

	Department of Kinesiology and Health Sciences KIN 4088C - Internship in Kinesiology Number of Units: 1-3
Fall 2026	

[Download Course Syllabus Here](#)

Dr. Alex Lytle, PT, DPT alytle@pointloma.edu	Meeting location: KIN 3 Meeting time: T - 7:30-8:45am Final: December 15th, 7:30am-10:30am
Office location and hours: By appointment only	Additional info: clinical sites TBD by student & clinic

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

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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

Students will be mentored by a clinical professional approved by the course instructor. This is an internship for academic credit which includes weekly discussion directed by the professor on campus.

COURSE LEARNING OUTCOMES

1. Students and professor will use vocabulary unique to the professional practitioner. 2. Students will participate in clinical service within the context of the clinical mission and federal guidelines. 3. Students will prepare and organize documents to prepare for graduate school. 4. Students will write case histories in technical style in AMA format and present them. 5. Students will work to create and present a case study and final presentation.

COURSE CREDIT INFORMATION

This course requires that the student complete both the classroom and on/off campus clinic rotation(s).

COURSE SCHEDULE AND ASSIGNMENTS

- 1) **Discussion Board:** Weeks that students are attending clinic hours, it will be required to submit a discussion board entry by the end of the week. These 15 point discussion board entries are designed to ensure students are engaged in observation during clinic hours. The discussion post is expected to detail a case that they have observed that week and include any questions. Required 2-4 sentences per entry.
- 2) **Case study/studies:** Case studies will be an important component of each class session. We will spend time together discussing each case study during class time. A SOAP note will be expected to be completed and turned in at the end of each class session (10 points). Please refer to the grid below to see the schedule of case study sessions. There will be no points awarded for missing case studies, participation is mandatory.
- 3) **Quizzes:** There will be weekly quizzes that relate to the weekly case study. Quizzes will be 5 questions (5 points) each and will be given at the beginning of the class. These quizzes will be given verbally and, therefore, there will be no make up quizzes if you miss this portion of class. Quiz answers are submitted via canvas, computer access will be needed each class.
- 4) **Resume:** Students will complete an up-to-date resume which includes both academic and related professional experience(s). Student resumes will be **one page maximum (50 points)**. Resumes will be graded on organization, structure, content and should include current clinical placement for KIN4088C. Please utilize the Office of Strengths and Vocation if needed.
- 5) **PTCAS/OTCAS profile:** For this assignment, you will receive credit for creating an online profile through one of two websites. These centralized application systems for both physical and occupational therapy will be essential for your admission into graduate school. These application service websites are free to create an account. You will receive full credit if you are able to forward me your email confirmation that you have created an account through either PTCAS or OTCAS. Students will not be required to apply to graduate schools at this time.
- 6) **Graduate school spreadsheet:** The purpose of this assignment is to create a log of important information compiled from different graduate programs. This will be a valuable tool for you when it is time to apply to graduate schools. Students will be required to have three to five graduate schools for either PT or OT on your spreadsheet. Please choose schools which you are interested in. Students should include information including due dates for fees, tuition, deadline application, early decision deadlines, program

prerequisites, average accepted student GPA and GRE scores, observation hours, average class size, number of cohorts per calendar year, and any other information you feel is important. Please organize these topics in an excel sheet broken down by at least 3-5 schools, using 12 point font Times New Roman. You will be graded on organization of the spreadsheet and quality of information included (50 points).

7) **Final Case Study Presentations:** The purpose of this assignment is to gain familiarity using professional language and presenting a patient to your peers. Each student will give an oral presentation of his/her case study patient on the final exam day. The case study patient will be chosen by the student during their clinical experience. Students will dress in business casual attire for the presentations (no jeans of any color, closed toe shoes- please ask if you have any questions regarding business casual attire). Please take note of the final exam date and plan attire accordingly. These individual presentations should be ten minutes in length and will have 5 minutes of discussion and questions afterwards. Students will be deducted points if presentations are under 10 minutes. Students will also answer questions from classmates and also at least one question from the instructor. Students will create a short powerpoint to help illustrate their patient. Students will be graded based on meeting the time criteria, ability to provide a clear explanation of the patient case, overall presentation and by the response to the peer/instructor questions (100 points).

