

Practicum in Sport Science

Meeting Days:	N/A	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	N/A	Phone:	(619) 849-2254
Meeting Location(s):	N/A	Email:	jgoodin@pointloma.edu
Final Exam:	N/A	Office Hours:	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 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

This internship experience presents opportunities for students to pursue practical experiences in sport science and strength and conditioning through an internship with an external strength and conditioning outfit (gym, team, university, etc). In order to achieve an immersive sport science or S&C experience, all students are expected to keep a record of their learning in a journal and report to the instructor weekly or biweekly. Furthermore, the student must understand that he/she represents Point Loma Nazarene University (PLNU) during the entire internship and therefore should act professionally at all times but especially in the presence of PLNU student-athletes and coaching staff. It is preferred that the student intern be a junior or senior in the kinesiology department, though other majors will be considered. All students should have an interest in sport science, coaching, strength and conditioning, data analytics, and/or long-term athlete development.

INTERNSHIP GUIDELINES

- Required Hours

3 credits -150 total hours (10 hours/week, 15 weeks)

2 credits -105 total hours (7 hours/week, 15 weeks)

1 credit -60 total hours (4 hours/week, 15 weeks)

There is flexibility in hours per week as long as the total hours are completed. That said, the total number of hours available each week may fluctuate depending on the context of the internship. Hours will be completed through onsite observation, participation, or studying (as approved by the internship lead or instructor).

Assignments

Internship Journal: Keep a log of the key concepts you learn and experiences you gain during each session of observation/participation/education. Expected roughly 1 page per onsite session.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Strongly Recommended:

Haff, GG, and Triplett, NT, eds. *Essentials of Strength Training and Conditioning*, 4th ed. Champaign, IL: Human Kinetics, 2016

Stone, Stone, and Sands. *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics, 2007

Isratel, M., J. Hoffman, and C. W. Smith. *Scientific Principles of Strength Training*. Juggernaut Training Systems (2016).

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

There will be no final exam for this class.

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

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at drc@pointloma.edu. See [Disability Resource Center](#) for additional information.

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. 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.

TUTORING

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available by appointment only, may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, so stop by and say hi! My official office hours (listed above) are tentative—other meetings or appointments may arise—so schedule 24 hours in advance if you have pressing issues, but feel freedom to stop by whenever you'd like. I have an open door for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!