

Department of Kinesiology and Health Sciences
KIN1001 Orientation to Kinesiology and the Health Sciences
1 Unit

Fall 2026
August 31 - December 11
Hybrid

Meeting Days: Monday

Meeting Times: 6:30 pm - 7:30 pm

Meeting Location: Online (Zoom)

Final Exam: (Day/Time): Monday, December 14th (Face to Face Requirement 7:30 - 9:30 pm)

Instructor: Dr. Cosby

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Phone: (951) 515-3054

Office Location and Hours: Wednesday (PL Campus); Thursday (Balboa Campus)

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 introductory course provides a comprehensive overview of the professional standards, expectations, and career pathways for future healthcare professionals within the Department of Kinesiology and Health Sciences. Topics covered include essential networking and professional skills,

research methodologies, and effective writing techniques specific to departmental assignments. Students will receive guidance on major course requirements, internship opportunities, and pathways to graduate programs in healthcare fields. This course also emphasizes the pursuit of a purposeful professional life, encouraging students to explore their vocation and calling as central themes.

Course Learning Outcomes

1. **Students will summarize personal stories as bookends of the course. Students will reflect upon a life of purpose and consider the implications in their own professional lives.** We will be reading and discussing various devotional readings, stories about vocation, and discussing professionalism as future healthcare professionals. In doing so, we want to think about living a life of purpose and what this entails.
 2. **Students will prepare and experiment with various networking assignments and then will implement their practices by conversing with peers and faculty within the university.** As part of your practice toward professionalism you will need to dive into the art of networking, where you will have the chance to read, discuss, and practice with others.
 3. **Students will administer information searches on selected topics utilizing peer reviewed, current articles.** Searching for, identifying, and summarizing evidence-based practices found in various databases will allow you to practice reading and writing at a technical level necessary for upper division and/or graduate courses.
 4. **Students will examine APA format and will display proficient APA formatting while participating in technical writing assignments.** The American Medical Association (AMA) is one of the formats that will be used in our discipline. It is important to learn more about formatting and to take notice of the various formats utilized in peer-reviewed journals so you know how to glean necessary information. It is also important to practice technical reading and writing skills that are far different from our conversational tones.
 5. **Students will define and integrate foundational cognates from exercise science, nutrition, and other health sciences, and utilize the advanced language of the professionals.** Familiarizing yourself with the language used in our various disciplines will set you apart and allow you to properly articulate yourself in a healthcare setting.
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Program Learning Outcomes

Health Science Majors will be able to:

1. Speak and write effectively to a target audience on essential information in healthcare.
2. Critically evaluate and integrate new information into professional practice to solve relevant health care concerns.

3. Describe the mechanisms (i.e. metabolic, physiologic, biomechanical, and developmental) by which physical activity aids in health.
4. Demonstrate preparedness to serve others in various healthcare settings through their selected vocation or calling.

Sport Science Majors will be able to:

1. Demonstrate the ability to speak to diverse audiences on foundational concepts in sport science, fitness assessment, and exercise prescription.
2. Apply evidence-based research and informatics to improve athletic performance, exercise programming, and health outcomes.
3. Assess physical fitness to inform risk management and tailor exercise prescriptions for enhanced performance and improve health outcomes.
4. Apply physiological and nutritional mechanisms that support health promotion, optimize athletic performance, and enhance physical conditioning.
5. Demonstrate preparedness to serve others in various healthcare settings through their selected vocation or calling.

Required Texts and Recommended Study Resources

No required textbook.

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

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

Course Credit Hour Information

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1-unit class delivered over 16 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes. The time estimations are provided below and in the Canvas modules.

<i>Activity Category</i>	<i>Time-to-Complete (Hours)</i>
Required Zooms	4

Discussion Boards	5
Networking Assignments	4
Academic Advising	3
To know me is to know that	1
Biomechanics Assignment	1
Literature Review Components	16.5
Attendance at HealthCare Event	3
Total:	37.5

Assessment and Grading

Weighted Grades

This course uses weighted grades. Each assignment category is worth a certain percentage of the total grade (100%) for the course, as specified in the table below:

<i>Assignment Category</i>	<i>Description</i>	<i>Percentage of Total Grade</i>
Zooms	Students are required to attend each zoom posted in the class	20
Literature Review Assignments	The capstone assignment in this course will be the literature review. This review will be chunked throughout the semester so students can receive feedback throughout.	40
Networking Assignments		15
Discussion Boards		15

Other Assignments		10
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Grading Scale

Grades will be based on the following:

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

Final Examination Policy

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for **one** of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

General Course Concerns

If you have a concern related to the content or structure of this course, please bring your concern(s) to me (the instructor) in a timely manner, so that we have the opportunity to discuss your thoughts and work together toward a solution.

