



Department of Kinesiology

KIN4088C-5 Internship in Kinesiology

1-3 Units

Spring 2023

Meeting Days: Wednesday	Instructor: Dr. Rachel La Costa, PA-C, DMSc <i>she/her</i>
Meeting Times: 7:00-8:15pm	Cell Phone: (972) 921-4626
Meeting Location: Kinesiology Classroom 2 (KIN2)	Email: rlacosta@pointloma.edu
Final Exam: Schedule via Google calendar	Office Hours: Available by appointment. Please email to schedule.

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

Upper-level elective that provides an introduction to the PA profession. Demonstrates the role of the PA and the pathway to the PA profession, through interaction with PAs in the classroom and in clinical internship activities. Explores and applies medical interviewing techniques to elicit a thorough patient history.

COURSE LEARNING OUTCOMES

1. Explore the patient interview; analyze the importance of each component of the interview.
2. Demonstrate proficiency in taking a thorough patient history.
3. Synthesize the patient interview into written clinical documentation.
4. Define commonly used medical terminology.
5. Demonstrate use of proper medical terminology in oral and written communication.
6. Describe the role of the PA in a variety of medical specialties and settings.
7. Explain the process for admittance to PA school.
8. Identify graduate school plans; create goals and a timeline for application.

INTERNSHIP HOURS

A total of 20-40 internship hours are required to fulfill the course requirements for KIN4088. This requirement is pro-rated based upon the student's registered units:

<i>Units</i>	<i>Internship Hours Required</i>
1 unit	20 hours

2 units	30 hours
3 units	40 hours

Take note of the internship hours required for each number of units and plan your schedule accordingly. As an example, if you are registered for 3 units, you are required to complete 40 total internship hours. This requires you to plan about 3 internship hours per week to complete all 40 hours over the course of the semester.

You are responsible for completing the required hours prior to the end of the semester.

You must log all hours on your individual KIN4088 Internship Hours Google Doc, which will be shared with you via email at the beginning of the semester. You must log all hours as you go, on a weekly basis, and this will be monitored by Dr. La Costa throughout the semester. You may complete the hours at any time during the semester. However, if you run out of time to complete sufficient hours, your final grade will be penalized accordingly. Some internship activities require submission of documentation to receive credit (see below). To receive full credit, you must upload all documentation, along with your completed KIN4088 Internship Hours Google Doc, to Canvas at the end of the semester.

Most of the internship hours can be completed on your own time, on your own schedule (with the exception of shadowing hours).

Shadowing opportunities are not guaranteed and are prioritized based upon each student’s registered credit units and class standing. Shadowing, and several other internship activities, require submission and processing of documentation, which may delay start date—keep this in mind. The student is responsible for promptly submitting the required paperwork to the clinical site. Failure to submit documentation in a timely fashion may result in forfeiture of the shadowing opportunity. Shadowing opportunities and schedules will be arranged by Dr. La Costa with the participation of local clinician (PA, MD, DO, NP) preceptors. If you are eligible, you will be notified by Dr. La Costa to complete the required paperwork.

Prior to the start of the semester, review the following approved internship activities and plan your semester schedule accordingly.

Approved Internship Hours Activities	Documentation Required <i>Note: must be uploaded to the Internship Hours Canvas assignment to receive credit</i>
Shadowing PA, MD, DO, or NP hours <i>Note: Shadowing opportunities are not guaranteed and are prioritized based upon registered credit units and class standing</i>	Log hours in Google Doc
Attend a Point Loma Pre-Health Student Association (PLPHSA) Meeting	Log hours in Google Doc
Attend a PLPHSA Event or Volunteer Activity	Log hours in Google Doc
Serve on PLPHSA Board (or submit application to serve on the board next year, when application period opens)	Log hours in Google Doc (2 hours internship credit granted for submission of PLPHSA Board application)

