

Course Syllabus

[Jump to Today](#) Edit

KIN 4084 Practicum in Kinesiology

Dates: 8/28/2023 - 12/17/2023**Meeting Day/Time:** Remote**Location:** Remote**Credit Hours:** 1-3

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. Arnel Aguinaldo**Phone:** 619-847-3007**Email:** arnelaguinaldo@pointloma.edu**Office Hours:** upon request

COURSE DESCRIPTION

The internship/practicum experience presents opportunities for students to pursue practical work in their chosen field of study that relates to their professional plans. The department expects the student to have completed coursework and have the necessary experience to carry out the objectives of the internship as well as possess the habits and motivation to be of benefit to the sponsoring agency.



Furthermore, the student must understand that he/she represents Point Loma Nazarene University during the entire internship and therefore should act professionally and ethically at all times.

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.

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 (CLO)

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. (PLO.6)
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

PRACTICUM GUIDELINES

Below are listed the required amount of hours for each credit:

3 credits =120-150 total hours (10 hours/week, 15 weeks)

2 credits =75-100 total hours (7 hours/week, 15 weeks)

1 credit =40-50 total hours (4 hours/week, 10-12 weeks)



There is flexibility in hours per week as long as the total hours are completed. For example, a student may desire to work 20 hours per week for six weeks during the summer. The 120-hour total would meet the three-credit requirement. It is suggested, however, that the internship not be less than four weeks in length and not continue longer than two terms (16 weeks). Students must register to take their internship in the semester in which the internship will occur (i.e., if you want to do your internship in the summer, you must register in the summer). Internships that are not completed within six weeks after the semester is over will receive a failing grade. Be sure to plan in advance.

PRACTICUM PROCEDURES

1. Upon expression of interest in an internship, the instructor will help the student discern the goals and objectives of the internship as well as the rationale for engaging in the internship and project. Internship must be developed to achieve specific learning outcomes.
2. The Internship Coordinator and the student will discuss the journaling process. Journals should be typed and submitted on Canvas to the Internship Coordinator and Academic Advisor every Friday by 11:59pm.
3. The intern will be evaluated. This will be done through conferring with the field sponsor and having a closing meeting with the student to discuss the internship and evaluate the journal, written evaluation and/or summative project. It is expected that the field sponsor will complete an evaluation form, which will be provided by the Academic Advisor.

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 in proportion to the amount of credits they choose to have the internship worth. The estimated time expectations for this course are shown below:

Assignments	1 credit	2 credit	3 credit
Internship Hours	40	80	130
Journal Reflections	8	8	8
Final Project	15	15	15
Total Course Hours	63	103	153



COURSE ASSIGNMENTS

All internship requirements (i.e. the Student Evaluation form, Verification of Internship Hours form, the Written Reflection and any Additional Project) will be sent to the student's internship coordinator via email.

a. Completion of hours

b. Journal

The journal is a weekly record of the experience and the learning that occurred during the internship. It is hoped that this journal would serve as a valuable resource and tool if the student were to be involved in a similar setting in the future; it should reflect significant reflection on lessons learned, insights gained, and changed perspectives. This journal must be typed and should include adequate detail associated with student observation, activity and learning synthesis. Hours of experience should be included and highlighted such that the advisor can easily confirm that the required numbers of hours and key learning objectives have been achieved.

*1/2 page to 1 page, double-spaced, times new roman font size 12.

c. Written reflection/evaluation of experience



Upon completion of the required experience, the student will produce a concise and thoughtful reflection of the practicum experience. The written evaluation must include the following:

1. Description of program (i.e. location, type of experience, hours, duties, etc.)
2. Description of goals / expected outcomes of program
3. Summary of learning / goal attainment / value of experience / effect on future career decisions
4. Reflection upon a life of purpose and consider the implications in their own professional lives.
5. Double-spaced, 2-3 pages, Times New Roman Font Size 12.

d. Narrative Review

In preparation for your research experience, you will need to complete a narrative review of the relevant scientific literature in the first quad of the semester.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

- [Raynor, Jordan \(2021\). *Redeeming Your Time: 7 Biblical Principles for Being Purposeful, Present, and Wildly Productive*. WaterBrook](https://www.amazon.com/dp/0593193075/ref=cm_sw_em_r_mt_dp_T7GHW1CVZV71AJWN25W0) 
(https://www.amazon.com/dp/0593193075/ref=cm_sw_em_r_mt_dp_T7GHW1CVZV71AJWN25W0)
- [Newport, Cal \(2016\). *Deep Work: Rules for Focused Success in a Distracted World*. Grand Central Publishing](https://www.amazon.com/Deep-Work-Focused-Success-Central-Publishing/dp/0062880560)  ([https://www.amazon.com/Deep-Work-Focused-Success-](https://www.amazon.com/Deep-Work-Focused-Success-Central-Publishing/dp/0062880560)



