by a clinical professional approved by the course instructor. This is an internship for academic credit which includes weekly discussion directed by the professor on campus.

## **COURSE LEARNING OUTCOMES**

1. Students and professor will use vocabulary unique to the professional practitioner. 2. Students will participate in clinical service within the context of the clinical mission and federal guidelines. 3. Students will prepare and organize documents to prepare for graduate school. 4. Students will write case histories in technical style in AMA format and present them. 5. Students will work to create and present a case study and final presentation.

## **COURSE CREDIT INFORMATION**

This course requires that the student complete both the classroom and on/off campus clinic rotation(s).

## **COURSE SCHEDULE AND ASSIGNMENTS**

1) **Discussion Board:** Weeks that students are attending clinic hours, it will be required to submit a discussion board entry by the end of the week. These 15 point discussion board entries are designed to ensure students are engaged in observation during clinic hours. The discussion post is expected to detail a case that they have observed that week and include any questions. Required 2-4 sentences per entry.

2) **Case study/studies:** Case studies will be an important component of each class session. We will spend time together discussing each case study during class time. A SOAP note will be expected to be completed and turned in at the end of each class session (10 points). Please refer to the grid below to see the schedule of case study sessions. There will be no points awarded for missing case studies, participation is mandatory.

3) **Quizzes:** There will be weekly quizzes that relate to the weekly case study. Quizzes will be 5 questions (5 points) each and will be given at the beginning of the class. These quizzes will be given verbally and, therefore, there will be no make up quizzes if you miss this portion of class. Quiz answers are submitted via canvas, computer access will be needed each class.

4) **Resume:** Students will complete an up-to-date resume which includes both academic and related professional experience(s). Student resumes will be **one page maximum (50 points)**. Resumes will be graded on organization, structure, content and should include current clinical placement for KIN4088C. Please utilize the Office of Strengths and Vocation if needed.

5) **PTCAS/OTCAS profile:** For this assignment, you will receive credit for creating an online profile through one of two websites. These centralized application systems for both physical and occupational therapy will be essential for your admission into graduate school. These application service websites are free to create an account. You will receive full credit if you are able to forward me your email confirmation that you have created an account through either PTCAS or OTCAS. Students will not be required to apply to graduate schools at this time.

6) **Graduate school spreadsheet:** The purpose of this assignment is to create a log of important information compiled from different graduate programs. This will be a valuable tool

for you when it is time to apply to graduate schools. Students will be required to have three to five graduate schools for either PT or OT on your spreadsheet. Please choose schools which you are interested in. Students should include information including due dates for fees, tuition, deadline application, early decision deadlines, program prerequisites, average accepted student GPA and GRE scores, observation hours, average class size, number of cohorts per calendar year, and any other information you feel is important. Please organize these topics in an excel sheet broken down by at least 3-5 schools, using 12 point font Times New Roman. You will be graded on organization of the spreadsheet and quality of information included (50 points).

7) **Final Case Study Presentations:** The purpose of this assignment is to gain familiarity using professional language and presenting a patient to your peers. Each student will give an oral presentation of his/her case study patient on the final exam day. The case study patient will be chosen by the student during their clinical experience. Students will dress in business casual attire for the presentations (no jeans of any color, closed toe shoes- please ask if you have any questions regarding business casual attire). Please take note of the final exam date and plan attire accordingly. These individual presentations should be ten minutes in length and will have 5 minutes of discussion and questions afterwards. Students will be deducted points if presentations are under 10 minutes. Students will also answer questions from classmates and also at least one question from the instructor. Students will create a short powerpoint to help illustrate their patient. Students will be graded based on meeting the time criteria, ability to provide a clear explanation of the patient case, overall presentation and by the response to the peer/instructor questions (100 points).

8) **Final Case Study Report:** All KIN4088C students will be required to complete a final written case report. This case report will accompany the final case presentation which is based on a patient chosen during the clinical experience. This case study will be in AMA format, 3-5 pages in length, double-spaced, 12-point font and will be uploaded to Canvas by 7:30 AM on the final exam day. *No late assignments will be accepted.* The case study will include client data (age, gender, occupation, recreational activities), history (chief complaint and all relevant history), results of physical examination (objective findings), diagnosis, treatment and treatment outcomes, and any insight gained from the case (through clinical mentor or literature review). Students will be required to cite at least two reputable references using AMA format when completing these assignment(s). There will be a case study example, case study guidelines, and how to properly cite in AMA format. Case studies will be graded on organization and quality of content (100 points). Well-written responses help the instructor visualize and understand the key components of the case.

