

# Course Syllabus

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## KIN610: Evidence Based Practice & Decision Making in Kinesiology

**Dates:** 8/31/20 -10/25/20

**Meeting Day/Time:** Online

**Location:** Remote

**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



**Instructor:** Dr. Nicole Cosby, PhD, ATC

**Office Phone:** 619.849.2901

**Cell Phone:** 951.515.3054

**Email:** [nicolecosby@pointloma.edu](mailto:nicolecosby@pointloma.edu)  
(<mailto:nicolecosby@pointloma.edu>)



This course will enable students to practice the judicious use of current best evidence in making decisions about the care of individual patients and clients. Students will learn to integrate the best external evidence with their clinical expertise and patient concerns to ask a focused question to satisfy the health needs of a specific patient; find the best evidence by searching the literature; critically appraise the literature; apply the results in clinical practice; and evaluate the outcomes in patients.

## **COURSE AIM**

This course is intended to help you acquire the fundamental skills of reading and evaluating the research published by others and developing your own research plans in Kinesiology. A combination of approaches will be used including reading and discussion of research methods, group analysis of research examples, and preparing various elements of a research proposal. As this is a graduate course, there is considerable online discussion around theoretical material. This requires you to read the assigned material and interact with it through various methods (e.g., online quizzes, discussions, etc.).

## **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:

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

1. Explain the value and importance of evidence-based practice as it relates to solving relevant problems within the exercise and sport sciences. \*See *Information Literacy later in this syllabus*.
2. Employ a systematic approach (e.g., five step approach) to create and answer a relevant clinical question using a pre-defined question format (e.g., PICO= Patients, Intervention, Comparison, Outcomes).
3. Utilize databases and online critical appraisal libraries to conduct a literature search (e.g., Boolean search, Medical Subject Headings) to answer a relevant clinical question.
4. Use standard criteria or developed scales (e.g., Physiotherapy Evidence Database Scale [PEDro], Oxford Centre for Evidence Based Medicine Scale) to critically appraise the structure, rigor, and overall quality of research evidence and determine the efficacy of a clinical intervention.
5. Explain clinical outcomes assessment (e.g., disablement, health-related quality of life) and describe common methods of outcomes assessment for clinical practice (patient-based and clinician-based).
6. Apply the various methods of assessing patient status and progress (e.g., global rating of change, minimal clinically important difference, and minimal detectable difference).

### CREDIT HOUR INFORMATION

It is anticipated that students will spend a minimum of 50 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 18-22 hours a week engaged in the course. The estimated time expectations for this course are shown below:

Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Online Participation in discussions, groups, etc.	--	50	--
Writing	--	50	--
Other assignments and learning activities	1	40	1
Exams and Quizzes	--	8	--
<b>Total Course Hours</b>		150	

### RECOMMENDED RESOURCES

Hurley, W, Denegar, C, Hertel, J. (2011). LWW. *Research Methods: A Framework for Evidence Based Clinical Practice*.

### RECOMMENDED

- Text: Arnold, B.L., Gansneder, B.M., & Perrin, D.H. (2005). *Research Methods in Athletic Training*. Philadelphia, PA: F.A. Davis Company.
- Course Reader and journal articles available in this Canvas course
- [AT Stills University EBM Website \(http://www.atsu.edu/ebm/\)](http://www.atsu.edu/ebm/)

### ASSESSMENT AND GRADING

Your grades will be posted in the Canvas [Grades](#) area no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the Grades as these comments are intended to help you improve your work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

#### Grade Weighting

Discussion Boards	40.0%
Assignments	40.0%
Quizzes & Surveys	20.0%
Total	100%

#### Grade Scale

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

### ATTENDANCE

Students taking online 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. (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 will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be

dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

## LATE ASSIGNMENTS

- All assignments are to be submitted by the due date and time listed in the calendar via [Canvas \(http://canvas.pointloma.edu/\)](http://canvas.pointloma.edu/).
- 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.
- Missed exams or quizzes may ONLY be made up with a legal, written excuse.
- Late work will **NOT** be accepted or graded; assignments will be considered late if posted **after midnight Pacific Standard Time on the day they are due**

## ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained 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 result of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. An instructor 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 following the procedure in the university catalog. Students may appeal using the procedure in the university catalog. See [Academic Policies \(http://catalog.pointloma.edu/index.php\)](http://catalog.pointloma.edu/index.php) for further information.

## ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact Jean Moncada in the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at (619) 563-2849 or by e-mail at [jmoncada@pointloma.edu](mailto:jmoncada@pointloma.edu). Ask your academic advisor or program director for any additional accommodation information.

## SPIRITUAL CARE

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. You'll find faith integration activities throughout this course. In addition, there are resources for your Christian faith journey available on the [Graduate Student Life \(http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life\)](http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life)

webpage

## 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](http://catalog.pointloma.edu/content.php?catoid=25&navoid=1641#EducationRecords_FERPA_andDirectoryInformation) ([http://catalog.pointloma.edu/content.php?catoid=25&navoid=1641#EducationRecords\\_FERPA\\_andDirectoryInformation](http://catalog.pointloma.edu/content.php?catoid=25&navoid=1641#EducationRecords_FERPA_andDirectoryInformation)) for full text.

## INSTRUCTOR FEEDBACK

Assignments will be graded as soon after the due date as possible and grades will be posted to the Canvas gradebook. If an immediate response is needed, email or phone the instructor.

## 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.














## 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](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact [student-tech-request@pointloma.edu](mailto:student-tech-request@pointloma.edu) (<mailto:student-tech-request@pointloma.edu>).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.


## Course Summary:

Date	Details	
Thu Sep 3, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526598">Creating the PICO question</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526598">https://canvas.pointloma.edu/courses/53532/assignments/526598</a>	due by 11:59pm

Date	Details	due by 11:59pm
Sun Sep 6, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526657">Academic Honesty Verification Statement</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526657">https://canvas.pointloma.edu/courses/53532/assignments/526657</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526584">PICO and EBM Process Quiz</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526584">https://canvas.pointloma.edu/courses/53532/assignments/526584</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526583">Check-in: Week 1</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526583">https://canvas.pointloma.edu/courses/53532/assignments/526583</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526609">Complete PICO Question Form</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526609">https://canvas.pointloma.edu/courses/53532/assignments/526609</a>	due by 11:59pm
Tue Sep 8, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526599">Which Database Do You Like?</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526599">https://canvas.pointloma.edu/courses/53532/assignments/526599</a>	due by 11:59pm
Thu Sep 10, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526625">Searching the Literature</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526625">https://canvas.pointloma.edu/courses/53532/assignments/526625</a>	due by 11:59pm
Sun Sep 13, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526593">Search Strategies: How well do you know them? Quiz</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526593">https://canvas.pointloma.edu/courses/53532/assignments/526593</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526591">Check-in: Week 2</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526591">https://canvas.pointloma.edu/courses/53532/assignments/526591</a>	due by 11:59pm
Thu Sep 17, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526602">Levels of Evidence: What type have you been using?</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526602">https://canvas.pointloma.edu/courses/53532/assignments/526602</a>	due by 11:59pm
Sun Sep 20, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526587">Check-in: Week 3</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526587">https://canvas.pointloma.edu/courses/53532/assignments/526587</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526588">Week 3 Quiz: Levels of Research Evidence</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526588">https://canvas.pointloma.edu/courses/53532/assignments/526588</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526615">Determining Levels of Evidence</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526615">https://canvas.pointloma.edu/courses/53532/assignments/526615</a>	due by 11:59pm
Tue Sep 22, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526603">PEDro vs Jadad Scale</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526603">https://canvas.pointloma.edu/courses/53532/assignments/526603</a>	due by 11:59pm

