

Kinesiology Senior Capstone

Meeting Days:	Monday	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	Section 1 - 4:30-5:25 Section 2 – 5:30-6:25	Phone:	Email to set up a phone meeting
Meeting Location(s):	LBRT 201	Email:	jgoodin@pointloma.edu
Final Paper:	Due on 5/6 at 11:59p	Office Hours:	Email to set up a Zoom meeting

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 is, in many respects, a capstone to your college experience in one of the majors offered by the Kinesiology department. The discussion format that will be used extensively in this course would not work without the background that you have received from the courses within your major, or the maturity of character that you have developed over your college experience. In a typical week, we will discuss issues related to work and calling, explore topics related to vocation and career goals, or hone interpersonal and networking skills. The quality and direction of our discussion and activities will largely be the responsibility of you, the students. In addition to the oral discussions, written reflections, and vocation-related assignments, you will write a critical appraisal related to a topical area of interest in kinesiology.

Prerequisites: Senior standing as a Kinesiology major.

COURSE LEARNING OUTCOMES

1. Students will analyze, critically evaluate, and discuss ideas, arguments, and differing points of view on various topics that affect kinesiology, faith, and morality.

We will be reading and discussing ideas from a variety of perspectives. In doing so, we want to be hospitable to the ideas of others recognizing that through discourse we can learn from and better understand each other as we respectfully challenge ideas and allow our thinking to be challenged.

2. Students will construct a defensible position on particular issues of kinesiology, faith, and morality in both written and oral formats.

As part of your training here at PLNU, you have been exposed to various topics that integrate faith, knowledge, and vocation. Hopefully, through personal reflection, you have arrived at your own definition of ‘truth’ with regards to some of these issues (although this definition of ‘truth’ will continue to evolve throughout your life). It is important that you are able to articulate this view in such a way that you can explain and defend your position. This includes fully summarizing your own thoughts, addressing alternative views, and then being able to explain/defend your thoughts to others in a clear and organized manner. This will allow you to hold strong to your values while demonstrating grace and respect towards other’s differing viewpoints.

3. Students will prepare for their future vocation by practicing professional interpersonal and oral communication skills and creating job application documents.

You have been well-trained within your discipline, but landing a job that could launch a career is about both who you know *and* how well you demonstrate your strengths and skillset. In this class we will explore both sides of the coin through a variety of professional development assignments.

4. Students will refine their concepts of vocation, calling, and the sacredness of work by reflecting on course material and dialoguing with peers.

This course is designed as the last touchpoint before launching you into a lifelong career that will be sustained not by determination, grit, or good fortune. Rather, it is through a deep sense of meaning derived from service to others and working under God’s calling on your life.

5. Students will assimilate, evaluate, analyze, and summarize research within a topic in kinesiology relevant to their intended career and tie it to their understanding of calling and vocation.

Your undergraduate degree is the launching point to a life of learning, and this course will seek to guide you into identifying and assessing evidence-based practices to hone your craft and establish expertise.

COURSE GRADING

The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

EDUCATIONAL OPPORTUNITIES

Note: All assignments are to be submitted electronically via Canvas by Saturday at 11:59pm unless otherwise noted. The only exception are the initial posts for discussions, which are due on Wednesdays at 11:59pm.

- 1) **Lecture Responses:** The lecture videos are created to give you an overview or sometimes a deeper look into concepts that we will cover in this course. Earn participation points by "Liking" the video and then leaving a comment to let me know you watched it (you have to be signed in to your YouTube, Google, or Gmail account for this to work). Your comment can be a 1-2 sentence executive summary, a thoughtful question, or funny comment relevant to the video or topic discussed. In addition to your comment, feel free to upvote other's comments that you related to, laughed at, or that you found yourself asking the same question.

Don't forget to subscribe to the channel so you're alerted when new videos are added.

- 2) **Vocation Reflections (3x25 pts):**
 - a) Our text for this course *Every Good Endeavor* will be used as a launching point for your own reflections on your calling and vocation. As we journey through the semester together I will ask you to reflect deeply on specific aspects of your own sense of calling in relation to the book, your faith, and your unique passions within and outside of the field of kinesiology. Each formative reflection piece will contribute to a summative reflection paper.
- 3) **Vocation Discussion Groups (3x25 pts):**
 - a) Vocation reflection small-groups will be formed based on your intended career path to discuss each section of the text after you have written your reflections.
- 4) **Elevator Speech (100 pts):**
 - a) Each student will develop several key points that can be crafted into a versatile elevator speech and will practice this speech with 1 unsuspecting PLNU faculty or staff member after rehearsing it. Your submission will be a selfie after you successfully have a career-focused conversation with this faculty member.
- 5) **Passionate Speech Video (100 pts):**
 - a) Each student will choose a topic they are passionate about within kinesiology and deliver a 5-minute, impassioned appeal to the class with the aim to convince us to join your cause or agree with your viewpoint through appeals to ethos, pathos, and/or logos.
- 6) **Professional Development Assignments (4x50):**
 - a) Students will create a robust LinkedIn profile to which you can upload your critical appraisal topic as well as "link" with the rest of your graduating class.
 - b) Students will write a mock cover letter and resume applying for their dream job. These documents can serve as a template for future job opportunities.
 - c) Students will take a series of self-assessment tools such as: the Meyers-Briggs, The Big 5 Personality Test, and—wait for it—the Enneagram.

