



Master of Science, Kinesiology | College of Health Sciences

KIN6050: Research Project Seminar

2 Units

Spring 2026 | Quad 2

March 16 - May 10, 2026

Modality: In Person

Days and Times: Mondays, 4:30 pm to 5:30 pm

Classroom: Balboa 150 AB

Final Exam: See Canvas for final project instructions

Instructor Title	Dr. Jacob Goodin, CSCS, CPSS
Phone	NA
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 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 students with guidance in the research process to deepen knowledge in an area of their professional interest. Students will complete and present an original research project in poster format including preliminary statistical design, data collection, data analysis, and presentation of results.

Note: KIN 6005 is foundational to KIN 6050 and is a prerequisite. KIN 6050 is the bridge course that provides the opportunity for additional practical experience in analyzing and conducting research in Kinesiology. As such, KIN 6050 must be taken prior to KIN 0699: Thesis or KIN 6098: Capstone Project in Kinesiology.

Course Aim and Introduction

This course is intended to develop a fundamental graduate understanding of research as you evaluate the research of others and develop your own research plans. Course meetings will include various approaches including review of research methods, group analysis of selected studies, and preparation of various elements of the research proposal. The final project will require you to collect, analyze, and interpret your own data, and submit a scientific report and poster on the results of either a pilot project or your thesis/capstone research. You will also present your findings to your colleagues.

This seminar course is tailored for students developing and conducting their research project (i.e. thesis, capstone or pilot study) who wish to collect and analyze data and report their findings. You should have decided on a project topic and an Advisor to work with before you enroll in this course. Your chosen Advisor should have approved working with you and your topic. Students interested in this seminar should be well on their way to finishing up a proposal which the Advisor will approve by the end of the KIN 6060: Directed Reading course. While your Professor/Advisor will likely have expertise in your chosen area of study, remember, it is your project and your professor will serve only as a guide to teach you the research process. This is a graduate level seminar that will equip you with the quality tools to bring your project to a successful conclusion. At the completion of this course, you are expected to complete a project that is advanced enough to be defended. Your success (or failure) in this seminar will depend on the work and energy you are prepared to invest towards the completion of your research project. Remember also that you are in this together with your colleagues. We will give you opportunities in class to review and refine each other's work, similar to the project management process in the job market.

Program and Course Learning Outcomes

After successful completion of this course, you should be able to:

1. Understand the value and importance of the research process in developing advanced knowledge as a Kinesiology professional.
2. Evaluate, critique and plan research in Kinesiology, including selecting a problem, appraising high-quality research evidence, selecting subjects and choosing appropriate methodology and statistical design.
3. Design and conduct a quantitative research study including data collection and analysis (may include power analysis, calculation of effect size and preliminary pilot study).
4. Present the findings of a thesis, capstone project or pilot project in written and oral formats.

Required Texts and Recommended Study Resources*

[Research Methods in Physical Activity](#), 7th ed. (or 6th), 2017. Thomas, Nelson & Silverman.

Purchase on Amazon: <https://amzn.to/3Jncg8t>

Additional Resources that may be needed:

- Additional journal articles available via Canvas
- Publication Manual of the American Psychological Association, 6th ed.
- AMA Manual of Style: A Guide for Authors and Editors, 10th ed.
- Publication Manual of the American Psychological Association, 6th ed.

Course Credit Hour Information

**NOTE: The nature of your research project for this course will be determined by the route you choose to complete the final requirement for the MS-KIN. Please see Pg 4 which outlines the process and deadlines for Thesis, Capstone Project and Comprehensive Exams.*

Research Project: As a graduate experience in research design, you will produce a quantitative research proposal. This proposal should include the following components:

1. Introduction including literature review, specific aims, and hypotheses
2. Materials and Methods: Subjects (IRB), Instrumentation, Plan, Data Analysis (data reduction, statistical tests)
3. Pilot Study (if applicable)
4. Research Findings/ Results
5. Discussion: Data interpretation, relationships to literature, conclusions, limitations
6. References in proper APA or AMA convention (or journal-specific format, if applicable)

A specific rubric will be used to grade your final presentation and will be available on Canvas as well as handed out in class.

Introduction & Literature Review

Think of your introduction as a funnel: You should identify a broad topical area, specify a particular focus area within that topic, and then present your purpose statement and research question in a specific form. Your introduction should draw the reader into the importance of your topic and research question. You should use the literature review as a way to familiarize the reader with the research questions, findings, and discussion that informs and impacts your study.

Research Methods Plan

The research plan explains how you propose to find an answer to your research question. Think about the design of a research project that piqued your interest from the literature. What questions did they ask? What type and quality of data would you need in order to address your research question? (For example, “it is known that repetitive mild traumatic brain injuries (MTBIs) may cause prolonged damage to short term memory and cognitive processing, particularly in young athletes; but there is little evidence on the effective treatment of these prolonged symptoms. This study proposes to examine...”)

See your textbook, as well as the research articles given as examples on Canvas for additional information on content and formatting of the research proposal.

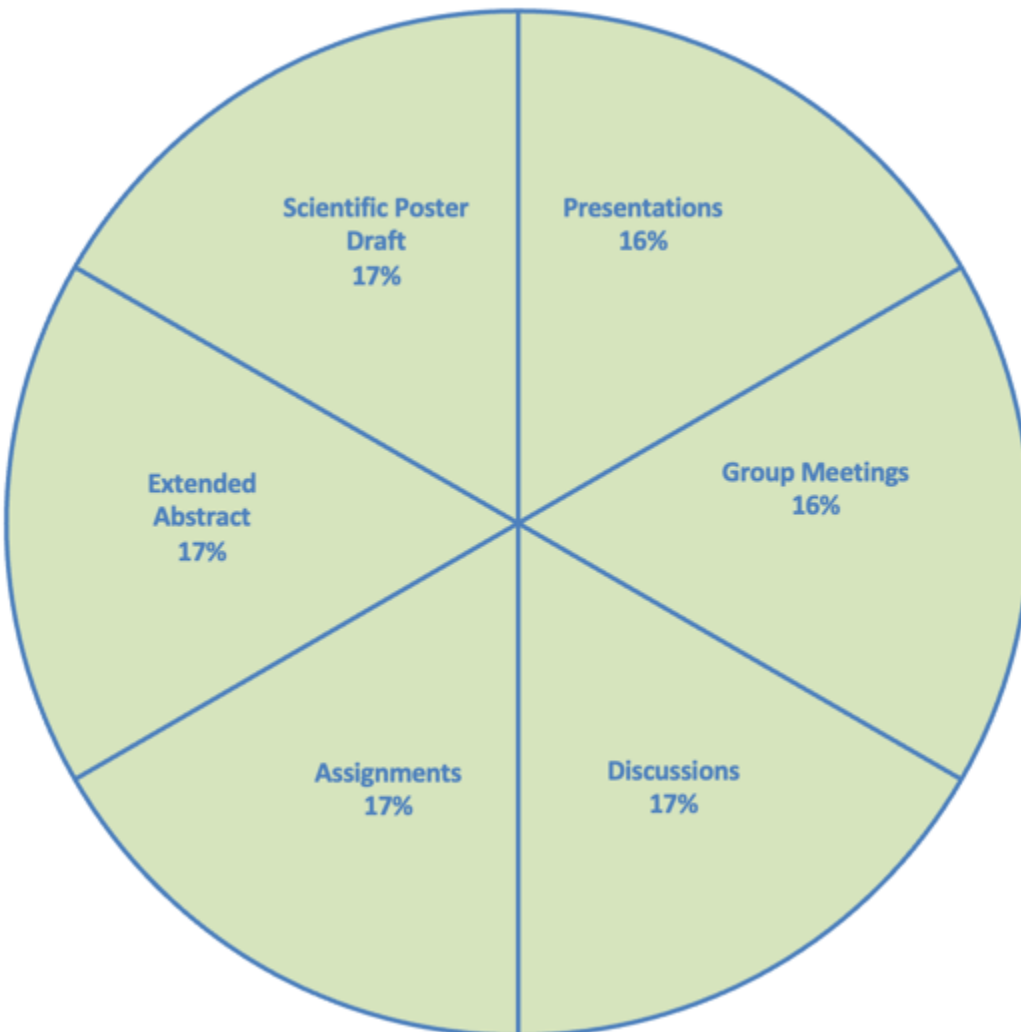
****You are strongly encouraged to submit sections of your project before the due date in order to receive appropriate feedback from me. This does not include using me as an editor of grammar; please edit and have at least one colleague review any work before you submit it to me for review.**

Oral presentation: During the last week of class, you will be expected to present your draft thesis/capstone poster in a formal environment.