Participate in a PLNU PA Program volunteer event/activity	Log hours in Google Doc
Meet with your assigned PLNU PA student mentor	Log hours in Google Doc
Meet with PA mentor	Log hours in Google Doc
Volunteer at an approved clinical site: <ol style="list-style-type: none"> 1. Champions for Health Free Vaccination Clinics 2. EP Save a Life (please register through PLPHSA events) 3. Family Health Centers of San Diego (email Dr. La Costa to participate) 4. Bethlehem Food Pantry 5. Feeding San Diego 6. North County Lifeline 	Log hours in Google Doc
PA program spreadsheet update (email Dr. La Costa to participate)	Complete documentation for assigned programs and submit to Dr. La Costa by assigned deadline (5 hours internship credit)
Obtain a certification (i.e. CPR, BLS, ACLS, EMT, CNA, MA, etc.)	Upload pdf of the certificate to Canvas assignment (internship hours credit based upon certification type). Certification must be completed during this semester.
Attend a medical or healthcare conference	Upload conference registration receipt or photo of attendance badge to Canvas assignment (internship hours credit based upon duration of conference attendance)
Submit your CASPA application	Upload CASPA submission receipt (screenshot is sufficient) to Canvas assignment (5 hours internship credit)
Attend a PA program information session (virtual or in person), complete a PA program campus visit, or attend a PA program interview <i>at any PA school</i>	Upload confirmation of attendance to Canvas assignment (internship hours credit based upon duration of event)
Other	If you are participating in other healthcare-related activities that you think may qualify towards your internship hours, you may submit such a request via email. Approval is at the sole discretion of Dr. La Costa. <i>Note: clinical hours worked for pay <u>do not</u> qualify as internship hours per PLNU policy.</i>

ASSESSMENT AND GRADING

Please see assignment descriptions and due dates listed on Canvas.

Assignment	Percentage
History Part I: History of Present Illness Assignment	5%
History Part II: Past Medical History/Social History Assignment	

History Part III: Review of Systems Assignment	
Patient History Notes (3 total)	15%
PA Profile Interview (3 total)	15%
PA Application Assignment & Advising Session	5%
Class participation, Quizzes in class	10%
Midterm (Medical Terminology Quiz)	10%
Final Exam (Patient Interview Checkoff)	15%
Internship Hours and Submission of Internship Hours Log with Documentation	25%
Total	100%

Final grades will be assigned according to PLNU policy:

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

TEXTS AND RECOMMENDED STUDY RESOURCES

Note: there is no required text for this course; however, the following resources are excellent are strongly suggested.

1. UCSD School of Medicine Practical Guide to Clinical Medicine, free resource available at <https://meded.ucsd.edu/clinicalmed/introduction.html>
2. H&P Notebook: several available from many different sources. Excellent resource to practice taking a full history, and would be helpful for writing patient history notes. Available at <https://www.amazon.com/notebook-Medical-Physical-templates-perforations/dp/B01HU696MY> or https://amazon.com/dp/B06XX41BZ3/ref=dp_prsubs_1. Recommended but not required.
3. Maxwell Quick Medical Reference, by Robert Maxwell, available at https://www.amazon.com/Maxwell-Quick-Medical-Reference-Robert/dp/0964519143/ref=cm_sw_em_r_d_dp_w_dc_JiZNzbA6DQ954_im. An excellent pocket-sized general medical reference (again, optional, not required).

PA Application Resources:

1. How to [write “physician assistant” correctly](#)
2. PLNU [PA Program](#)
3. All ARC-PA-accredited [U.S. PA programs](#)
4. Filter [U.S. PA programs on PAEA](#)
5. Central Application Service for Physician Assistants (CASPA) [Create an account](#)
6. CASPA [Frequently Asked Questions](#)
7. Calculating your [CASPA GPA](#)
8. [GPA calculator](#) – how to calculate how many credits are required for raising your GPA

PROFESSIONALISM

This internship course is intended to prepare the student for PA school and a career in healthcare. The healthcare setting requires a high level of professionalism. Students in this course must adhere to the following professionalism standards:

- Careful reading of the course syllabus and written acknowledgment (via email) of agreement with these standards.
- Confirmation of registered units and acknowledgement of internship hours obligation (via email).
- Prompt responses to faculty email messages, within 24 hours, or by the requested deadline.
- Punctual arrival to class sessions, out of respect for the faculty and the guest speakers' time. Late arrivals will not be permitted to take the weekly class quiz. Class will be held in person in the Kinesiology Building, unless otherwise noted on the syllabus or via email by Dr. La Costa (if unanticipated circumstances arise).
- Prompt notification of anticipated absence prior to scheduled class session and at least 24 hours prior to any shadowing session. Please notify both the preceptor and Dr. La Costa of any anticipated shadowing absences. If one unexcused absence from a shadowing session occurs, you may forfeit your shadowing opportunity (and risk failure in or removal from the course), at the discretion of Dr. La Costa. Please review the attendance policy in the syllabus.
- Please come prepared to class! The weekly class quiz will cover the week's assigned readings, which are posted in the course schedule and on Canvas.
- Active, respectful class participation is required. Success in this course is dependent upon all students participating in class, and also makes for an enjoyable and engaging classroom experience for all. Please especially show respect to the guest speakers' time by remaining engaged in class sessions.
- All discussions within this classroom are a safe space that fosters open and honest dialogue. Medicine is complex; I do not expect you to know all of the answers in class. There are no "wrong" questions or guesses during active discussions in this class, only opportunities for growth! Learning is not a linear process; we can only learn and improve by doing and practicing. If you prefer to participate in class in a different way than sharing verbal input, this is welcomed too. Please reach out to Dr. La Costa if you have any questions or concerns.
- Appropriate attire at all internship activities. This attire will vary (i.e. business casual, scrubs, other), based upon the requirements of each setting. Please inquire of the preceptor or supervisor *in advance* regarding the recommended attire at the site. If you are unsure if you have the proper attire for the setting, please reach out to Dr. La Costa promptly to discuss.
- Kind, ethical, and respectful attitude at all internship sites and activities.
- Submission of all assignments by the posted due date in Canvas. All assignments are due by 11:59pm on the assigned due date. Please review the late submission policy in the syllabus.
- Zero tolerance for plagiarism of any kind in this course.
- All students in this course belong, have value, and bring unique perspectives worthy of consideration. There is a zero-tolerance policy for discrimination on the basis of race, color, national origin, age, sex, gender identity, sexual orientation, faith tradition, disability, political affiliation, or military/veteran status. Failure to comply will result in

immediate remediation with Dr. La Costa and Dr. Sawyer and escalation per PLNU policy.

- Please notify Dr. La Costa in advance regarding any accommodations needed through coordination with the Educational Access Center (EAC). I am eager to respect these accommodations but require advanced notice to ensure everything is appropriately in place for you.
- Adherence to all PLNU policies.

Likewise, I promise to demonstrate professionalism in this course. I will uphold the following professionalism standards:

- I will respond to emails as soon as I can, but certainly within 24 hours on Monday through Friday, and by Monday morning if received over the weekend.
- Email is my preferred method of communication. However, if you have an emergency, you may reach out via phone or text at my cell phone number, which is included at the top of the syllabus and in my email signature.
- I will provide feedback on assignments and exams within 48 hours if possible, and within seven days maximum. I will communicate regarding any delays in course feedback.
- Finally, students, if you have any medical, mental health, ethical, or safety concerns that arise during the semester, please do not hesitate to reach out to me. Resilience and grit are important, but so are your mental and physical health. I understand that we are all human; I want to support you in any reasonable way that I can. I do not have an office on campus, but I am happy to discuss via phone, Zoom, or a scheduled in-person meeting if needed.



If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. The [9-8-8 Suicide and Crisis Lifeline](#) is available from any phone, 24/7, everyday.

LAND ACKNOWLEDGMENT

We recognize the Kumeyaay people, on whose ancestral homelands Point Loma Nazarene University currently occupies. We extend our respect and gratitude to the Indigenous people who have lived on and cared for this land. [What is a land acknowledgement?](#)

STATE AUTHORIZATION

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 on [State Authorization](#) to view which states allow online (distance education) outside of California.

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 must be honorable in all of their academic work. Dishonesty in assignments, examinations, or any other academic work is an affront to fellow students and the faculty and will not be tolerated. 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 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 class sessions is considered essential to optimum academic achievement. *If the student is absent for more than 10 percent of class sessions, 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.*

PLNU LATE AND INCOMPLETE ASSIGNMENTS POLICY

All assignments are to be submitted in Canvas by the posted due date and time. Late assignments will be deducted 50% of the assignment's points if submitted with 24 hours of the due date. Incompletes will only be assigned in extremely unusual circumstances.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#).

