



Master of Science in Kinesiology | College of Health Sciences

**KIN 6098: Capstone**

1-3 Units

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**Summer 2026 | Semester**

May 11 – August 30, 2026

Online - Asynchronous

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**Office Location and Hours:** By Appointment only – email to schedule.

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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.

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**COURSE DESCRIPTION**

This course provides an experience for the student in a specific topic of professional interest. Under the direction of a faculty advisor, and after completing KIN 6005, 6010, and 6050, the student will conduct further study on an industry-specific topic that will advance the student in professional standing.

**COURSE AIM**

This course aims to develop graduate students with the ability to complete a capstone project to advance their field and professional standing. The qualified student will have previously proposed a

topic in either KIN 6005 or KIN 6050 or will have developed a substantial area of interest during an internship experience. The student will receive faculty guidance toward completion of the capstone project by choosing a faculty advisor. The student may also choose to work with a team of 2-3 colleagues to complete the capstone project. Although a committee is not required, the student/team may choose to involve MS-KIN faculty or industry experts in the reading, evaluation, and completion of their project.

Similar to a thesis project, the student/team will propose the capstone project in KIN 6050 and to their faculty advisor. The student or team will present the final defense of their project to an interdisciplinary graduate symposium in spring of their graduating year.

*Prerequisites: KIN 6005 (Research Methods), KIN 6050 (Research Project Seminar), and consent of Program Director.*

### **INSTITUTIONAL LEARNING OUTCOMES (ILO)**

- 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.

### **PROGRAM LEARNING OUTCOMES (PLO)**

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.

### **COURSE LEARNING OUTCOMES (CLO)**

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 another relevant style manual
3. Work independently to produce and persuasively communicate new research information in the discipline.
4. Demonstrate a robust finished thesis project that accomplishes appropriate measurement constructs such as validity and reliability, and which uses effective data collection instruments.

### **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.

### **POLICIES AND PROCEDURES FOR CAPSTONE PROJECT**

The final grade of pass or fail will be determined according to the successful completion of a Capstone Project document. The format of the document is arranged in consultation with the faculty advisor in the format of a traditional, polished, grammatically correct, error free research paper in either AMA or APA style. It is assumed that this document will be 12 pages at minimum. The focus of the project may involve a case study, case series, retrospective analysis, market analysis, evidence-based practice problem in the discipline, or another topic agreed upon by the student and advisor. The manuscript is not required to be submitted for publication but is encouraged to be presented at a regional or national professional conference.

Before registering for KIN 6098, the student should begin thinking about the process that leads to successful completion of this course. Possible capstone topics should be formulated by the student and discussed with the advisor. In order to successfully complete the project, several organizational and administrative steps must be completed. The normal order of such steps is presented below:

#### *Prior to Enrollment in KIN 6098*

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

1. The student, in consultation with an advisor, will select the project topic and identify a Faculty Advisor who will Chair the project (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 Review of Literature.

3. Following the initial literature review, and in consultation with the Faculty Advisor, the student will identify a specific research question to pursue.
4. The student will write a formal Project Proposal. This 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. The details of this process will be written into an initial draft of the Methodology section of the Proposal. 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. If a student fails to have the Project ready for defense according to the timeline, there may be a delay in the student meeting the requirements for graduation from the MS-KIN.
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 Faculty Advisor prior to writing the proposal.
9. The Proposal document should follow the reference citation format of the anticipated target journal or conference (e.g., Medicine and Science in Sports and Exercise, etc). Although the Capstone Project is not required to be published, it will be helpful for the student to select a particular journal or conference and write the manuscript according to the guidelines established by that entity. Number the pages of the Proposal.
10. Drafts of the Proposal will be submitted to the Faculty Advisor for review and editing. This may involve several exchanges of drafts and re-writes. When the Advisor and student find the proposal acceptable, it will be determined ready for presentation at the Graduate Symposium.
11. The student will schedule a meeting with the Advisor to review the Draft of the proposal no later than the first week of Spring Quad 1. This meeting will provide the student and Advisor an opportunity to discuss the proposed project. The student should be prepared to deliver a **15-minute oral description** of the Project:
12. Provide a brief review of the literature and identification of the problem or question.
13. Review the planned methodology and data analysis procedures.
14. Summarize the importance of the study.
15. The student may utilize PowerPoint slides and/or other helpful visuals during the project description.

