

# PRACTICUM / INTERNSHIP IN KINESIOLOGY

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Office Hours: by appointment

KIN 484 section 4 & KIN 488 sections 1 & 2

Spring 2017

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## PLNU Course Catalog Description

KIN 484 - Practicum in Kinesiology (1-3)

An on-campus experience in which the student works with a faculty member to gain experience in the field of Kinesiology. May be repeated for up to a total of six units.

KIN 488 - Internship in Kinesiology (1-3)

An off-campus experience in which the student works with a faculty member to gain experience in the field of Kinesiology. May be repeated for up to a total of six units.

The Kinesiology Department at PLNU believes the practical experience gained through a practicum/internship placement is essential to the student's educational and professional growth. Therefore, all students are required to participate in Practicums or Internships as part of the Exercise and Sports Science curriculum (2 units is the minimum requirement).

## COURSE LEARNING OUTCOMES

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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. [\(PLO.6\)](#)
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

## Objectives of the Exercise Science Practicum/Internship Program

One of the most important factors in ensuring a successful experience is matching the interests of the student with an opportunity for practical experience. This experience should include the following: professional networking, integrating theory and practice, development of skills and knowledge, increased awareness of the professional field, develop human relation skills.

## General Description of the Practicum/Internship Experience

Practicums and Internships have similar goals and structures, the main differences being that practicums are on-campus experiences, while internships are off-campus experiences.

Exercise & Sports Science Practicums (KIN484), and Internships (KIN488) in Kinesiology may vary from 1 to 3 units and may be repeated for up to 6 units each. The minimum requirement is 2 units of either practicum or internship experience. Such experiences offer the student the opportunity to build upon what they have learned in the classroom by practical application and/or further exploration under qualified supervision from a cooperating agency and/or the University.

The internship is meant to be a more in-depth experience and requires approximately 40-hrs for every 1 unit in which they are enrolled.

Academic evaluation of the student during the practicum/internship experience is based upon the following: evaluations by the field supervisor, evaluation by the university professor, documentation of daily/weekly assignments, and a final reflection paper.

### **Types of Practicum/internship Experiences**

Because each agency is unique and each student has special skills and interests, the practicum/internship experience must be individualized. It is anticipated that each student will have an opportunity to gain experience in all or most of the following areas:

1. Human Interaction. Opportunities to interact with people are extremely important. This may include teaching group lessons, working one-on-one with specific individuals, assisting in exercise testing and prescription, etc. The student should realize that the type of client interaction made available to him/her will vary depending on the type of field experience and the agency's needs and regulations.
2. Administration. Understanding organizational structures is also a very valuable experience. This may include studying and observing the policies and practices of the agency, such as legal status and liability issues, organizational structure, board relations, financial and supervisory practices, general staff relations, and the values of and techniques used in dealing with the public.
3. Programming. Being part of the planning and implementing of programs can be a valuable experience we endeavor to provide for our students.
4. Facilities. Exposure to the theoretical and practical experiences in facility operation and/or planning is a goal of our practicums/internships. This might include experiences in long range planning, equipment selection, security, equipment maintenance, etc.
5. General Experiences. The student should gain a broad experience in dealing with public relations problems, attend administrative meetings where possible, work with committees, visit with individuals in the agency, and get as wide a range of experiences as possible.
6. Day-To-Day Activities. In order to give the student a realistic work experience, he/she should be encouraged to fully participate in the day-to-day activities of the agency. These experiences may occasionally include such "mundane" activities as record keeping and handing out towels, etc. however, the practicum/internship should be a learning experience for the student and not just "free labor". Therefore, the agency is encouraged to offer the student a variety of challenging experiences.

### **Responsibilities of the Student**

The student is responsible for completing the requirements of the practicum/internship experience as provided by the University Professor as well as the general guidelines listed below:

- 1) Obtain "Consent of Instructor" from the Professor of Record which is needed before the student can register for the course. Consent of Instructor will be granted by the Professor after discussing with the student the requirements, possible exposures and experiences that will benefit the student's progress toward their professional goal.
- 2) With the assistance of the University Professor, develop a set of objectives and assignments to be completed during the experience.
- 3) Maintain a current work log and/or journal summarizing the number of hours worked and the types of activities undertaken.
- 4) Attend periodic conferences with the Professor in charge of your experience.
- 5) Submit a final evaluation of the experience to your Professor. The evaluation should include: a) a one page summary

of the activities you engaged in during the experience b) your reflections on the experience c) a log of days and hours spent.

### **Responsibilities of the Agency Supervisor**

- 1) Be available as the principal contact in reference to the experience.
- 2) Assist the student in understanding his/her position during this experience.
- 3) Arrange with the student the specific projects and activities in which he/she will be involved, and arrange a work schedule. This information should be in writing and shared with the university professor via the student.
- 4) Schedule regular meetings with the student to discuss items of concern to either party.
- 5) Inform the student of all regulations and practices, which must be observed by the student.
- 6) Evaluate the work of the student:
  - a) Discuss with the student specific indications of progress, strengths, and weaknesses.
  - b) Set an example by presenting criticism in a constructive, objective, and tactful manner.
  - c) Complete the written evaluation after discussing your comments with the intern and sending them to the University professor.

### **Responsibilities of the University Professor**

- 1) Supervise arrangements for and give final approval of all student assignments.
- 2) Represent the University in all official arrangements with the cooperating agencies in the conduct of the practicum program.
- 3) Supervise the work of the student in the cooperating agency by conferring with both the student and the agency supervisor on a regular basis.
- 4) Evaluate all practicum reports and discuss their content, if applicable, with both the student and the agency supervisor.
- 5) Serve as a resource person for both the cooperating agency supervisor and the student.
- 6) Exchange ideas with both the student and the agency supervisor directed toward the improvement of the practicum/internship experience and the total academic program.
- 7) Assign all grades for the student in cooperation with the field supervisor.

### **Student Evaluation Grades for the student are assigned by the following criteria:**

- 1) Evaluations of Site Supervisor.
- 2) Observations of Faculty Supervisor.
- 3) Final reflection paper
- 4) Daily Log and Weekly Reports
  - a) Completeness b) Promptness c) Readability d) Final review of practicum with University Professor.

### Institutional Mission Statement

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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

### **INCOMPLETES AND LATE ASSIGNMENTS**

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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.

### **FINAL EXAMINATION POLICY**

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

NOTE: The following policies are to be used without changes:

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

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#### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

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#### **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.