9) **Clinical Hours:** Clinical hours will be recorded on the excel document found on Canvas. You are expected to keep the hard copy with you record hours each time you are in the clinic. Please record date, time, supervisor signatures and student signatures. You will need a copy for your records when you apply for graduate school.

10) **Site Evaluation Forms:** Site evaluation forms due at end of clinical internship to allow

for student feedback of their clinical experience. 10 points given for completion of this assignment.

<b>Date Presented</b>	<b>Class Content</b>	<b>Assignments Due &amp; Type of Submission</b>
1/17/23	<b>Introduction, Syllabus SOAP Note Intro</b>	<b>Connect with Clinical Site (Email)</b>
1/24/23	<b>Quiz #1: SOAP Note Case Study: Stress Fracture  Review Resume assignment</b>	<i>No assignments due</i>
1/31/23	<b>Quiz #2 Case Study: Shoulder Injury  **First week of clinicals is 1/30-2/3**</b>	<b>Resume due 1/31 - 7:30am to Canvas submission  Discussion Board due by 2/3</b>
2/7/23	<b>Quiz #3 Case Study: Posterior Thigh Injury</b>	<i>Discussion Board due by 2/10</i>
2/14/23	<b>Quiz #4 Case Study: Concussion  Review PTCAS/OTCAS assignment</b>	<i>Discussion Board due by 2/17</i>
2/21/23	<b>Quiz #5 Case Study: ACL Reconstruction</b>	<b>PTCAS/OTCAS profile due, forward me email link or screenshot - 2/21 - 7:30am  Discussion Board due by 2/24</b>
2/28/23	<b>Quiz #6 Case Study: UCL Reconstruction Review Grad School Spreadsheet assignment</b>	<i>Discussion Board due by 3/3</i>
3/6-10	<b>Spring Break</b>	<i>No Assignments Due</i>
3/14/23	<b>Quiz #7 Case Study: Low Back Pain</b>	<b>Graduate school spreadsheet due by 3/14</b>

	<b>Review Final Case Study Paper/Presentation</b>	- 7:30am Canvas submission  <i>Discussion Board due by 3/17</i>
3/21/23	<b>Quiz #8 Case Study: Lateral ankle sprain</b>	<i>Discussion Board due by 3/24</i>
3/28/23	<b>Quiz #9 Case Study: Patellofemoral pain</b>	<i>Discussion Board due by 3/31</i>
4/4/23	<b>Quiz #10 Case Study: Spondylolysis</b>	<i>Discussion Board due by 4/7</i>
4/11/23	<b>Quiz #11 Case Study: SLAP tear</b>	<i>Discussion Board due 4/14</i>
4/18/23	<b>Quiz #12 Case Study: Cervical Radiculopathy Review Clinic Site Feedback assignment</b>	<i>Discussion Board due by 4/21</i>
4/25/23	<b>Prep for final presentations</b>  <i>**Last week of clinicals is 4/24-28**</i>	<b>Clinic Site Feedback Form due by 4/28</b>  <i>Discussion Board due by 4/28</i>
<b>FINALS TBD - Week of May 1st</b>	<b>Final Presentations</b>	<b>Clinic Hours form and Final case study written report due by beginning of Final presentations</b>

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

1. ptcas.org
2. aota.org
3. ets.org/gre
4. <https://meded.ucsd.edu/clinicalmed/>
5. <https://www.ncbi.nlm.nih.gov/pubmed/>
6. Professional dress determined by clinical site for internship days

## ASSESSMENT AND GRADING

Assignment distribution by points	Grading Scale
<ul style="list-style-type: none"> <li>● Reading quizzes x 12 @5 points each</li> <li>● Case Study SOAP x12 @10 points each</li> <li>● Discussion Boards x13 @15 points each</li> <li>● Resume 50 points</li> <li>● PTCAS/OTCAS profile 25 points</li> <li>● Graduate school spreadsheet 50 points</li> <li>● Final Presentation 100 points</li> <li>● Final Case Study Report 100 points</li> <li>● Clinical Hours 50 points</li> <li>● Site Eval Form 10 points</li> </ul>	<p>A=93-100  A-=90-92  B+=87-89  B=83-86  B-=80-82  C+=77-79  C=73-76  C-=70-72  D+=67-69  D=63-66  D-=60-62  F=0-59</p>

**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. No incompletes will be graded.

**FINAL EXAMINATION POLICY- FINAL CASE STUDY DAY**

Successful completion of this class requires presenting a final case study project on the scheduled final exam day. Students are *required to be present for the duration of the final project presentations* in order to receive credit for their project.

**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 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](mailto: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 classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. Please keep in mind that **2 absences for this course is >10%** as we only meet 1x/week over the semester. 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. See Academic Policies in the Undergraduate Academic Catalog.