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 8eer weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

Assessment and Grading



Assignment	points	#	Total
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Presentations	10	4	40
Group Meetings	5	8	40
Discussions	10	4	40
Assignments	10	4	40
Extended Abstract	40	1	40
Scientific Poster Draft	40	1	40
		Total:	240

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

NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.), you have the responsibility to first contact the professors. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the university).

Requirements for Thesis, Capstone Project, and Comprehensive Exams

ROUTE	Comprehensive Exam	Capstone Project	Thesis Research
Purpose	To synthesize, integrate and apply advanced theoretical and clinical knowledge, especially in the candidate's area of concentration.	To answer a question related to professional practice by translating research theory into practice. To demonstrate significant expertise in a narrow area.	To conduct novel, independent research to generate new knowledge in the candidate's discipline.
Group or Individual	Individual	Group or Individual. (Capstone teams can be 2-3. Teams form in Fall term)	Individual
Publication	No	No	Yes

			(must submit, acceptance not required)
Professional Considerations	Allows advancement in professional standing, increased specialization, or progression toward certification.	Simulates team cooperation as required in industry. Requires a professional presentation.	Helpful for students intending to enter a PhD program & conduct individual research. Requires professional presentation & defense.
Format	Series of 4-8 broad questions posed by faculty committee. Answer questions in executive summary format with evidence to support answers. · May choose Certification exam as topic in order to advance in professional standing (i.e. ACSM CEP/RCEP).	Research Paper-12 pages. Polished, grammatically correct, error-free product in AMA/APA format: · May include case study, case series or retrospective analysis; market analysis, or EBP problem in discipline · Present the resolution of the problem at interdisciplinary <i>Graduate Symposium</i> .	1-2 publishable manuscripts written in format of desired journal. Candidate will work closely with Thesis Advisor and committee to determine specific format criteria.
Length	2-3 pages per question	12-15 pages, polished, error-free product	30-50 pages; manuscript length determined by Journal.
Expected # Completing	50-60% of MS-KIN candidates	30% of MS-KIN candidates	10-20% of MS-KIN candidates (Candidates who satisfactorily complete KIN 605)
Units	3 units elective + \$150 fee	3 units	3 units
Eligibility	Only after the fulfillment of all MS-KIN courses except those in last	Enroll in KIN 698 only after KIN 650, 660 and approval by Program Director.	Preliminary proposal must be approved by Thesis committee in order to

	summer session.		register for KIN 699. Prereqs=KIN 650, 660, approval by Program Director.
Advisor	No	Team solicits faculty Advisor	Student solicits & confirms Advisor and 2 committee members. At least 2 of 3 members must be MS-KIN faculty.
Timeline	<ul style="list-style-type: none"> · 1st week of Dec: Declare comps route · 1st Friday of April: identify faculty committee (at least 2 members) · May: faculty work with student to form questions. · 2nd Friday of May: Finalized exam questions sent to MS-KIN assistant. · June-July: Exam scheduled as per student schedule. · 2nd week of August: Oral defense (only if necessary). 	<ul style="list-style-type: none"> · Fall Q1 Wk 8: Initial proposal of project in KIN 605 to colleagues · 1st Week of Dec: choose Advisor · Last Friday of January: IRB proposal if necessary · Last Friday in June: presentation. · 1st Fri in August: Final project due 	<ul style="list-style-type: none"> · Fall Q1 Wk 8: Initial proposal of project in KIN 605 to colleagues. · 1st Week of December: choose Thesis Advisor and Committee. · End of Fall Q2: Proposal to thesis committee (<u>must be approved to advance</u>) · Last Friday of January: IRB proposal · Last Friday in June: Final defense. · 1st Fri in August: Final manuscript due

Incompletes and Late Assignments

All assignments are to be submitted/turned in by their assigned dates (midnight). Incompletes will only be assigned under extremely unusual circumstances.

A 10% reduction in grade will be applied for each day an assignment is late.

PLNU Spiritual Care

PLNU strives to be a place where you grow as whole persons. 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, a desire to meet or share any prayer requests with Rev. Portillo, you may contact him directly at KevinPortillo@pointloma.edu.

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 [Graduate Academic and General Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, iA Writer, Marmot, Botowski) 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. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>"

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. 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 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

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 and/or if they do not wish to utilize some or all of the elements of their AP in that course.

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.

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 detail.

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
- 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!
- [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.

We are here to support you! Contact us anytime: GPSWritingCenter@pointloma.edu