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 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Department of Kinesiology and Health Sciences</p> <p>KIN4088C-2 - Internship In Kinesiology</p> <p>1-3 units</p>
<p>Spring 2026</p>	

<p>Meeting days: By appointment</p>	<p>Instructor: Prof. Ann Davis</p>
<p>Meeting times: By appointment</p>	<p>Phone: 619-889-7738</p>
<p>Meeting location: Zoom</p>	<p>Email: andavis@pointloma.edu</p>
<p>Final Exam: See the Final Exam Schedule</p>	<p>Office hours: By appointment</p>

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

An off-campus experience in which the student works with a faculty member to gain experience in the field of Kinesiology. May be repeated for up to a total of six units.

COURSE LEARNING OUTCOMES

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. (PLO.6)
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

OBJECTIVES OF THE EXERCISE SCIENCE PRACTICUM/INTERNSHIP PROGRAM

One of the most important factors in ensuring a successful experience is matching the interests of the student with an opportunity for practical experience. This experience should include the following: professional networking, integrating theory and practice, development of skills and knowledge, increased awareness of the professional field, and developing human relation skills.

GENERAL DESCRIPTION OF THE PRACTICUM/INTERNSHIP EXPERIENCE

Practicums and Internships have similar goals and structures, the main differences being that practicums are on-campus experiences, while internships are off-campus experiences.

Exercise & Sports Science Practicums (KIN484), and Internships (KIN488) in Kinesiology may vary from 1 to 3 units and may be repeated for up to 6 units each. The minimum requirement is 2 units of either practicum or internship experience. Such experiences offer the student the opportunity to build upon what they have learned in the classroom

by practical application and/or further exploration under qualified supervision from a cooperating agency and/or the University.

The internship is meant to be a more in-depth experience and requires approximately 40-hrs for every 1 unit in which they are enrolled.

Academic evaluation of the student during the practicum/internship experience is based upon the following: evaluations by the field supervisor, evaluation by the university professor, documentation of daily/weekly assignments, and a final reflection paper.

TYPES OF PRACTICUM/INTERNSHIP EXPERIENCES

Because each agency is unique and each student has special skills and interests, the practicum/internship experience must be individualized. It is anticipated that each student will have an opportunity to gain experience in all or most of the following areas:

1. **Human Interaction.** Opportunities to interact with people are extremely important. This may include teaching group lessons, working one-on-one with specific individuals, assisting in exercise testing and prescription, etc. The student should realize that the type of client interaction made available to him/her will vary depending on the type of field experience and the agency's needs and regulations.
2. **Administration.** Understanding organizational structures is also a very valuable experience. This may include studying and observing the policies and practices of the agency, such as legal status and liability issues, organizational structure, board relations, financial and supervisory practices, general staff relations, and the values of and techniques used in dealing with the public.
3. **Programming.** Being part of the planning and implementing of programs can be a valuable experience we endeavor to provide for our students.
4. **Facilities.** Exposure to the theoretical and practical experiences in facility operation and/or planning is a goal of our practicums/internships. This might include experiences in long range planning, equipment selection, security, equipment maintenance, etc.
5. **General Experiences.** The student should gain a broad experience in dealing with public relations problems, attend administrative meetings where possible, work with committees, visit with individuals in the agency, and get as wide a range of experiences as possible.
6. **Day-To-Day Activities.** In order to give the student a realistic work experience, he/she should be encouraged to fully participate in the day-to-day activities of

the agency. These experiences may occasionally include such "mundane" activities as record keeping and handing out towels, etc. however, the practicum/internship should be a learning experience for the student and not just "free labor". Therefore, the agency is encouraged to offer the student a variety of challenging experiences.

RESPONSIBILITIES OF THE STUDENT

The student is responsible for completing the requirements of the practicum/internship experience as provided by the University Professor as well as the general guidelines listed below:

1. Obtain "Consent of Instructor" from the Professor of Record which is needed before the student can register for the course. Consent of Instructor will be granted by the Professor after discussing with the student the requirements, possible exposures and experiences that will benefit the student's progress toward their professional goal.
2. With the assistance of the University Professor, develop a set of objectives and assignments to be completed during the experience.
3. Maintain a current work log and/or journal summarizing the number of hours worked and the types of activities undertaken.
4. Attend periodic conferences with the Professor in charge of your experience.
5. Submit a final evaluation of the experience to your Professor. The evaluation should include:
 1. a one page summary of the activities you engaged in during the experience
 2. your reflections on the experience
 3. a log of days and hours spent.

RESPONSIBILITIES OF THE AGENCY SUPERVISOR

1. Be available as the principal contact in reference to the experience.
2. Assist the student in understanding his/her position during this experience.
3. Arrange with the student the specific projects and activities in which he/she will be involved, and arrange a work schedule. This information should be in writing and shared with the university professor via the student.
4. Schedule regular meetings with the student to discuss items of concern to either party.

5. Inform the student of all regulations and practices, which must be observed by the student.
6. Evaluate the work of the student:
 1. Discuss with the student specific indications of progress, strengths, and weaknesses.
 2. Set an example by presenting criticism in a constructive, objective, and tactful manner.
 3. Complete the written evaluation after discussing your comments with the intern and sending them to the University professor.

RESPONSIBILITIES OF THE UNIVERSITY PROFESSOR

1. Supervise arrangements for and give final approval of all student assignments.
2. Represent the University in all official arrangements with the cooperating agencies in the conduct of the practicum program.
3. Supervise the work of the student in the cooperating agency by conferring with both the student and the agency supervisor on a regular basis.
4. Evaluate all practicum reports and discuss their content, if applicable, with both the student and the agency supervisor.
5. Serve as a resource person for both the cooperating agency supervisor and the student.
6. Exchange ideas with both the student and the agency supervisor directed toward the improvement of the practicum/internship experience and the total academic program.
7. Assign all grades for the student in cooperation with the field supervisor.

ASSESSMENT AND GRADING

Student Evaluation Grades for the student are assigned by the following criteria:

1. Evaluations of Site Supervisor
2. Observations of Faculty Supervisor
3. Final reflection paper
4. Daily Log and Weekly Reports
 1. Completeness
 2. Promptness
 3. Readability
 4. Final review of practicum with University Professor

Student grades will be posted in the Canvas grade book 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 grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

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	

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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. 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. 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.

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 you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

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.

ASSIGNMENTS AT-A-GLANCE

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

Course Summary: