



Department of Kinesiology, MS-KIN

KIN660: Directed Readings

1 Unit

Fall 2019

<b>Meeting days:</b> Mondays	<b>Instructor title and name:</b> Ted Vickey, PhDc
<b>Meeting times:</b> 4:00-5:15 pm	<b>Phone:</b> (619) 849-7111
<b>Meeting location:</b> LSCC Room 205A	<b>E-mail:</b> tvickey@pointloma.edu
<b>Final Exam:</b> Due Friday, 12/20/19	<b>Office location and hours:</b> KIN 11, By Appointment
<b>Additional info:</b>	<b>Additional info:</b>

### 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.

### COURSE DESCRIPTION

This course provides advanced study in the essential research of a specific discipline in Kinesiology. Fundamental skills in reading and evaluating research will be acquired, including examining research paradigms, critically appraising study design and findings, and determining the practical relevance of the results. Students will submit a final review of literature for a research project. *Prerequisite: KIN 605, KIN 610 or equivalent.*

### Course Aim and Introduction:

A directed reading is a course designed for students writing and developing their research project (i.e. thesis, capstone or pilot study) who wish to complete a review of literature and begin collecting data. Typically, students attending this seminar will be entering their 2nd or 3rd term in the MS-KIN, and will have decided on a project topic and a project Advisor to work with before enrolling for this course. Your chosen Advisor should have approved working with you and your topic. Students interested in this seminar should be well on their way to finishing up a proposal which the Professor and/or Advisor will approve by the end of the directed reading seminar. Students are expected to have done a good deal of background reading to prepare them for this course. While your Professor/Advisor has

expertise in your chosen field of study, remember, it is your project and your Advisor will serve only as a guide in your research process.

This is a graduate level seminar that will equip you with the tools to bring your project to a successful conclusion. During the course sequence of KIN 650 and 660, a student is expected to complete a proposal that is advanced enough to be defended. Your success or failure in this process will depend on the diligence and time you are prepared to invest towards the completion of your project.

Attendance at each session is mandatory and the student is expected to have completed any work allocated by the Professor. Your professor will also require you to identify and raise specific issues of interest and usefulness to you, i.e. which topics for which you need additional readings.

### **REQUIRED TEXTS AND RECOMMENDED RESOURCES**

- Course Reader and journal articles available via Canvas
- [Publication Manual of the American Psychological Association, 6th ed.](#)
- [AMA Manual of Style: A Guide for Authors and Editors, 10th ed.](#)

### **STUDENT LEARNING OUTCOMES:**

After completing this course, you should be able to:

1. Evaluate research in a specific discipline in Kinesiology that represents your area of research interest.
2. Critically appraise various research paradigms and study designs and findings to determine the validity of the methodology and the practical relevance of the results.
3. Produce a well-developed project proposal with a thesis statement, central argument or/& hypothesis and be able to answer the following questions, in written and oral form:
  - What is your thesis question?
  - Rationale for why this is an important question to address?
  - What evidence exists on this question? What are the holes in the literature that need addressing?
  - How will your research contribute to the existing literature in the field?
4. Produce a well developed Literature Review on your topic of interest.

### **COURSE REQUIREMENTS:**

#### **1. *Article Review and Discussion:***

See Canvas for complete list of articles

## **2. Oral Presentation of Research Article:**

During class, you will be expected to read research articles each week prior to class and be ready to discuss the article in depth through a Journal Club process. Each student will be expected to lead the discussion for 1-2 articles by presenting the salient aspects of the article to your peers for discussion during LSCC meeting times. When not meeting at LSCC, assignments are due in Canvas.

## **3. Literature Review:**

The final assignment for this class will be a Literature Review. This Literature Review can be used for your Capstone or Thesis. Reading assignments will be used for this purpose.

