College of Health Science

Department of Kinesiology and Health Sciences

KIN4095 - Kinesiology Capstone

1 Unit

Fall 2025 - Quad II

Days and Times: Thursdays, 7:30 am to 8:20 am (Sec 1)

Classroom: Liberty Station

Final Exam: See Final Paper instructions on Canvas

Download Course Syllabus Here

Instructor Title	Dr. Jacob Goodin, CSCS, CPSS
Phone	619-849-2918
Email	jgoodin@pointloma.edu
Office Location and Hours	See link in Canvas or email to set up an 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 course is, in many respects, a capstone to your college experience in one of the majors offered by the Kinesiology department. The discussion format that will be used extensively in this course would not work without the background that you have received from the courses within your major, or the maturity of character that you have developed over your college experience. In a typical week, we will discuss issues related to work and calling, explore topics related to vocation and career goals, or hone interpersonal and networking skills. The quality and direction of our discussion and activities will largely be the responsibility of you, the

students. In addition to the oral discussions, written reflections, and vocation-related assignments, you will write a critical appraisal related to a topical area of interest in kinesiology.

Prerequisites: Senior standing as a Kinesiology major.

COURSE LEARNING OUTCOMES

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1. **Students will analyze, critically evaluate, and discuss ideas, arguments, and differing points of view on various topics that affect kinesiology, faith, and morality.** We will be reading and discussing ideas from a variety of perspectives. In doing so, we want to be hospitable to the ideas of others recognizing that through discourse we can learn from and better understand each other as we respectfully challenge ideas and allow our thinking to be challenged.
2. **Students will construct a defendable position on particular issues of kinesiology, faith, and morality in both written and oral formats.** As part of your training here at PLNU, you have been exposed to various topics that integrate faith, knowledge, and vocation. Hopefully, through personal reflection, you have arrived at your own definition of 'truth' with regards to some of these issues (although this definition of 'truth' will continue to evolve throughout your life). It is important that you are able to articulate this view in such a way that you can explain and defend your position. This includes fully summarizing your own thoughts, addressing alternative views, and then being able to explain/defend your thoughts to others in a clear and organized manner. This will allow you to hold strong to your values while demonstrating grace and respect towards other's differing viewpoints.
3. **Students will prepare for their future vocation by practicing professional interpersonal and oral communication skills and creating job application documents.** You have been well-trained within your discipline, but landing a job that could launch a career is about both who you know *and* how well you demonstrate your strengths and skillset. In this class we will explore both sides of the coin through a variety of professional development assignments.
4. **Students will refine their concepts of vocation, calling, and the sacredness of work by reflecting on course material and dialoguing with peers.** This course is designed as the last touchpoint before launching you into a lifelong career that will be sustained not by determination, grit, or good fortune. Rather, it is through a deep sense of meaning derived from service to others and working under God's calling on your life.

5. **Students will assimilate, evaluate, analyze, and summarize research within a topic in kinesiology relevant to their intended career and tie it to their understanding of calling and vocation.** Your undergraduate degree is the launching point to a life of learning, and this course will seek to guide you into identifying and assessing evidence-based practices to hone your craft and establish expertise.

REQUIRED TEXTS AND MATERIALS

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

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

Required:
Keller, T. (2012) *Every Good Endeavor*. New York, New York: Penguin Books
Purchase here: https://amzn.to/2WDae0u

In addition to the textbook, for this online course you will need access to the following:

- Zoom: https://zoom.us/
    - Sign up for a free account using your PLNU email address. Download the app to your laptop, phone, and/or tablet.
- Google Drive: https://www.google.com/drive/
    - You already have a free account associated with your PLNU email address. In this class we will use the browser-based document functionality.
- Google Chrome: https://www.google.com/chrome/
- Google Chrome is the required browser for HonorLock, and must be downloaded and used on a laptop or desktop for the module quizzes, midterm, and final exam.
- Laptop or desktop computer equipped with a microphone and webcam
- Ability to record yourself using a phone, camera, or webcam

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1-unit class delivered over 15 weeks. For this

course, students will spend an estimated 37.5 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

ASSESSMENT AND GRADING

The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

EDUCATIONAL OPPORTUNITIES

Note: All assignments are to be submitted electronically via Canvas by Saturday at 11:59pm unless otherwise noted. The only exception are the initial posts for discussions, which are due on Wednesdays at 11:59pm.

