

	Kinesiology KIN 4088C - Internship in Kinesiology Number of Units: 1-3
FALL 2026	

Leah Glascox lkoskine@pointloma.edu 619-849-2918	Meeting location: KIN 1 Meeting time: Fridays 8:20-9:35 am FINAL: Dec16th 7:30am
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 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. Explore the patient interview; analyze the importance of each component of the interview.
2. Demonstrate proficiency in taking a thorough patient history.
3. Synthesize the patient interview into written clinical documentation.

Revised 8/25/26

4. Define commonly used medical terminology.
5. Demonstrate use of proper medical terminology in oral and written communication.
6. Describe the role of the PA in a variety of medical specialties and settings.
7. Explain the process for admittance to PA school.
8. Identify graduate school plans; create goals and a timeline for application.

COURSE CREDIT INFORMATION

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

INTERNSHIP HOURS

A total of 20-40 internship hours are required to fulfill the course requirements for KIN4088. This requirement is prorated based upon the student's registered units:

1 unit = 20 internship hours

2 units = 30 internship hours

3 units = 40 internship hours

You are responsible for completing the required hours prior to the end of the semester. You must log all hours on your individual KIN4088 Internship Hours Google Doc. You must log all hours as you go, on a weekly basis, and this will be monitored by Professor Leah throughout the semester. You may complete the hours at any time during the semester. However, if you run out of time to complete sufficient hours, your final grade will be penalized accordingly. Some internship activities require submission of documentation to receive credit (see below). To receive full credit, you must upload all documentation, along with your completed KIN4088 Internship Hours Google Doc, to Canvas at the end of the semester.

Most of the internship hours can be completed on your own time, on your own schedule (with the exception of shadowing hours).

Approved Internship Hours Activities

- Shadowing a clinician
- Attend a Point Loma Pre-Health Student Association (PLPHSA) Meeting
- Attend PLPHSA volunteer opportunity or event
- Serve on PLPHSA board (or submit application to serve on the board next year, when application period opens)- worth 2 internship hours for submitting application
- Participate in a PLNU PA Program volunteer event/activity
- Attending PLNU ministries: Ministry with Mexico, Homeless ministries, etc.
- Meet with your assigned PLNU PA student mentor
- Meet with PA mentor
- Obtain certification (CPR, BLS, ACLS, EMT, CNA, MA, etc.)- needs uploaded documentation and must be completed within the semester.
- Attend medical or healthcare conference
- Submit CASPA application- 5 internship hours

- Attend PA program tour, interview, or information session
- Volunteer at an approved clinical site:
 - Champions for Health Free Vaccination Clinics
 - EP Save a Life Foundation
 - Bethlehem Food Pantry
 - Feeding San Diego
 - North County Lifeline
 - Scripps Volunteering
 - Palomar Pathmaker Internship
- Other: If you completed other activities that you feel would qualify towards internship hours, you can ask to see if these would also qualify. Note paid hours will NOT count towards internship hours.

SHADOWING HOURS

Shadowing opportunities are not guaranteed and are prioritized based upon each student's registered credit units and class standing. Shadowing, and several other internship activities, require submission and processing of documentation, which may delay start date—keep this in mind. The student is responsible for promptly submitting the required paperwork to the clinical site. Failure to submit documentation in a timely fashion may result in forfeiture of the shadowing opportunity. Shadowing opportunities and schedules will be arranged by Mr. Bux with the participation of local clinician (PA, MD, DO, NP) preceptors. If you are eligible, you will be notified by Mr. Bux to complete the required paperwork.

Prior to the start of the semester, review the following approved internship activities and plan your semester schedule accordingly.

PROFESSIONALISM

This internship course is intended to prepare the student for PA school and a career in healthcare. The healthcare setting requires a high level of professionalism. Students in this course must adhere to the following professionalism standards:

- Prompt responses to faculty email messages, within 24 hours, or by the requested deadline.
- Punctual arrival to class sessions, out of respect for the faculty and the guest speakers' time. Late arrivals will not be permitted to take the weekly class quiz.
- Prompt notification of anticipated absence prior to scheduled class session and at least 24 hours prior to any shadowing session. Please notify both the preceptor and instructor of any anticipated shadowing absences.
- If one unexcused absence from a shadowing session occurs, you may forfeit your shadowing opportunity (and risk failure in or removal from the course), at the discretion of the instructor.
- Please come prepared to class! The weekly class quiz will cover the week's assigned readings, which are posted in the course schedule and on Canvas.
- Active, respectful class participation is required. Success in this course is dependent upon all students participating in class, and also makes for an enjoyable and engaging classroom experience for all. Please especially show respect to the guest speakers' time by remaining engaged in class sessions.

