POINT LOMA NAZARENE UNIVERSITY

Kinesiology
KIN 4088
1-3 Units
Summer 2025

Internship in Sport Science

Meeting Days:	TBD	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	TBD	Phone:	(619) 849-2254
Meeting Location(s):	TBD	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 in internship with the Athlete Monitoring Initiative (AMI). The AMI is an ongoing joint effort between the Department of Kinesiology and Athletics that provides testing and monitoring services to PLNU sports teams and hands-on experience to Kinesiology student interns. In order to achieve an immersive sport science experience, all sport science interns are expected to complete scheduled readings and assignments, contribute to the athlete monitoring initiative data collection efforts, attend weekly hands-on sport technology and testing workshops, and participate in a culminating research experience. 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 will fluctuate depending on the current AMI schedule. Hours will be completed through reading and coursework, in-person class meetings, equipment training, and athlete testing sessions.

Assignments

Sport Science Podcast and Post Summaries: The emerging field of sport science is ever-evolving, with breakthroughs in sport technology, research, and performance occurring faster than traditional methods of information dissemination (i.e. books). Therefore, live-updates via social media, podcasts, and blog posts are an excellent way to stay abreast on the latest in the field. This series of assignments exists to encourage you, as a future sport scientist, to follow and engage with innovators in the field by consuming and summarizing their content with the hopes of one day contributing yourself. In your summary, include the following:

- The title and date of the podcast or post
- The guest (if applicable)
- The main topic(s)
- Explanation (in your own words!) of the main points of the post
- How the information in this podcast could be helpful in your future career as a sport scientist, strength coach, or researcher.
- Anything that stood out to you as particularly insightful
- 250 word minimum.
- Scholarly writing, APA formatting (get used to writing & formatting like a researcher)

Submit as a Word document or Google document to Canvas.

Reading Discussions: Reading discussions for each module encourage students to make connections between seemingly disparate topics in sport science and to engage critically with the material as they convert theory to practice. Evidence of scholarly writing and research comprehension is paramount. All reading should be completed during week 1 of the module, so that during week 2 ample back-and-forth discussion can take place. Each student should make 1 original post (6 points) and 2 peer responses (2 points each). The reading can be found under the "Reading" heading in each module

Post guidelines:

- Original posts: 200 word minimum
- Peer responses: 100-200 words
- scholarly writing
- APA formatting

- Insightful comments, thoughtful questions, and relevant connections to other concepts, research, or class material

Please make your original post at the beginning of week 2 of the module so your peers have time to respond before the end of the week.

Research Group Meetings: Each research group will meet bi-weekly to discuss and carry out their research project. These meetings will occasionally be led by Dr. Goodin, but over time they will become peer-led as graduate and undergraduate students become more familiar with the research process and their project. During each meeting, one member of the group should act as the secretary to take minutes on what is discussed and what progress was made. These notes should include the following:

- Attendance
- Detailed meeting agenda
- Steps taken to accomplish agenda items
- Important points of discussion or disagreement
- Key questions to investigate on your own (in the literature)
- Key questions to bring to Dr. Goodin (that you've already tried answering yourself)
- Next steps in the research process

Notes should be about one half to one full page for a productive and engaged meeting. After your meeting, submit the meeting minutes to Canvas for me to review.

Excel and Smartabase Assignments: A big part of applied sport science is not only collecting data, but analyzing and reporting data. To that end, Excel and Smartabase will be two applications that are heavily relied upon. Check Canvas later in the semester for more details.

AMI Sport Performance Enhancement Consortium (SPEC) Testing: One of the AMI's core functions is to provide SPEC testing for all teams under the AMI umbrella. Student interns are expected to memorize SPEC testing protocols, familiarize themselves with the instrumentation, and attend no fewer than four separate SPEC testing sessions. However, given the dynamic nature of an athlete monitoring environment, need may arise for student interns to go above-and-beyond the minimum requirements as outlined here.

Research Presentation: At the end of the semester each research team will present their findings to the class and to select guests (KIN students & faculty, PLNU coaching staff). Check Canvas later in the semester for more details.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Students are responsible for having the required course textbooks prior to the first day of class.

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. The final examination schedule is posted on the Traditional Undergraduate Records: Final Exam Schedules site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

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 RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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. For all student appeals, faculty and

students should follow the procedures outlined 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 in accordance with the Americans with Disabilities Act (ADA). 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 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

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 withdrawal date or, after that date, receive an "F" grade.

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!

LOMABOOKS INSTRUCTIONS FOR STUDENTS

This course is part of our course material delivery program, **LomaBooks***. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.*

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.

For more information about **LomaBooks,** *please go: HERE*

TENTATIVE COURSE SCHEDULE

Module	LEARNING	DOING
Module1 Intro to Sport Science, Analytics, & Technology	Week of 1/13 Topic: Sport Science & The Athlete Monitoring Reading in Athlete Monitoring & Research at PIHU Reading: 1. 2. 3. Due: 1. Sport Science Interest Questionnaire 2. Post summary @ sciencefor sport	Week of 1/20 Intro to force platforms, timing gates, & velocity-based training 1. 2. 3. 1. Hold Special Interest Meeting #1 2. Reading Discussion 1 3. Just Ily's Sports Performance Podcast Write-up
Module2 Intro to SPRINT Testing, Force Platforms	Week of 1/27 Topic: SPRINT Testing at PIHU Force Platform Technology Reading: 1. 2. 3. Due: 1. Excel Basics Assignment 1 2. S&C Collaboration #1 3. Post summary @ sciforsportscience	Week of 2/3 SPRINT Testing Protocol Practice 1. 2. 3. 1. Hold Special Interest Meeting #2 2. Reading Discussion 2 3. Physical Preparation Podcast Write-up
Module3 The Training Process, Timing Gates	Week of 2/10 Topic: Long Term Athlete Development & Periodization Reading: 1. 2. 3. Due: 1. SPRINT Testing Practice Assignment 1 2. Sport Science Research Review #1 3. Post summary @	Week of 2/17 Speed & Agility Testing Practice 1. 2. 3. 1. Hold Special Interest Meeting #3 2. Reading Discussion 3 3. Podcast Write-up
Module4 Frontiers in Sport Technology; Velocity-Based Training	Week of 2/24 Topic: Latest in sport tech industry Technology integration into training Reading: 1. Excel Basics Assignment 2 2. S&C Collaboration #2 3. Post summary @	Week of 3/2 Velocity-Based Training Practice 1. Hold Special Interest Meeting #4 2. Reading Discussion 4 3. Podcast Write-up
SPRING BREAK		
Module5 Questionnaire-Based Monitoring	Week of 3/16 Topic: RPE & Wellness Questionnaires Reading: 1. 2. Sport Science Research Review #2 3. Post summary @	Week of 3/23 Mock ESPRINT Testing Session 1. Hold Special Interest Meeting #5 2. Reading Discussion 5 3. Podcast Write-up
Module6 Data Analytics and Reporting	Week of 3/30 Topic: Making Data Manageable & Meaningful Reading: 1. 2. USA Rugby & USOC Collection 3. Post summary @	Week of 4/6 Mock Data Return 1. Hold Special Interest Meeting #6 2. Reading Discussion 6 3. Podcast Write-up
Module7 TBD	Week of 4/13 Topic: TBD Reading: 1. 2. Sport Science Research Review #3 3. Post summary @	Week of 4/20 TBD 1. Hold Special Interest Meeting #7 2. Reading Discussion 7 3. Podcast Write-up
Module8	Week of 4/27	Week of 5/4

rev