1) **Lecture Responses**: The lecture videos are created to give you an overview or sometimes a deeper look into concepts that we will cover in this course. As part of this course, you will be engaging with lecture videos from Dr. Goodin that have been posted in Canvas.

To receive credit for watching the lecture and participating in the discussion, you need to do the following:

- Leave your own original comment about something you learned, a new point of interest, a question you had, or a funny comment (if I laugh out loud you get +1 extra credit). Your original comment MUST have some thought behind it! I don't give participation credit for low-effort responses.
- "Thumbs up" your favorite comment from your peers (or from previous students). This could be something extra insightful, a witty zinger, or a question you had as well.
- Respond to one other comment. In particular, answering a question that was asked is helpful, but it could be as simple as "I agree!" or a small addition to whatever the original commenter said. Kudos if you give a thoughtful reply.

Do these things, and you'll earn your participation credit for the video!

2) **Vocation Reflections** (3x25 pts):

a) Our text for this course *Every Good Endeavor* will be used as a launching point for your own reflections on your calling and vocation. As we journey through the semester together I will ask you to reflect deeply on specific aspects of your own sense of calling in relation to the book, your faith, and your unique passions within and outside of the field of kinesiology. Each formative reflection piece will contribute to a summative reflection paper.

3) **Vocation Discussion Groups** (3x25 pts):

a) Vocation reflection small-groups will be formed based on your intended career path to discuss each section of the text after you have written your reflections.

4) **Elevator Speech** (100 pts):

a) Each student will develop several key points that can be crafted into a versatile elevator speech and will practice this speech with 1 unsuspecting PLNU faculty or staff member after rehearsing it. Your submission will be a selfie after you successfully have a career-focused conversation with this faculty member.

5) **Passionate Speech Video** (100 pts):

a) Each student will choose a topic they are passionate about within kinesiology and deliver a 5-minute, impassioned appeal to the class with the aim to convince us to join your cause or agree with your viewpoint through appeals to ethos, pathos, and/or logos.

6) **Professional Development Assignments** (4x50):

a) Students will create a robust LinkedIn profile to which you can upload your critical appraisal topic as well as “link” with the rest of your graduating class.

b) Students will write a mock cover letter and resume applying for their dream job. These documents can serve as a template for future job opportunities.

c) Students will take a series of self-assessment tools such as: the Meyers-Briggs, The Big 5 Personality Test, and—wait for it—the Enneagram.

7) **Vocational Expertise Paper** (200 pts):

i) Students’ reflections on vocation and calling (an earlier assignment) will be synthesized into a 3-part essay that:

(1) Refines their concepts of vocation, calling, and the sacredness of work

(2) Delves into a critical analysis on a special topic of choice related to the student's calling
(3) And concludes with a short reflection on how their distinctive PLNU Christian liberal arts undergraduate experience is launching them into their next steps.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination on its scheduled day. 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.

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. Incompletes will only be assigned in extremely unusual circumstances.

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. 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.

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are NOT allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, Grok, etc) in class or outside of class at any point to generate ideas or content (text, video, audio, images) that will end up in any class discussion or work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

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 distance education outside of California.

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.

PLNU COURSE MODALITY DEFINITION

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
    a. Synchronous Courses: At least one class meeting takes place at a designated time.
    b. Asynchronous Courses: All class meetings are asynchronous.
2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See Academic Policies in the Undergraduate Academic Catalog.

ASYNCHRONOUS ATTENDANCE/PARTICIPATION DEFINITION

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the *Technology and System Requirements* information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

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

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, therefore I will have virtual and in-person office hours sign-ups posted in canvas, or you can email me to set them up. I have an open-door policy 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!