7) Vocational Expertise Paper (200 pts):

- i) Students' reflections on vocation and calling (an earlier assignment) will be synthesized into a 3-part essay that:
 - (1) Refines their concepts of vocation, calling, and the sacredness of work
 - (2) Delves into a critical analysis on a special topic of choice related to the student's calling
 - (3) And concludes with a short reflection on how their distinctive PLNU Christian liberal arts undergraduate experience is launching them into their next steps.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Required:

Keller, T. (2012) *Every Good Endeavor*. New York, New York: Penguin Books

Purchase here: <https://amzn.to/2WDae0u>

In addition to the above textbook, for this online course you will need access to the following:

- Zoom: <https://zoom.us/>
 - Sign up for a free account using your PLNU email address. Download the app to your laptop, phone, and/or tablet.
- Laptop or desktop computer equipped with a microphone and webcam

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 1-unit class delivered over 15 weeks. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires completing your Vocational Expertise Paper and submitting it by 12/10 at 11:59pm.

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.

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.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of 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. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates and accessing Canvas materials regularly. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

TUTORING

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#).

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](#) information.

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

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, therefore I will be posting virtual office hours via the Zoom virtual conferencing app. I will send out more details on this soon. I have an open-door policy for questions, nerdy training theory discussions, or if

you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

Tentative Schedule & Module Setup

= asynchronous = Face-to-Face

Due Date: Saturdays

Module	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
<u>Module 1 (wk 1-2)</u>	1/9	1/10	1/11	1/12	1/13	1/14	1/15	1/16	1/17	1/18	1/19	1/20	1/21	1/22		
Intro & Rule of Life	Introduction to KIN 4095 & Rule of Life Due: Purchase Keller Book							Rest	Rule of Life Video Lecture Due: Rule of Life Discussion Board							Rest
<u>Module 2 (wk 3-4)</u>	1/23	1/24	1/25	1/26	1/27	1/28	1/29	1/30	1/31	2/1	2/2	2/3	2/4	2/5		
God's Plan for Work & ETS Assessment	Keller Discussion: God's Plan for Work Due: Keller Reflection 1							Rest	ETS Assessment Due: ETS Assessment							Rest
<u>Module 3 (wk 5-6)</u>	2/6	2/7	2/8	2/9	2/10	2/11	2/12	2/13	2/14	2/15	2/16	2/17	2/18	2/19		
Our Problems with Work & Networking	Keller Discussion: Our Problems with Work Due: Keller Reflection 2							Rest	Pro Dev: LinkedIn and Networking Due: LinkedIn Profile							Rest
<u>Module 4 (wk 7-8)</u>	2/20	2/21	2/22	2/23	2/24	2/25	2/26	2/27	2/28	3/1	3/2	3/3	3/4	Spring Break		
The Gospel at Work & Elevator Speech	Keller Discussion: The Gospel at Work Due: Keller Reflection 3							Rest	Pro Dev: Elevator Speech Practice Due: Elevator Speech							Rest
<u>Module 5 (wk 9-10)</u>	3/13	3/14	3/15	3/16	3/17	3/18	3/19	3/20	3/21	3/22	3/23	3/24	3/25	3/26		
Know Thyself: Big 5	Know Thyself: Intro to Personality Assessment Due: vid lecture response, self reflection							Rest	Know Thyself: The Big 5 Due: vid lecture response, The Big 5							Rest
<u>Module 6 (wk 11-12)</u>	3/27	3/28	3/29	3/30	3/31	4/1	4/2	4/3	4/4	4/5	4/6	4/7	4/8	4/9		
MBTI & The Enneagram	Know Thyself: The Myers Briggs Due: vid lecture response, The Myers Briggs							Rest	Know Thyself: The Enneagram Due: vid lecture response, the Enneagram							Rest
<u>Module 7 (wk 13-14)</u>	4/10	4/11	4/12	4/13	4/14	4/15	4/16	4/17	4/18	4/19	4/20	4/21	4/22	4/23		
Cover Letters & Resumes	Intro to Professional Development Due: vid lecture response							Rest	Pro Dev: Cover Letters & Resumes Due: vid lecture response, cover letter & resume							Rest
<u>Module 8 (wk 15-16)</u>	4/24	4/25	4/26	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6	5/7		
Final Projects	Record & Turn in Passionate Speech Due: Passionate Speech							Rest	Finals Week (no class) Due: Vocational Expertise Paper							Rest

*Vocational Expertise Paper Due Sat, 5/6 @11:59pm