



**Dates:** 3/11/24 - 5/6/24

**Location:** Balboa + Zoom

**Credit Hours:** 2

### **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:** Arnel Aguinaldo, Ph.D., ATC (Dr. A)

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**Office Hours:** Zoom by appointment

### **COURSE DESCRIPTION**

This course provides students with guidance in the research process to deepen knowledge in an area of their professional interest. Students will complete and present an original research project including preliminary statistical design, data collection, data analysis, and presentation of results.

Note: KIN 6005 is foundational to KIN 6050 and is a prerequisite. KIN 6050 is the bridge course that provides the opportunity for additional practical experience in analyzing and conducting research in Kinesiology. As such, KIN 6050 must be taken prior to KIN 6099 (Thesis) or KIN 6098 (Capstone Project in Kinesiology).

## **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)**

After successful completion of this course, you should be able to:

1. Understand the value and importance of the research process in developing advanced knowledge as a Kinesiology professional.
2. Evaluate, critique and plan research in Kinesiology, including selecting a problem, appraising high-quality research evidence, selecting subjects and choosing appropriate methodology and statistical design.
3. Design and conduct a quantitative or qualitative research study including data collection and analysis (may include power analysis, calculation of effect size and preliminary pilot study).
4. Describe the historical and philosophical basis of Kinesiology research
5. Present the findings of a thesis, capstone project or pilot project in written and oral formats.

## **CREDIT HOUR INFORMATION**

### **Distribution of Contact Hours**

It is anticipated that students will spend a minimum of 37.5 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 8-10 hours a week engaged in the course. The estimated time expectations for this course are shown below:

Course Assignments	Pre-Course Hours	Hours	Post-Course Hours
Discussions	--	24	--
Research Journal	--	12	--
Course Reading	--	21	--
Research Poster		18	
<b>Total Course Hours</b>	--	75	--

## REQUIRED TEXTS AND RECOMMENDED RESOURCES

- Thomas, J.R., Nelson, J.K., & Silverman. S. (2015). *Research Methods in Physical Activity* (7th ed.). Champaign, IL: Human Kinetics.
- [Tomczak, M. J., Tomczak, E., Kleka, P., & Lew, R. \(2014\). Using power analysis to estimate appropriate sample size. \*Trends in Sports Sciences\*, 4\(21\), 195-206](#) [Download](#)
- [Tomczak, M. J., Tomczak, E., Kleka, P., & Lew, R. \(2014\). Using power analysis to estimate appropriate sample size. \*Trends in Sports Sciences\*, 4\(21\), 195-206](#)
- *How to Write a Thesis* by Charles Lipson. University of Chicago, <http://www.charleslipson.com/How-towrite-a-thesis.htm>
- various other research and technical articles [available here](#)

## ASSESSMENT AND GRADING

- **Proposal:** Unless your topic and methods have significantly changed, this proposal should be the one you presented in KIN 6005. In any case, please submit your most recent proposal for your capstone or thesis, updated with any new findings from literature and/or methodological changes, by Week 2. (75 points)
- **Participation:** There will be a number of discussion forums posted throughout the quad that will require you to participate. Since the class will not be meeting on a regular basis, participation in module discussions is important in successfully completing this course. (25 points)
- **Research Journal (Diary):** Keep track of your research progress! You will use an online journal (diary) to keep track of all the methods and work that you will be doing for your project. Each entry needs to be at least 150 words and should summarize the work you've completed (or updated) for that day. There should be **at least 8** entries in your online journal, summarizing research related work including literature reviews, data collection, analysis, meetings, etc. (100 points total)
- **Poster:** There will be an MS-KIN combined sections meeting with students presenting their work through a poster in August (exact date TBA). You will not be required to

have completed your project by then but any data collected and analyzed should be included, even if it's just from one subject. More information and guidelines on your poster presentation will be provided in Week 5. You will present an online draft of your poster in Week 8 so the instructor and classmates can provide feedback. (100 points total)

### Grading Points

ASSESSMENT	POINTS	COURSE OBJECTIVES
Proposal	75	1,3
Participation	25	2,3
Research Journal (Diary)	100	1,2,3
Poster	100	1, 2, 3, 5
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Total	300	

### Grade Scale

POINTS	GRADE	POINTS	GRADE
278-300	A	224-232	C
269-277	A-	215-223	C-
260-268	B+	206-214	D+
251-259	B	197-205	D
242-250	B-	188-196	D-
233-241	C+	0-187	F

### 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 8 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

### ATTENDANCE AND PARTICIPATION

At Point Loma Nazarene University, attendance is required at all scheduled classes. Adult Degree Completion courses are taught in the hybrid format, which means some class meetings will be face-to-face and some will be online.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

### *Online Course*

If a student misses two online classes (fails to contribute to a discussion board) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (i.e., fails to meet via Zoom or contribute to a discussion board by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

2 missed online classes = warning

3 missed online classes = de-enrollment

## **INCOMPLETES AND LATE ASSIGNMENTS**

- All assignments are to be submitted/turned in via Canvas by the beginning of the class session when they are due.
- Late work (turned in any time after the due date and time) may be turned in until the last day of class, for a maximum of 50% credit (this is still a failing grade but is better than zero points).

## **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated 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 results of another person's creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member 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." See [Academic Policies](#) in the undergrad student catalog.

## **ACADEMIC ACCOMMODATIONS**

If you have a diagnosed disability, please contact the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodations by phone at (619) 563-2810. You may also ask your academic advisor or program director for any additional accommodation information.

## **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 [Graduate & Professional Student Spiritual Life web page](#).

For Mission Valley students there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

## **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. These assignments include: SPSS Output Reports, in-class article discussions, in-class discussion of experimental design, review of the literature related to your proposal, presentation of proposal. We will regularly direct you to the Ryan Library to accomplish these assignments

## **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).