![Point Loma Nazarene University logo]

Kinesiology/Graduate Health Sciences

KIN6099 Thesis Research

3-Units

Fall 2025

September 2- December 21

Online

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Office Location and Hours:

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

This course provides an extended research experience for the student in a specific topic of professional interest. Under the direction of a faculty advisor and thesis committee, and after completing KIN 6005, 6010, and 6050, the student will conduct further empirical research and will advance through the preparation and defense of a thesis.

Course Aim

This course aims to develop graduate students with the ability to conduct original research to advance their field and professional standing. The qualified student will have previously proposed a thesis topic in either KIN 605 or KIN 650 and/or defended it to their thesis committee. The student will receive faculty guidance toward completion of the research design. In the event that the student does not successfully defend by the end of the course, the student may enroll in the next semester in which KIN 6099 is offered. The student will also meet with the program director and faculty advisor to determine whether to enroll in the Capstone Project or the Comprehensive Examination course to meet the final requirement for graduation.

Prerequisites: KIN 605 (Research Methods), KIN 650 (Research Project Seminar), and consent of Program Director.

Course Learning Outcomes

After completing this course, you should be able to:

1. Understand the importance of the research process in advancing the Kinesiology disciplines.

2. Demonstrate appropriate breadth of knowledge of the background and principle research in your discipline in order to conduct an independent research project, including:

- Selecting a problem

- locating, appraising, and synthesizing the appropriate literature

- critiquing previous research studies and advancing the findings of this literature

- using AMA/APA or journal-relevant style manual

- Work independently to produce and persuasively communicate new research information in the discipline.

- Demonstrate a robust finished thesis project that accomplishes appropriate measurement constructs such as validity and reliability, and which uses effective data collection instruments.

Program Learning Outcomes

The Point Loma Nazarene University MS-KIN graduate will be able to

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions.

2. Work independently and with a team to persuasively communicate essential information in their discipline.

3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.

4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.

5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

Institutional Learning Outcomes

1. **Learning, Informed by our Faith in Christ**
   Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. **Growing, in a Christ-centered Faith Community**
   Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental, and social contexts.

3. **Serving, in a Context of Christian Faith**
   Students will serve locally and/or globally in vocational and social settings.

Recommended Study Resources

- American Medical Association (AMA) Manual of Style (10th ed.)

- American Psychological Association. (2001). Publication manual of the APA (5th ed.). Washington, DC.

- Peer-Review Journal Guidelines (sample: AJSM Download AJSM

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Note: Students are responsible for having the required textbooks prior to the first day of class. Students are also encouraged to begin reading the books in preparation for the class as soon as possible.

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 3-unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

Thesis Overview

All MS-KIN students must complete KIN 6005 (Research Methods) and KIN 6050 (Research Project Seminar) as part of their program of study. Those students who pursue the Thesis Option will develop a research proposal in KIN 6005 and will submit a final proposal no sooner than during completion of KIN 6050. A committee of at least three members, including at least two Kinesiology faculty members, will review all thesis proposals, establish a proposal defense date, and determine the student's ability to complete KIN 6099. Students who successfully defend a thesis proposal will be allowed to enroll for KIN 6099.

Timeline for Thesis Progression

- Fall Q1: Form a research idea

- Fall Q1 Week 8: Initial proposal of project in KIN 605 to colleagues

- 1st Week of November: Finalize project title and choose thesis advisor

- 1st Week of December: Finalize thesis committee

- Fall Q2 Finals Week: Initial Proposal to thesis committee

- The last Friday of January: IRB proposal

- Fall Q2 and Spring Q1: KIN 650/660- Refine project idea, conduct literature review, write intro and methods, collect pilot data, determine power/sample size.

- Spring Q1 and Q2: KIN 650- conduct statistical analysis, write discussion.

- Final defense to the committee last Friday in June.

- Final project due 1st Friday in August

Policies and Procedures for Thesis

The final grade of pass or fail will be determined according to the successful completion of a thesis document. The format of the document is arranged in consultation with the thesis committee and can be either a formal, chapter-based manuscript or any number of publishable manuscripts for submission to relevant peer-reviewed outlets. Journal manuscript-based format is

Before registering for KIN 6099, the student should begin thinking about the process that leads to successful completion of this course. Possible thesis topics should be formulated by the student and discussed with the thesis advisor according to the timeline listed above. In order to successfully complete the thesis, several organizational and administrative steps must be completed. The normal order of such steps is presented below:

Prior to Enrollment in KIN 6099

The student will be expected to perform an initial literature review of one or more potential thesis topics to identify and focus a direction for the research.

1. The student, in consultation with an advisor, will select the thesis topic and identify a Thesis Advisor who will Chair the Thesis Committee (must be a member of the Kinesiology Faculty).

2. The student will complete an extensive literature review related to the selected topic. The significant material resulting from the literature review will eventually be written in a research review format as an initial draft of the Thesis Chapter II - Review of Literature, or in the manuscript format of the peer-reviewed journal the student wishes to submit to for publication (the final format can be determined by the committee).

3. Following the initial literature review, and in consultation with the Thesis Advisor, the student will identify a specific research question to pursue.

4. The student will write a formal Thesis Proposal to be submitted to the Thesis Advisor. This Thesis Proposal must include the following components:

5. An initial Introduction will be composed to establish a summary of existing research related to the question, a statement of the problem, and the purpose of the study. This Introduction must be based upon a substantive review of relevant literature.

6. The student will outline and describe an appropriate research design to examine the research question or test the hypothesis. The details of this process will be written into an initial draft of the Methodology section of the Thesis. The student must include a tentative design for statistical, textual or other analysis of data.

7. A proposed timeline for the study will be included. This timeline must identify the proposed Thesis Defense date. The Thesis Advisor will coordinate the proposed defense date with other thesis defense dates to prevent an overload on faculty members of thesis committees.   If a student fails to have the Thesis ready for defense by the proposed date, there may be a delay before a new date may be scheduled.

8. A statement concerning any costs associated with the study, and how such costs will be covered, should be included in the Proposal. The student should discuss potential costs with the Thesis Director prior to writing the proposal.

9. The Proposal document should follow the reference citation format of the anticipated publication target journal (e.g., Medicine and Science in Sports and Exercise, etc). Number the pages of the Proposal.

Drafts of the Thesis Proposal will be submitted to the Thesis Advisor for review and editing. This may involve several exchanges of drafts and rewrites. When the Advisor and student find the proposal acceptable, a Thesis Committee will be identified.

The Thesis Committee will consist of the student, the Thesis Advisor, and a minimum of two additional members (one of whom must be a PLNU faculty member).   The formal written Thesis Proposal will be

distributed to members of the Committee **at least one (1) week before a scheduled meeting** of the Committee to review and approve the Thesis.

5. The student will schedule a meeting of the Thesis Committee to present the Proposal for approval no later than Final Exam week. This meeting will provide all Committee members an opportunity to discuss the proposed project with the student. The student should be prepared to deliver a **15-minute oral description** of the Thesis:

6. Provide a brief review of the literature and identification of the problem or question.

7. Review the planned methodology and data analysis procedures.

8. Summarize the importance of the study.

9. The student may utilize PowerPoint slides and/or other helpful visuals during the project description.

Committee members will have an opportunity to ask questions and make comments regarding the project. The Committee will expect the student to respond to questions. Any necessary research design changes will be agreed upon before the Committee approves for the student to begin the project. A Thesis Approval Form is completed, signed by the Committee, and submitted to the Department Head for approval.

Thesis Process Overview

6. Once the Thesis Proposal is approved by the Committee, the student may proceed with the project under the supervision and advisement of the Thesis Advisor. If human subjects are involved, appropriate approval to conduct the project must be obtained from the PLNU Institutional Review Board for human subjects research (IRB) prior to any collection of data. Approvals can take several weeks, and data collection may not begin until approval is obtained.   The student must obtain their thesis committee's approval for the proposed project prior to IRB submission.

7. During the data collection phase of the Thesis, the student will interact mainly with the Thesis Advisor. The Thesis Advisor will decide if any full Committee meetings are necessary prior to the final Thesis Defense.

8. The final written Thesis may be prepared in a traditional Chapter or Manuscript Format, depending on the preference of the Committee. A basic description of the Manuscript Format is included at the end of this syllabus. The format includes a manuscript ready for submission to a specific and appropriate scientific journal for publication consideration.

9. If the Thesis is not completed by the end of the semester in which the student registers for the 6099 credit, a "continuous enrollment" policy takes effect. This means that the student must enroll for KIN 6099 each semester until the Thesis is completed and approved by the committee.

10. The student should submit drafts of the final written Thesis document to the Thesis Advisor for comments. These drafts should be submitted in electronic format. Generally, the Thesis Advisor will accept early drafts of the Thesis in portions (Manuscript, Literature Review, Summary, and Conclusions) as the sections are written. However, the student should begin writing the Thesis

in the required format. The student should expect considerable revision prior to submission of a final draft of the Thesis to the full Thesis Committee.

11. Upon completion of the project and acceptance of a final written draft of the Thesis by the Thesis Advisor, a Defense of the Thesis will be scheduled with the Thesis Committee. The student will distribute copies of the final draft to all committee members at least one week prior to the scheduled Defense. At the Defense, the student will present a **15-30 minute review of the project**. This review should include a brief introduction, description of the methodology, results, and interpretation/conclusions. The format should be as a "free communications" presentation at a professional conference. The student is highly encouraged to use PowerPoint-type slides for visual aids. Following the presentation the student will field questions from anyone in attendance. Following the general question period, the student will meet with the Thesis Committee to discuss the work. This discussion will determine if the final Thesis will be approved and if any final changes must be made.

12. Following the Thesis Defense, the student will attend to any final recommendations and requirements specified by the Committee and process the necessary final copies of the Thesis. The final copies (or electronic file) must adhere to the requirements given by the Thesis Advisor and Committee. Appropriate signatures will be obtained for the approval page and the final product submitted by the appropriate deadline **(1st Friday in August).**

14. One additional printed copy will be delivered to the Thesis Advisor. It is also customary to provide copies for the other members of the Thesis Committee (check with the individual Committee members to see if these may be electronic or hard-copy).

Assessment and Grading

Your grades will be posted in the Canvas Grades area no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the Grades as these comments are intended to help you improve your work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Grading

Submit Current Progress	25
Follow-up Meeting with Advisor	25
Research Results Due	25
Discussion & Conclusions Due	25
Schedule Thesis Defense	25
Thesis Manuscript Draft	50

Thesis Survey	25
Thesis Manuscript	300
Total	**500**

Grade Scale

Grade Scale

A	93-100	C	73-76
A-	90-92	C-	70-72
B+	87-89	D+	67-69
B	83-86	D	63-66
B-	80-82	D-	60-62
C+	77-79	F	0-59

Grading System

Traditional letter grades (A, B, C, D, F), including plus and minus grades, are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.

Guidelines for Writing

The faculty of the MS-KIN requires that all formal writing assignments be written in AMA Style (American Medical Association), unless otherwise indicated. The preferred format for Sport Management students is APA, which may be required in course assignments.

Scientific Writing

"Guidelines for Scientific Writing:" http://www.sportsci.org/index.html. Find the Research Resources link in the left column and follow it to Writing and click to find *Guidelines on Style for Scientific Writing* (**Note:** These guidelines are in APA format and are the preferred format for Sport Management students.)

- Style
- Format

- [Guidelines for Sport & Exercise Journals](#)

View the attached document for the format for a manuscript-style thesis:

[Manuscript-Style Thesis Format Download Manuscript-Style Thesis Format](#)

Incompletes and Late Assignments

- All assignments are to be submitted by the due date and time listed in the calendar via [Canvas](#).

- While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will have less interaction with other students than you would if your assignment were posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

- Missed exams or quizzes may ONLY be made up with a legal, written excuse.

- Late work will **NOT** be accepted or graded; assignments will be considered late if posted **after midnight Pacific Standard Time on the day they are due**

PLNU Spiritual Care

Bakersfield Campus

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our Graduate students to encounter God and grow in their Christian faith. At the Bakersfield campus we have an onsite chaplain, Rev. Brent Kall, who is available during class break times across the week. If you have questions or a desire to meet or share any prayer requests with Rev. Brent Kall, you may contact him directly at bkall@pointloma.edu. Also, there is a weekly Email Newsletter called "The Encourager" that provides a brief devotional and all his contact information.

Balboa Campus

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Balboa campus, we have an onsite chaplain, Rev. Kevin Portillo, who is available during class break times across the week. If you have questions or a desire to meet or share any prayer requests with Rev. Portillo, you may contact him directly at KevinPortillo@pointloma.edu.

Liberty Station Campus

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our Graduate students to encounter God and grow in their Christian faith. At the Liberty Station campus we have an onsite chaplain who is available during class break times across the week. If you have questions or a desire to meet or share any prayer requests with Dr. Sylvia Cortez Masyuk, you may contact her directly at scortezm@pointloma.edu.

Mission Valley

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our Graduate students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain who is available during class break times across the week. If you have questions or a desire to meet or share any prayer requests with the onsite chaplain, you may email Dr. Sylvia Cortez Masyuk at scortezm@pointloma.edu.

In addition, on the MV campus, there is a prayer chapel on the third floor. It is open for use as a space set apart for quiet reflection and prayer.

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 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 Graduate Academic and General Policies for definitions of kinds of academic dishonesty and for further policy information.

During the first week of class, you will be asked to submit an Academic Honesty Verification Statement. Submitting the statement is a requirement of this course. By submitting the Academic Honesty Verification Statement, you will be verifying all assignments completed in this course were completed by you. Carefully review the Academic Honesty Statement below.

Statement: "In submitting this form, I am verifying all the assignments in this course will be completed by me and will be my own work."

Artificial Intelligence (AI) Policy

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

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.

Language and Belonging

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at [PLNU's Nondiscrimination webpage](.).

Sexual Misconduct and Discrimination

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](.). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors via our [Sexual Harassment and Discrimination Policy.](.)

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources via our [Nondiscrimination and Anti-harassment Policy](.).

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. Therefore, regular attendance and participation in each course are minimal requirements.

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.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

Refer to [Academic Policies](#) for additional details.

Synchronous Attendance/Participation Definition

For synchronous courses that have specific scheduled meeting times (including in-person, hybrid, and synchronous online courses), absences are counted from the first official meeting of the class regardless of the date of the student's enrollment. For courses with specific attendance requirements, those requirements are outlined in the course syllabus.

Note: For synchronous courses with an online asynchronous week, refer to the Online Asynchronous Class Attendance policy listed below.

Online Asynchronous Attendance/Participation Definition

Students taking online courses with no specific scheduled meeting times are expected to actively engage throughout each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes, but is not limited to:

- Engaging in an online discussion

- Submitting an assignment

- Taking an exam

- Participating in online labs

- Initiating contact with faculty member within the learning management system to discuss course content

Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.

Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction are fully online.

    1. Synchronous Courses: At least one class meeting takes place at a designated time.

    2. 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).

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 nor allowable) 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.

GPS Academic Resources

PLNU offers the following free academic resources virtually for Graduate Professional Studies (GPS) Students. Visit myPLNU through the links below for more information.

- **The GPS Writing Center offers:**

    - **Zoom Writers Workshops** offered each quad on a variety of helpful topics

    - **One-to-one appointments** with the Writing Coach

    - **Microlearning YouTube Video Library** for helpful tips anytime

- **Research Help Guide** to help you start your research

    o The physical office is located on the third floor of the Mission Valley Regional Center off the student lounge

- **Academic Writing Resources Course:** Found on your Canvas Dashboard, this course is non-credit with 24/7 access, no time limits, and self-paced content. Watch a quick video run-through and take time now to explore!

- **Grammarly**: Students have unlimited FREE access to Grammarly for Education, a trusted tool designed to help enhance writing skills by providing real-time feedback, identifying areas for improvement, and providing suggestions. Grammarly's Generative AI is NOT available with our student accounts.

- **Tutoring**: Students have access to 24/7 live or scheduled subject tutoring through Tutor.com, including a Paper Drop-Off Service with feedback within 12 hours.

Assignments-at-a-Glance

The course summary below lists our assignments and their due dates. Click on any assignment to review it.