The Faculty Advisor will have an opportunity to ask questions and make comments regarding the project and will expect the student to respond to questions. Any necessary research design changes will be agreed upon before the Advisor approves the student to continue with the Project. A Thesis/Capstone

Project Approval Form is completed, signed by the Advisor, and submitted to the Program Director for approval.

### ***Capstone Project Process Overview***

1. Once the Proposal is approved by the Advisor, the student may proceed with the project under the supervision and advisement of the 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.
2. During the data collection phase of the Project, the student will interact mainly with the Advisor and research subjects if necessary.
3. The final written manuscript is arranged in consultation with the faculty advisor in the format of a traditional, polished, grammatically correct, error-free research paper in either AMA or APA style. It is assumed that this document will be 12 pages at minimum. The manuscript is not required to be submitted for publication but is encouraged to be presented at a regional or national professional conference. It will be helpful for the student to select a particular journal or conference and write the manuscript according to the guidelines established by that entity.
4. If the Capstone Project is not completed by the end of the semester in which the student registers for the 6098 credit, a “continuous enrollment” policy takes effect. This means that the student must enroll for KIN 6098 each term until the Project is completed and approved by the Advisor.
5. The student should submit drafts of the final written Project document to the Advisor for comments. These drafts should be submitted in electronic format. Generally, the Advisor will accept early drafts of the Thesis in portions (Abstract, Introduction, Literature Review, Summary, and Conclusions) as the sections are written. However, the student should begin writing the Project in the required format. The student should expect considerable revision prior to submission of a final draft of the Project.
6. Upon completion of the project and acceptance of a final written draft by the Advisor, the student will present a **15-30 minute review of the project** to a Graduate Symposium to be scheduled in late spring. 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 (or Presi) visual aids. Following the presentation, the student will field questions from anyone in attendance.
7. Following the Graduate Symposium presentation, the student will attend to any final recommendations and requirements specified by the Advisor and process the necessary final copies of the Project. The final copies (or electronic file) must adhere to the requirements given by the Advisor. Appropriate signatures will be obtained for the approval page and the final product submitted by the appropriate deadline.
8. One additional printed copy will be delivered to the Capstone Project Advisor.

## RECOMMENDED RESOURCES

*Recommended (not required)*

Thomas, J.R., & Nelson, J.K. (2010). Research methods in physical activity (6th ed.) Human Kinetics.

American Medical Association (AMA) Manual of Style (10<sup>th</sup>)

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

## 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:

### *Grade Weighting*

|                                |            |
|--------------------------------|------------|
| Submit Current Progress        | 25         |
| Follow-up Meeting with Advisor | 25         |
| Graduate Symposium Survey      | 25         |
| Research Results Due           | 25         |
| Discussion & Conclusions Due   | 25         |
| Capstone Manuscript Draft      | 50         |
| Capstone Project Survey        | 25         |
| Capstone Manuscript            | 300        |
| <b>Total</b>                   | <b>500</b> |

### *Grade Scale*

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

Students must complete the required program hours in the major (program) from Point Loma Nazarene University with a minimum grade of “C” in each course and an overall 2.00 grade point average.

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#### Incompletes and Late Assignments

All assignments are to be submitted in Canvas by 11:59 pm on the assigned due dates. Late submissions will not be considered for credit.

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#### PLNU Spiritual Care

##### *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](mailto:KevinPortillo@pointloma.edu).

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#### 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.

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#### 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.

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#### 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.

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### 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."

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### 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.

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### 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.

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### 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](#).

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### 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](mailto: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](#).

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## 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.

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## 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).
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### 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.

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### 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!
- [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.

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### Assignments-at-a-Glance

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