

# KIN600: Foundations in Kinesiology

**Dates:** 8/27/18 - 10/19/18

**Meeting Day/Time:** Mondays, 5:30-8 pm

**Location:** Liberty Station, Room 204 A&B

**Credit Hours:** 3

## **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 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.

## **INSTRUCTOR INFORMATION**

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## **COURSE DESCRIPTION**

This course will provide you with an overview of the MS-KIN program, laying the foundation for leading the sport performance, sport management and exercise science disciplines. We will emphasize leadership, professionalism, and engagement in these disciplines from a Christian perspective. The course will also explore Big Ideas in Kinesiology, including the use of exercise as preventive medicine, corrective exercise to improve human function, and faith-based ethical leadership principles to effectively serve the sport, fitness and education industries. Students will also formulate an initial area of interest for future research as part of the MS degree, interfacing with program faculty and the university library to initially form and develop their idea. This area of interest will inform the thesis, capstone project or area of focus for comprehensive exams.

## **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)**

The following learning outcomes will be achieved by students in this course:

1. Demonstrate appropriate breadth of knowledge of the MS-Kinesiology subdisciplines and appraise current research related to these disciplines.
2. Work with a team to persuasively communicate essential information related to big ideas in Kinesiology (i.e. Exercise as Preventive Medicine, Corrective Exercise to Prevent Injury, Leading Effectively and Faithfully).
3. Explore and reflect on future career advancement, professional organizations, opportunities for service, and employment opportunities.
4. Develop and enhance your professional identity and reflect on that identity as a vocational life, mapping a course to that life.
5. Cultivate an understanding of leadership excellence in order to enhance the future organizations you lead.
6. Integrate compassionate care with professional practice by understanding how the Christian faith informs a professional ethic and standard of practice.

## **CREDIT HOUR INFORMATION**

### **Distribution of Contact Hours**

It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending 12-16 hours a week engaged in the course. The estimated time expectations for this course are shown below:

<b>Course Assignments</b>	<b>Pre-Course Hours</b>	<b>Hours</b>	<b>Post-Course Hours</b>
Class Meetings	--	17.5	--
Course Reading	--	20	--
Module 1 & 2 Assignments	--	15	--
Self Assessment & MBTI®	--	2	--
'About Me' Discussion		2	
Developing an Area of Interest and Conducting a Literature Search	--	5	--
WK 5 Quiz: Profession & Society	--	2	--
Reflection on Professional Development and Occupational Outlook Session	--	6	--
Discussion Boards	--	18	--
Career Road Map and Vocation Reflection	--	25	--
<b>Total Course Hours</b>	<b>--</b>	<b>112.5</b>	<b>--</b>

## **REQUIRED TEXT & RECOMMENDED RESOURCES**

Palmer, P. (1999). *Let your life speak: Listening for the voice of vocation*. Jossey-Bass: San Francisco, CA.

## **ASSESSMENT AND GRADING**

### *Grading Points*

<b>Course Assignments</b>	<b>Points</b>
Module 1 & 2 Assignments	110
Self Assessment & MBTI®	25
Developing an Area of Interest and Conducting a Literature Search	25
"About Me" Discussion	25
WK 5 Quiz: Profession & Society	20
Reflection on Professional Development & Occupational Outlook	50
Discussion Boards	100
Career Road Map and Vocation Reflection	150
<b>Total Course Points</b>	<b>500</b>

### *Grade Scale*

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

## ASSIGNMENTS

### **Discussion Board Participation:** Assesses Course Learning Outcomes #1-6

We have supplemented the course text and lecture materials with readings on a variety of current topics in the literature. These readings will be provided via electronic access to journal articles, press releases, and/or social network sites. Whenever possible, these readings are meant to be completed before the scheduled topic is discussed in class. It is expected that you will have interacted with the material **beforehand** so that informed and lively discussion may be the primary focus of class meetings. The aim of supplemental readings is to keep you current with contemporary practice and to give multiple exposures to ideas so that learning is enhanced. After certain readings, and prior to the in-class discussion, you will respond to questions on the Discussion Board on Canvas. At other times, we will ask you to summarize the key points of your learning from the week (Week Reflections) based on class discussions and outside readings. In any case, you should be ready to discuss these reflections with your colleagues in class, and refine the ideas together in class activities. Requirements for Discussion Board posts can be found on the KIN 600 Canvas course.

### **Leadership Challenge: Student Leadership Practices Inventory for Self and Observers. Assessment of application of results.**

a. Reflect on what you learned with regard to leadership excellence in order to enhance the future organizations that you lead.