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 Spiritual Care

Please be aware that PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

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

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. Please consult the [Academic Honesty Policy](#)

[Links to an external site.](#)

in the [University Catalog](#)

[Links to an external site.](#)

for definitions of kinds of academic dishonesty and for further policy information.

PLNU Academic Behavior Policy

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#)

[Links to an external site.](#)

in the [University Catalog](#)

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PLNU Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) to generate ideas, as a learning tool, or in some cases generate portions of work you will submit. I will specify in individual assignments what constitutes appropriate use of AI for that assignment. Please use this [Purdue resource](#)

[Links to an external site.](#)

to guide your citations when using AI.

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, [by email](#) or phone at 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 approved 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 approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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 the [PLNU Nondiscrimination webpage](#).

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](#).

Sexual Misconduct and Discrimination

In support of a safe learning environment, 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 accommodations and resources are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are 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](#) or [consult the list of campus pastors](#).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [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. If the student is absent for more than 10 percent of class sessions, the faculty member will

issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

PLNU Course Modality 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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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.

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.

Loma Writing Center

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar, and polishing final drafts, and more.

Walk-ins are welcome, but we recommend making an appointment in advance. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](#) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- [Appointment Calendar](#)
 - [Links to an external site.](#)
 - [Website](#)
 - [Email](#)
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Lomabooks Instructions for Students

Note: *For courses using materials available through Lomabooks*

For both digital and print materials, please add these student instructions to your syllabus and Canvas Course. Prior to the start of class, the PLNU Bookstore will also be sharing student instructions in a standalone email on how to access their content.

This course is part of our course material delivery program, [LomaBooks](#). The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.

You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your [LomaBooks](#) materials.

Assignments-at-a-Glance

KIN1001 Orientation to Kinesiology and the Health Sciences | Fall 2026

Week	Date	Topic	Time/s Offered	Location	Guest Presenter	Assignment--due
1	Mon, Aug 31, 2026	Intro to Kinesiology: What it Means to be a Professional	6:30	Zoom	Dr. Cosby	Required Zoom Session
						About me Discussion Board
2	Mon, Sep 7, 2026	No Class: Labor Day Vocation and Calling	Asynchronous	Online	Dr. Sawyer	Finding your calling Discussion Board
3	Mon, Sep 14, 2026	References and Citation Manager	6:30	Zoom	Prof. Brittany Harden	Required Zoom Session
						CheckPoint #1 Literature Review
4	Mon, Sep 21, 2026	Upper Division Student Panel: Majors & Career Direction	6:30	Zoom	Dr. Cosby Upper Division Students	Required Zoom Session
						Searching the Literature
						Networking #1
5	Mon, Sep 28, 2026	Information Literacy and Searching	Asynchronous	Online	Dr. Cosby	Building the PICO question
						CheckPoint #2 Literature Review

6	Mon, Oct 5, 2026	Organizing and Outlining Literature Review	Asynchronous	Online	Dr. Cosby	CheckPoint #3 Literature Review
7	Mon, Oct 12, 2026	Advising & Navigating Your Future	6:30	Zoom	Dr. Cosby Dr. Ward	Required Zoom Session
						Advising Guide Quiz
						Future Semester Schedules
8	Mon, Oct 19, 2026	Artificial Intelligence: The good, bad and ugly	Asynchronous	Online	Dr. Goodin	ChatGPT Discussion Board
9	Mon, Oct 26, 2026	Literature Review Focused	Asynchronous	Online	Dr. Cosby	First Draft and Peer Review
						Literature Review and APA style Quiz
10	Mon, Nov 2, 2026	Networking and Introductions	Asynchronous	Online	Dr. Cosby	Networking #2
11	Mon, Nov 9, 2026	Biomechanics and Human Performance	Asynchronous	Online	Dr. Aguinaldo	Biomechanics Assignment
12	Mon, Nov 16, 2026	Literature Review Focused	Asynchronous	Online	Dr. Cosby	Literature Review Paper