[Distracted/dp/1455586692/ref=sr_1_1?crid=1LODJ7HVHAM01&keywords=cal+newport+deep+work&qid=1663828728&srefix=cal+new%2Caps91\)](https://canvas.pointloma.edu/courses/68888/assignments/syllabus)

ASSESSMENT AND GRADING

Grading Points

ASSESSMENT	POINTS
Hours	300
Field Log	140
Reflection Paper	60
Total	500

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

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 the 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. 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 or after a specific time stated in the assignment.



FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. No requests for alternative days will be approved.

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 graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the [Office of Spiritual Development](https://www.pointloma.edu/offices/spiritual-development). (<https://www.pointloma.edu/offices/spiritual-development>)

ACADEMIC HONESTY

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](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

ARTIFICIAL INTELLIGENCE (AI) POLICY

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

ACADEMIC ACCOMMODATIONS

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 (a) 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.

ATTENDANCE POLICY

Attendance for this course is fulfilled by the hour requirement at your site. Your instructor will be in communication with your internship site supervisor to ensure that your hours are fulfilled. If you do not meet the hour requirement at your site, you have not fulfilled the attendance policy and your instructor will adjust your grade accordingly.

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program. Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy found here: [GPS Academic Standing \(http://catalog.pointloma.edu/content.php?catoid=26&navoid=1704#Academic_Standing\)](http://catalog.pointloma.edu/content.php?catoid=26&navoid=1704#Academic_Standing)

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.

DIVERSITY AND INCLUSION STATEMENT


Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity: disability, age, socioeconomic status, ethnicity, race, nationality, religion, gender, sex, sexual orientation, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. To help accomplish this:

- If you have a name and/or set of pronouns that differ from those that appear in your official PLNU records, please let me know!
- If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.



- I (like many people) am still in the process of learning about diverse perspectives and identities. If something was said in class (by anyone) that made you feel uncomfortable, please talk to me about it.

Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may also report an incident(s) using the [Bias Incident Reporting Form](https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5)  (https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5).

SEXUAL MISCONDUCT AND DISCRIMINATION

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX (<http://pointloma.edu/Title-IX>). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/title-ix (<http://pointloma.edu/title-ix>).

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).










Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. It is the responsibility of the student to confirm access to the essential applications needed for the class such as Excel as well as standard online research tools.

Course Summary:



Date	Details	Due
Sun Oct 22, 2023	 Narrative Review https://canvas.pointloma.edu/courses/68888/assignments/963950	due by 11:59pm
Sun Oct 29, 2023	 Field Log: Week 1 https://canvas.pointloma.edu/courses/68888/assignments/958869	due by 11:59pm
Sun Nov 5, 2023	 Field Log: Week 2 https://canvas.pointloma.edu/courses/68888/assignments/958869	due by 11:59pm
Sun Nov 12, 2023	 Field Log: Week 3 https://canvas.pointloma.edu/courses/68888/assignments/958870	due by 11:59pm
Sun Nov 19, 2023	 Field Log: Week 4 https://canvas.pointloma.edu/courses/68888/assignments/958871	due by 11:59pm
Sun Nov 26, 2023	 Field Log: Week 5 https://canvas.pointloma.edu/courses/68888/assignments/958872	due by 11:59pm
Sun Dec 3, 2023	 Field Log: Week 6 https://canvas.pointloma.edu/courses/68888/assignments/958873	due by 11:59pm
Sun Dec 10, 2023	 Field Log: Week 7 https://canvas.pointloma.edu/courses/68888/assignments/958874	due by 11:59pm
Sun Dec 17, 2023	 Field Log: Week 8 https://canvas.pointloma.edu/courses/68888/assignments/958875	due by 11:59pm
	 Submit Reflection Paper https://canvas.pointloma.edu/courses/68888/assignments/958876	due by 11:59pm



Date	Details	Due
	 Academic Honesty Verification Statement (https://canvas.pointloma.edu/courses/68888/assignments/958865) 	
	 Course Evaluation (https://canvas.pointloma.edu/courses/68888/assignments/958866) 	
	 Course Hours (https://canvas.pointloma.edu/courses/68888/assignments/958867) 	
	 Reflection Paper Update #2 (https://canvas.pointloma.edu/courses/68888/assignments/958876) 	
	 Submit Performance Enhancement Project (https://canvas.pointloma.edu/courses/68888/assignments/958877) 