8) **Final Case Study Report:** All KIN4088C students will be required to complete a final written case report. This case report will accompany the final case presentation which is based on a patient chosen during the clinical experience. This case study will be in AMA format, 3-5 pages in length, double-spaced, 12-point font and will be uploaded to Canvas by 7:30 AM on the final exam day. **No late assignments will be accepted.** The case study will include client data (age, gender, occupation, recreational activities), history (chief complaint and all relevant history), results of physical examination (objective findings), diagnosis, treatment and treatment outcomes, and any insight gained from the case (through clinical mentor or literature review). Students will be required to cite at least two reputable references using AMA format when completing these assignment(s). There will be a case study example, case study guidelines, and how to properly cite in AMA format. Case studies will be graded on organization and quality of content (100 points). Well-written responses help the instructor visualize and understand the key components of the case.

9) **Clinical Hours:** Clinical hours will be recorded in a document found on Canvas or with one that is provided by your clinic. You are expected to keep the hard copy with you record hours each time you are in the clinic. Please record date, time, supervisor signatures and student signatures. You will need a copy for your records when you apply for graduate school. Sixty clinical hours are required for this assignment. Sixty or more hours will give you full credit and anything less than 60 hours will give you no credit.

10) **Site Evaluation Forms:** Site evaluation forms due at end of clinical internship to allow for student feedback of their clinical experience. 10 points given for completion of this assignment.

Class	Class Content	Week's Assignments - Check Canvas for Specific Due Dates
9/1/26	Introduction, Syllabus SOAP Note Intro	
9/8/26	Quiz #1: SOAP Note SOAP Note - Case Study 1: Stress Fracture	
9/15/26	Quiz #2 SOAP Note - Case Study 2: Shoulder Injury	Resume Discussion Board #1
9/22/26	Quiz #3 SOAP Note - Case Study 3: Hamstring Tear	Discussion Board #2
9/29/26	Quiz #4 SOAP Note - Case Study 4: Concussion	Discussion Board #3
10/6/26	Quiz #5 SOAP Note - Case Study 5: ACL Reconstruction	PTCAS/OTCAS Profile Discussion Board #4
10/13/26	Quiz #6 SOAP Note - Case Study 6: UCL Reconstruction	Discussion Board #5
10/20/26	Quiz #7 SOAP Note - Case Study 7: L/S	Discussion Board #6
10/27/26	Quiz #8 SOAP Note - Case Study 8: Lateral Ankle Sprain	Grad school spreadsheet Discussion Board #7
11/3/26	Quiz #9 SOAP Note - Case Study 9: Patellofemoral Pain	Discussion Board #8
11/10/26	No in-person class Clinical Hours Only	Discussion Board #9
11/17/26	Quiz #10 SOAP Note - Case Study 10: Spondylolysis	Discussion Board #10
11/24/26	No Class ThanksgivingBreak	

12/1/26	Quzi #11 SOAP Note - Case Study 11: SLAP Tear	Discussion Board #11
12/8/26	Quiz #12 SOAP Note - Case Study 12: C/S Radiculopathy	Discussion Board #12
12/15/26	Final Case Study Presentation	Clinical Hours, Final Case Report Paper/Presentation and Site Evaluation Forms are Due Before Final Time

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

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.

1. <https://ptcas.cas.myliaison.com/applicant/login>
2. <https://otcas.cas.myliaison.com/applicant/login>
3. <https://meded.ucsd.edu/clinicalmed/>
4. <https://www.ncbi.nlm.nih.gov/pubmed/>

ASSESSMENT AND GRADING

Assignment distribution by points	Grading Scale
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• Reading quizzes x 12 @5 points each • Case Study SOAP x12 @10 points each • Discussion Boards x12 @15 points each • Resume 50 points • PTCAS/OTCAS profile 25 points • Graduate school spreadsheet 50 points • Final Presentation 100 points • Final Case Study Report 100 points • Clinical Hours Log 100 points • Site Eval Form 10 points	A=93-100 A-=90-92 B+=87-89 B=83-86 B-=80-82 C+=77-79 C=73-76 C-=70-72 D+=67-69 D=63-66 D-=60-62 F=0-59
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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. No incompletes will be graded.

FINAL EXAMINATION POLICY- FINAL CASE STUDY DAY

Successful completion of this class requires presenting a final case study project on the scheduled final exam day. Students are ***required to be present for the duration of the final project presentations*** in order to receive credit for their project. 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.

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 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](#) in the [University Catalog](#).

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, [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.

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.

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 to guide your citations when using AI.