**This course meets PLNU and WASC credit hour policy requirements for contact hours as evidenced by the table below:**

<b>Assignments</b>	<b>Course Hours</b>
Face to face (includes Canvas)	10
Online Participation in groups	5
Reading	15
Writing	10
Article Presentation	2
<b>TOTAL HOURS</b>	<b>42</b>

## **ASSESSMENT AND GRADING**

Article Review and Discussion (15 at 10 points each)	150
Presentation of Article	50
Literature Review list of articles to be used	50
Quiz	50
<b>TOTAL</b>	<b>300</b>

*NOTE: It is your responsibility to maintain your class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.), you have the responsibility to first contact the professors. Then if no accommodations can be made, you are responsible to follow through (provided the drop date meets the stated calendar deadline established by the university).*

## **LATE ASSIGNMENTS**

Late assignments will be subject to a deduction of 10% per day. Even if deadline is missed, all assignments are expected to be submitted.

## COURSE SCHEDULE AND ASSIGNMENTS

Readings #1 - #4 - Assigned by Professor

Readings #5 - #15 - One chosen by each student on an area of interest around their Capstone research topic. All students are required to submit a paper to Professor by Week #2 for approval. Upon approval, papers will be assigned accordingly as Readings #9 - #15. Students will read all 15 papers and write a statement about each.

The oral presentation can be chosen from any of the 15 papers used in this course. Each presentation will be 5 minutes in length and presented to the class on during Week 6.

## COURSE SCHEDULE AND ASSIGNMENTS



Date	Topic	Meeting	Assignment Due / In-Class Activity
Week 1 10/24	Introduction	LSCC	None
Week 2 10/31	Reading #1, #2 and #3	LSCC	Reading and writeup
Week 3 11/7	Reading #4, #5 and #6	Canvas	Reading and writeup
Week 4 11/14	Reading #7, #8 and #9	LSCC	Reading and writeup
Week 5 11/21	Reading #10, #11 and #12	Canvas	Reading and writeup
Week 6 11/28	Presentations	LSCC	Individual presentations
Week 7 12/5	Reading #13, #14 and #15	Canvas	Reading and writeup
Week 8 12/12	Lit Review	Canvas	Writing assignment

### Reading List:

#1 - [Corporate Wellness Programs: Implementation Challenges in the Modern American Workplace](#)  

#2 - [Fitness Industry Trends](#)  

#3 - [2013 Report to Congress on Workplace Wellness](#)

#4 - WHO Report - [Preventing Noncommunicable Diseases in the Workplace through Diet and Physical Activity](#)  

#5 - TBD

#6 - TBD

#7 - TBD

#8 - TBD

#9 - [TBD](#)

#10 - [TBD](#)

#11 - [TBD](#)

#12 - [TBD](#)

#13 - [TBD](#)

#14 - [TBD](#)

#15 - [TBD](#)

Additional References:

[CDC Steps to Wellness: A Guide to Implementing the 2008 Physical Activity Guidelines for American in the Workplace](#)

[RAND Final Report - Workplace Wellness Program Report](#)

## **ACADEMIC ACCOMMODATIONS**

While all students are expected to meet the minimum academic standards for completion of this course, students with disabilities may require academic accommodations. To request academic accommodations, you'll need to file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center on the Main PLNU Campus. Once documentation is filed, the DRC will contact your instructors and provide written recommendations for reasonable and appropriate accommodation to meet your needs. If you have questions or would like to discuss those or any learning problems, please feel free to contact me. *See [Academic Policies](#) for full text.*

## **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 publically 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**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations will be approved.

## **USE OF TECHNOLOGY**

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. In this course, we will rely on Canvas for accessing course materials, submitting assignments, and collaborating in discussion boards and blogs. You'll want to make sure you are comfortable with these tools, so take advantage of our computer LabTechs to answer questions and help you with any technology issues. You may also call the Help Desk at x2222.

You are welcome to bring your laptop, iPad, and/or cell phone to class, which we will utilize during many class sessions—but please make sure you use them appropriately and responsibly. ***If a tech tool becomes a distraction or disruption while class is in session, we will simply invite you to no longer bring it to class.***

## **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.

## **ACADEMIC DISHONESTY**

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.

## **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 Graduate and Professional Studies Catalog for additional detail.

#### Attendance Policy for Hybrid/Blended Courses

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 will 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.

#### **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.

#### **ACADEMIC STANDING**

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program:

[http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic\\_Standing](http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic_Standing).

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy:

#### **Grading System**

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.