

**POINT LOMA NAZARENE UNIVERSITY**

Department of Kinesiology  
KIN 4084.7: (1 unit)  
Spring, 2020

Class Meetings: Primarily via Canvas

**Professor:** Alisa Ward  
**Office Phone:** 619.849.2557

**Office Location:** Northwest corner of the gymnasium  
**Office Hours:** Email me for specific hours

**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**

An introductory course dealing with the expectations, opportunities, organizations and nature of the professions students in the Kinesiology Department might pursue. Topics addressed will include essential networking and professional skills, research and writing techniques and methodologies for department assignments. An overview of major course requirements, internships and graduate school opportunities are presented. Living a purposeful life will be a course theme.

**Course Learning Outcomes**

- A. Students will tell their personal story as bookends of the course.
- B. Students will converse about the PLNU Kinesiology department, professionalism, networking, and purposefully consider their future careers.
- C. Students will articulate personal and professional ethical standards of practice.
- E. Students will perform information search on selected topics.
- F. Students will effectively read and write technically in AMA format.
- G. Students will define and utilize foundational exercise science cognates and utilize the advanced language of the professionals.
- H. Students will defend the imperative of leading a healthy lifestyle and be informed about how to assess their own fitness.
- I. Students will describe a life of purpose and map a course to that life.

**Course Credit Hour Information**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a one unit class delivered over one semester. Specific details about how the class meets the credit hour requirement can be provided upon request.

## Textbook

1. Faulkner M, Nierenberg A. Networking for College Students and Graduates: Nonstop Business Networking That Will Change Your Life. Nierenberg Consulting Group, 2017.
2. Various readings posted on Canvas.

**Course Requirements**—A semester schedule with more detail has been posted on Canvas, along with all instructions and rubrics for assignments

A. Personal Reflection Papers:

1. “To know me is to know that...”
2. “To know me is to know that this semester has resulted in....”

B. Textbook/Canvas Readings & Quizzes:

1. Networking Assignment #1
2. Networking Assignment #2
3. Networking Assignment #3
4. Vocation & Calling Article & Assignment
5. Advising Guide Reading & Quiz
6. Devotional Reading #1 (PDL Day 2 & PDL Day 3)
7. Advising Checklists & Future Semester Schedule Assignment
8. Devotional Reading #2 (PDL Days 16-20)
9. Scholarly Writing & AMA Reading
10. Grammar & AMA Quiz
11. EBP PICO Question
12. Technical Writing Quiz
13. Plagiarism Assignment
14. Devotional Reading #3 (Love Does, Chapter 11)
15. The Scarlet F Reading Assignment
16. Devotional #4

C. Technical Reading and Writing Assignments: (Assignments in which original research is reviewed)

1. Journal article review
2. Literature Review Paper Check-Off List
3. Literature Review, First Draft & Final Draft

D. Discussion Board Assignments: because we do not meet face-to-face regularly, there will be a lot of interaction via the Discussion Board on Canvas.

**Assessment and Grading**—Points per assignment can be found on Canvas.

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

### **Incomplete and Late Assignments**

All assignments are to be submitted onto Canvas by their due date and time. Canvas assignments will cease to exist once the due date has expired. It is up to you to get your assignments in on time or ahead of time in the event of a conflict on your part. Incompletes will only be assigned in extremely unusual circumstances.

### **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.

### **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 of those materials outside the class may violate the law.

### **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.

### **Final Examination Policy**

We will observe the PLNU academic calendar. Please consult the Academic Calendar prior to making travel plans. Successful completion of this class requires taking the final examination on its scheduled day. The final examination for this class will be held in person, on Monday, December 9<sup>th</sup> from 6-8pm. No requests for early examinations or alternative days will be approved as the final presentation is a guest professional panel. During the week of final exams, you will need to submit two final assignments onto Canvas. We will not meet in person the week of final exams.

**Canvas Learning Management System (LMS)**- You will be logging into Canvas to access our course materials and online activities.

1. Please use Chrome as your browser.
2. Go to [canvas.pointloma.edu](https://canvas.pointloma.edu).
3. Log in with your PLNU username and password.