- All discussions within this classroom are a safe space that fosters open and honest dialogue. Medicine is complex; I do not expect you to know all of the answers in class. There are no “wrong” questions or guesses during active discussions in this class, only opportunities for growth! Learning is not a linear process; we can only learn and improve by doing and practicing. If you prefer to participate in class in a different way than sharing verbal input, this is welcomed too.
- Appropriate attire at all internship activities. This attire will vary (i.e. business casual, scrubs, other), based upon the requirements of each setting. Please inquire of the preceptor or supervisor in advance regarding the recommended attire at the site. If you are unsure about the attire, opt for business casual.
- Kind, ethical, and respectful attitude at all internship sites and activities.
- Submission of all assignments by the posted due date in Canvas. All assignments are due by 11:59pm on the assigned due date.
- Zero tolerance for plagiarism of any kind in this course.
- All students in this course belong, have value, and bring unique perspectives worthy of consideration. There is a zero-tolerance policy for discrimination on the basis of race, color, national origin, age, sex, gender identity, sexual orientation, faith tradition, disability, political affiliation, or military/veteran status. Failure to comply will result in immediate remediation with your instructor and Dr. Sawyer and escalation per PLNU policy.
- Please notify your instructor in advance regarding any accommodations needed through coordination with the Educational Access Center (EAC). I am eager to respect these accommodations but require advanced notice to ensure everything is appropriately in place for you.
- Adherence to all PLNU policies.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

There is no required text for this 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.

ASSESSMENT AND GRADING

Assignment distribution	Grading Scale
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HPI: Parts I, II, and III	5% of grade	A=93-100
Patient History Notes	15% of grade	A-=90-92
PA Profile Interview	15% of grade	B+=87-89
PA Application & Advising	5% of grade	B=83-86
Quizzes & In class participation	10% of grade	B-=80-82
Midterm	10% of grade	C+=77-79
Final Exam	15% of grade	C=73-76
		C-=70-72
		D+=67-69
		D=63-66
		D-=60-62
		F=0-59

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in when they are due at midnight the day before class starts—including assignments posted in Canvas. No incompletes will be graded. Late submissions will be deducted 50% points automatically if submitted within 24 hrs of the due date. Submissions > 24 hrs will not be accepted. Excused assignments will be unusual and on an individual basis as deemed by the instructor.

FINAL EXAMINATION POLICY

Successful completion of this class requires a final patient interview. These will be recorded via video and submitted to Canvas and must include all questions and elements of a patient interview to get full credit.

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

Revised 8/25/26

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-

Revised 8/25/26

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.

Lomabooks Instructions for Students:

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/Canvas Course Summary ☒

Thu Sep 3, 2026 Week 3 Reading: HPI Due by: 11:59pm

Fri Sep 11, 2026 Quiz Week 2 Quiz: due by 9am

Thu Sep 17, 2026 Assignment History Part I: History of Present Illness Assignment: due by 11:59pm

Fri Sep 18, 2026 Quiz Week 3 Quiz: due by 9am

Thu Sep 24, 2026 Assignment History Part II: Past Medical History and Social History Assignment: due by 11:59pm

Fri Sep 25, 2026 Quiz Week 4 Quiz- ROS: due by 9am

Thu Oct 1, 2026 Assignment History Part III: Review of Systems: due by 11:59pm

Fri Oct 2, 2026 Quiz Week 6 Extra Credit Quiz: due by 9am

Thu Oct 8, 2026 Assignment PA School Application Assignment: due by 11:59pm

Fri Oct 9, 2026 Assignment Medical Terminology Midterm Instructions: due by 11:59pm

Sun Oct 11, 2026 Assignment PA School Application Essay: due by 11:59pm

Fri Oct 16, 2026 Quiz Medical Terminology Midterm: due by 11am

Sun Oct 18, 2026 Assignment Midterm Hours Submission: due by 11:59pm

Mon Oct 26, 2026 Assignment Patient History Note #1: due by 11:59pm

Sun Nov 8, 2026 Assignment PA Profile Interview Reflection Assignment #1: due by 11:59pm

Sun Nov 15, 2026 Assignment Mystery Case 1 HPI: due by 11:59pm

Wed Nov 18, 2026 Assignment Internship Hours and Submission of Hours Log with Documentation: due by 11:59pm

Sun Nov 22, 2026 Assignment Mystery Case 2 HPI: due by 11:59pm

Assignment PA Profile Interview Reflection Assignment #2: due by 11:59pm

Assignment Patient History Note #2: due by 11:59pm

Mon Nov 23, 2026 Assignment Mystery Case 2 HPI: due by 11:59pm

Sun Dec 6, 2026 Assignment Mystery Case 3 HPI: due by 11:59pm

Assignment Patient History Note #3: due by 11:59pm

Sun Dec 13, 2026 Assignment Mystery Case 4 HPI: due by 11:59pm

Wed Dec 16, 2026 Assignment KIN4088 Final Exam Spring 2025: due by 7:30am

Assignment Roll Call Attendance