Kinesiology
KIN 4088
1-3 Units
Fall 2023

Internship in Sport Science

Meeting Days:	F+	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	8:00a or 12:00p	Phone:	(619) 849-2254
Meeting Location(s):	KIN 3, SPC	Email:	jgoodin@pointloma.edu
Final Exam:	N/A	Office Hours:	By Appointment

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 Internship experience presents opportunities for students to pursue practical experiences in sport science and strength and conditioning through in internship with the Athlete Monitoring Initiative (AMI). The AMI is an ongoing joint effort between the Department of Kinesiology and Athletics that provides testing and monitoring services to PLNU sports teams and hands-on experience to Kinesiology student interns. In order to achieve an immersive sport science experience, all sport science interns are expected to complete scheduled readings and assignments, contribute to the athlete monitoring initiative data collection efforts, attend weekly hands-on sport technology and testing workshops, and participate in a culminating research experience. Furthermore, the student must understand that he/she represents Point Loma Nazarene University (PLNU) during the entire internship and therefore should act professionally at all times but especially in the presence of PLNU student-athletes and coaching staff. It is preferred that the student intern be a junior or senior in the kinesiology department, though other majors will be considered. All students should have an interest in sport science, coaching, strength and conditioning, data analytics, and/or long-term athlete development.

INTERNSHIP GUIDELINES

- Required Hours
  - 3 credits -150 total hours (10 hours/week, 15 weeks)
  - 2 credits -105 total hours (7 hours/week, 15 weeks)
  - 1 credit -60 total hours (4 hours/week, 15 weeks)

There is flexibility in hours per week as long as the total hours are completed. That said, the total number of hours available each week will fluctuate depending on the current AMI

schedule. Hours will be completed through reading and coursework, in-person class meetings, equipment training, and athlete testing sessions.

Assignments

Sport Science Podcast and Post Summaries: The emerging field of sport science is ever-evolving, with breakthroughs in sport technology, research, and performance occurring faster than traditional methods of information dissemination (i.e. books). Therefore, live-updates via social media, podcasts, and blog posts are an excellent way to stay abreast on the latest in the field. This series of assignments exists to encourage you, as a future sport scientist, to follow and engage with innovators in the field by consuming and summarizing their content with the hopes of one day contributing yourself. In your summary, include the following:

- The title and date of the podcast or post
- The guest (if applicable)
- The main topic(s)
- Explanation (in your own words!) of the main points of the post
- How the information in this podcast could be helpful in your future career as a sport scientist, strength coach, or researcher.
- Anything that stood out to you as particularly insightful
- 250 word minimum.
- Scholarly writing, APA formatting (get used to writing & formatting like a researcher)

Submit as a Word document or Google document to Canvas.

Reading Discussions: Reading discussions for each module encourage students to make connections between seemingly disparate topics in sport science and to engage critically with the material as they convert theory to practice. Evidence of scholarly writing and research comprehension is paramount. All reading should be completed during week 1 of the module, so that during week 2 ample back-and-forth discussion can take place. Each student should make 1 original post (6 points) and 2 peer responses (2 points each). The reading can be found under the "Reading" heading in each module

Post guidelines:

- Original posts: 200 word minimum
- Peer responses: 100-200 words
- scholarly writing
- APA formatting
- Insightful comments, thoughtful questions, and relevant connections to other concepts, research, or class material

Please make your original post at the beginning of week 2 of the module so your peers have time to respond before the end of the week.

Research Group Meetings: Each research group will meet bi-weekly to discuss and carry out their research project. These meetings will occasionally be led by Dr. Goodin, but over time they will become peer-led as graduate and undergraduate students become more familiar with the research process and their project. During each meeting, one member of the group should act as the secretary to take minutes on what is discussed and what progress was made. These notes should include the following:

- Attendance
- Detailed meeting agenda
- Steps taken to accomplish agenda items
- Important points of discussion or disagreement
- Key questions to investigate on your own (in the literature)
- Key questions to bring to Dr. Goodin (that you've already tried answering yourself)
- Next steps in the research process

Notes should be about one half to one full page for a productive and engaged meeting. After your meeting, submit the meeting minutes to Canvas for me to review.

Excel and Smartabase Assignments: A big part of applied sport science is not only collecting data, but analyzing and reporting data. To that end, Excel and Smartabase will be two applications that are heavily relied upon. Check Canvas later in the semester for more details.