Date	Details	
Thu Sep 24, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526628">Using PEDro to Critically Appraise</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526628">https://canvas.pointloma.edu/courses/53532/assignments/526628</a>	due by 11:59pm
Sun Sep 27, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526589">Appraisal Skills Quiz</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526589">https://canvas.pointloma.edu/courses/53532/assignments/526589</a>	due by 11:59pm
Sun Sep 27, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526613">Critical Appraisal Topic (CAT) Chunk 1 Tables</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526613">https://canvas.pointloma.edu/courses/53532/assignments/526613</a>	due by 11:59pm
Tue Sep 29, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526596">Effect Size: The New P-Value?</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526596">https://canvas.pointloma.edu/courses/53532/assignments/526596</a>	due by 11:59pm
Tue Sep 29, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526608">Calculation, Interpretation, and Application of Effect Sizes</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526608">https://canvas.pointloma.edu/courses/53532/assignments/526608</a>	due by 11:59pm
Fri Oct 2, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526604">MDC - Importance and Clinical Utility</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526604">https://canvas.pointloma.edu/courses/53532/assignments/526604</a>	due by 11:59pm
Sun Oct 4, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526586">Check-in: Week 5</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526586">https://canvas.pointloma.edu/courses/53532/assignments/526586</a>	due by 11:59pm
Sun Oct 4, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526614">Critical Appraisal Topic (CAT) - Chunk 2 Introduction, Clinical Scenario</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526614">https://canvas.pointloma.edu/courses/53532/assignments/526614</a>	due by 11:59pm
Tue Oct 6, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526605">Clinical Application of Sensitivity and Specificity</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526605">https://canvas.pointloma.edu/courses/53532/assignments/526605</a>	due by 11:59pm
Tue Oct 6, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526626">Sensitivity and Specificity Assignment</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526626">https://canvas.pointloma.edu/courses/53532/assignments/526626</a>	due by 11:59pm
Thu Oct 8, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526627">Turn-in Completed Odds and Relative Risks Exercise</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526627">https://canvas.pointloma.edu/courses/53532/assignments/526627</a>	due by 11:59pm
Sun Oct 11, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526590">Evidence Based Practice Statistics II Quiz</a> <a href="https://canvas.pointloma.edu/courses/53532/assignments/526590">https://canvas.pointloma.edu/courses/53532/assignments/526590</a>	due by 11:59pm



Date	Details	
Thu Oct 15, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526594">Disablement Model Case Scenarios</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526594">https://canvas.pointloma.edu/courses/53532/assignments/526594</a> )	due by 11:59pm
Sun Oct 18, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526621">Patient Rated Outcome Measure Case Scenario</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526621">https://canvas.pointloma.edu/courses/53532/assignments/526621</a> )	due by 11:59pm
Tue Oct 20, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526601">What Evidence-Based Medicine is Not</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526601">https://canvas.pointloma.edu/courses/53532/assignments/526601</a> )	due by 11:59pm
Thu Oct 22, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526606">Barriers to Implementing EBM into Your Clinical Practice</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526606">https://canvas.pointloma.edu/courses/53532/assignments/526606</a> )	due by 11:59pm
Sun Oct 25, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526616">End-of-Course Evaluation</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526616">https://canvas.pointloma.edu/courses/53532/assignments/526616</a> )	due by 11:59pm
Sun Oct 25, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526617">Exit EBP Principles</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526617">https://canvas.pointloma.edu/courses/53532/assignments/526617</a> )	due by 11:59pm
Sun Oct 25, 2020	 <a href="https://canvas.pointloma.edu/courses/53532/assignments/526618">Final Draft: Critical Appraisal Topic Assignment</a> ( <a href="https://canvas.pointloma.edu/courses/53532/assignments/526618">https://canvas.pointloma.edu/courses/53532/assignments/526618</a> )	due by 11:59pm