### **Reflection on MS-KIN Route and Area of Interest:**

a. Two paragraph reflection: one paragraph on ideas you have for the primary area of interest you will explore while in the MS-KIN program and one paragraph on the route you will take to complete the MS-KIN requirements for graduation.

### **Career Road Map and Vocation Reflection:** Assesses Course Learning Outcomes #1-6

Throughout this course, we have explored various ways to consider our professional lives within a larger context. From discovering our strengths, to exploring best career fit, to networking, to developing a personal brand, we viewed these ideas in light of a career as a vocation and calling. That is, we re-imagine our work as a mission of service to something beyond our own interests. We also considered our leadership style, strengths, and how others perceive us as leaders with the intent to enhance the organizations we lead in the future.

This final capstone project assignment will require you to reflect on these ideas, integrating your professional road map with your personal leadership style and the idea of vocation. In your final presentation, you should accomplish the following:

- *Describe how your self-awareness has changed due to the assessments taken in this class (you may choose to highlight 1 or 2 inventories if this helps)*
- Identify the most helpful assessment taken in this class. Why was it the most helpful? Provide an example of how it has affected your career plan or leadership.

- List your top two strengths and top two challenges based on the assessments you've taken.
- Describe a plan for leveraging and/or improving your leadership skills moving forward.
- Identify and explore your areas of personal strength, opportunities for growth, and how others perceive you (as a leader and a professional). Reflect on feedback given to you by industry experts. Outline a plan to leverage your strengths and address your weaknesses.
- Reflect on your professional identity as a vocational life that is informed by your faith, your life purpose/calling, and describe new insights you have gained in this area.

**Final Paper-** If you choose to complete a paper, it should be no longer than 5 pages and submitted as a Word document, in either AMA or APA format, and no later than Friday of Week 8, Quad 1. You should arrange the sections of the paper as follows, with each section identified by a subheading:

- *Introduction:* this should be written last, although presented first, and should provide a brief picture or overview of the general findings and conclusions.
- Address each bullet point above with separate subheading
- *Conclusion:* A clear conclusion that brings together the entire paper

## **ATTENDANCE AND PARTICIPATION**

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 Graduate and Professional Studies Catalog for additional detail.

Students taking hybrid/blended courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course and attending face-to-face class meetings. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days in the online course may be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days in the online course or face-to-face sessions will be dropped from the course retroactive to the last date of recorded attendance.

## **LATE ASSIGNMENTS**

All assignments are to be submitted by the due dates posted. There will be a 20% reduction of possible points for each day an assignment is late. If missing assignments result in your failure to meet learning outcomes, you may receive a letter grade

reduction on the final grade in addition to the loss of points for missing work. Unless otherwise noted by your professor: No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

### **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.

### **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, "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. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course." See *Academic Policies* for full text.

### **ACADEMIC ACCOMMODATIONS**

If you have a diagnosed disability, please contact the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodations by phone at (619) 563-2810. You may also ask your academic advisor or program director for any additional accommodation information.

### **SPIRITUAL CARE**

PLNU strives to be a place where you grow as whole persons. To this end we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Liberty Station campus we have an onsite chaplain, Rev. Wil Ryland who is available during class break times across the week. If you have questions, desire to meet with Rev Ryland or prayer requests you can contact him directly at [gradchaplainlibertystation@pointloma.edu](mailto:gradchaplainlibertystation@pointloma.edu). In addition there are resources for your Christian faith journey available at <http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life>.

## **FERPA POLICY**

As a student at Point Loma, you have a legal right to privacy as outlined in the federal FERPA (Family Educational Rights and Privacy Act) legislation. If I post grades or return assignments, I'll do so in a way that does not publicly reveal your name, PLNU student ID, or social security number without your written permission. See [Policy Statements](#) for full text.

## **FINAL EXAMINATION POLICY**

Successful completion of this class requires taking the final examination **on its scheduled day**.

## **INFORMATION LITERACY**

The curriculum of the MS-KIN is designed so that you develop skills in scientific writing, performing statistical analysis of data, reading and critically appraising primary literature, and incorporating current best evidence into your professional practice. Not all information is equally sound or applicable to your practice. Various assignments within this course are designed to accomplish the goal of informational literacy—to evaluate the validity and importance of information obtained from any source and use the information appropriately to solve relevant problems. These assignments include: SPSS Output Reports, in-class article discussions, in-class discussion of experimental design, review of the literature related to your proposal, presentation of proposal. We will regularly direct you to the Ryan Library to accomplish these assignments

## **USE OF TECHNOLOGY**

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) page. Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

If you do need technical help, you may click on the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619-849-2222).