AMI Sport Performance Enhancement Consortium (SPEC) Testing: One of the AMI's core functions is to provide SPEC testing for all teams under the AMI umbrella. Student interns are expected to memorize SPEC testing protocols, familiarize themselves with the instrumentation, and attend no fewer than four separate SPEC testing sessions. However, given the dynamic nature of an athlete monitoring environment, need may arise for student interns to go above-and-beyond the minimum requirements as outlined here.

Research Presentation: At the end of the semester each research team will present their findings to the class and to select guests (KIN students & faculty, PLNU coaching staff). Check Canvas later in the semester for more details.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

Strongly Recommended:
Haff, GG, and Triplett, NT, eds. *Essentials of Strength Training and Conditioning*, 4th ed. Champaign, IL: Human Kinetics, 2016

Stone, Stone, and Sands. *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics, 2007

Isratel, M., J. Hoffman, and C. W. Smith. *Scientific Principles of Strength Training.* Juggernaut Training Systems (2016).

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

There will be no final exam for this class.

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.

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. See Disability Resource Center for additional information.

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 Undergraduate Academic Catalog.

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 by appointment only, may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, so stop by and say hi! My official office hours (listed above) are tentative—other meetings or appointments may arise—so schedule 24 hours in advance if you have pressing issues, but feel freedom to stop by whenever you'd like. I have an open door 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 COURSE SCHEDULE

Module	LEARNING		DOING
Module1		Week of 1/13	Week of 1/20
Intro to Sport Science, Analytics, & Technology	Topic	Sport Science & The Athlete Monitoring Reading in Athlete Monitoring & Research at PIHU	Intro to force platforms, timing gates, & velocity-based training
	Reading	1. 2. 3.	1. 2. 3.
	Due	1. Sport Science Interest Questionnaire 2. Post summary @ sciencefor sport	1. Hold Special Interest Meeting #1 2. Reading Discussion 1 3. Just Ily Sports Performance Podcast Write-up
Module2		Week of 1/27	Week of 2/3
Intro to SBC Testing, Force Platforms	Topic	SPIC Testing at PIHU Force Platform Technology	SPIC Testing Protocol Practice
	Reading	1. 2. 3.	1. 2. 3.
	Due	1. Excel Basics Assignment 1 2. S&C Observation #1 3. Post summary @ sylvis port science	1. Hold Special Interest Meeting #2 2. Reading Discussion 2 3. Physical Preparation Podcast Write-up
Module3		Week of 2/10	Week of 2/17
The Training Process, Timing Gates	Topic	Long Term Athlete Development Periodization	Speed & Agility Testing Practice
	Reading	1. 2. 3.	1. 2. 3.
	Due	1. SPIC Testing Practice Assignment 1 2. Sport Science Research Review #1 3. Post summary @	1. Hold Special Interest Meeting #3 2. Reading Discussion 3 3. Podcast Write-up
Module4		Week of 2/24	Week of 3/2
Frontiers in Sport Technology; Velocity-Based Training	Topic	Intro to sport technology Technology integration into training	Velocity-Based Training Practice
	Reading		
	Due	1. Excel Basics Assignment 2 2. S&C Observation #2 3. Post summary @	1. Hold Special Interest Meeting #4 2. Reading Discussion 4 3. Podcast Write-up
SPRING BREAK			
Module5		Week of 3/16	Week of 3/23
Questionnaire-Based Monitoring	Topic	RPE & Wellness Questionnaires	Mock ES PIC Testing Session
	Reading		
	Due	1. 2. Sport Science Research Review #2 3. Post summary @	1. Hold Special Interest Meeting #5 2. Reading Discussion 5 3. Podcast Write-up
Module6		Week of 3/30	Week of 4/6
Data Analytics and Reporting	Topic	Making Data Manageable & Meaningful	Mock Data Return
	Reading		
	Due	1. 2. USA Rugby & USOC Reflection 3. Post summary @	1. Hold Special Interest Meeting #6 2. Reading Discussion 6 3. Podcast Write-up
Module7		Week of 4/13	Week of 4/20
TBD	Topic	TBD	TBD
	Reading		
	Due	1. 2. Sport Science Research Review #3 3. Post summary @	1. Hold Special Interest Meeting #7 2. Reading Discussion 7 3. Podcast Write-up
Module8		Week of 4/27	Week of 5/4
TBD	Topic	SPIC Data Return to Coaches	Post-Semester 1-on-1 meetings
	Reading		
	Due	1. 2. S&C Observation #3 3. Post summary @	