

# KIN6098

## Capstone Project



**Dates:** 5/6/2024 - 8/25/2024

**Meeting Day/Time/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:** Brent Alvar, PHD

**Office Phone:** 619.849. 3345

**Email:** [balvar@pointloma.edu](mailto:balvar@pointloma.edu)

### COURSE DESCRIPTION

This course provides an experience for the student in a specific topic of professional interest. Under the direction of a faculty advisor, and after completing KIN 6005, 6010, and 6050, the student will conduct further study on an industry-specific topic that will advance the student in professional standing.

### COURSE AIM

This course aims to develop graduate students with the ability to complete a capstone project to advance their field and professional standing. The qualified student will have previously proposed a topic in either KIN 6005 or KIN 6050 or will have developed a substantial area of interest during an internship experience. The student will receive faculty guidance toward completion of the capstone project by choosing a faculty advisor. The student may also choose to work with a team of 2-3 colleagues to complete the capstone project. Although a committee is not required, the student/team

may choose to involve MS-KIN faculty or industry experts in the reading, evaluation, and completion of their project.

Similar to a thesis project, the student/team will propose the capstone project in KIN 6050 and to their faculty advisor. The student or team will present the final defense of their project to an interdisciplinary graduate symposium in spring of their graduating year.

*Prerequisites: KIN 6005 (Research Methods), KIN 6050 (Research Project Seminar), and consent of Program Director.*

### **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 completing this course, you should be able to:

1. Understand the importance of the research process in advancing the Kinesiology disciplines.

2. Demonstrate appropriate breadth of knowledge of the background and principle research in your discipline in order to conduct an independent research project including:
  - selecting a problem
  - locating, appraising and synthesizing the appropriate literature
  - critiquing previous research studies and advancing the findings of this literature
  - using AMA/APA or another relevant style manual
3. Work independently to produce and persuasively communicate new research information in the discipline.
4. Demonstrate a robust finished thesis project that accomplishes appropriate measurement constructs such as validity and reliability, and which uses effective data collection instruments.

### **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 3-unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

### **POLICIES AND PROCEDURES FOR CAPSTONE PROJECT**

The final grade of pass or fail will be determined according to the successful completion of a Capstone Project document. The format of the document is arranged in consultation with the faculty advisor in the format of a traditional, polished, grammatically correct, error free research paper in either AMA or APA style. It is assumed that this document will be 12 pages at minimum. The focus of the project may involve a case study, case series, retrospective analysis, market analysis, evidence-based practice problem in the discipline, or another topic agreed upon by the student and advisor. The manuscript is not required to be submitted for publication but is encouraged to be presented at a regional or national professional conference.

Before registering for KIN 6098, the student should begin thinking about the process that leads to successful completion of this course. Possible capstone topics should be formulated by the student and discussed with the advisor. In order to successfully complete the project, several organizational and administrative steps must be completed. The normal order of such steps is presented below:

#### *Prior to Enrollment in KIN 6098*

The student will be expected to perform an initial literature review of one or more potential topics to identify and focus a direction for the research.

1. The student, in consultation with an advisor, will select the project topic and identify a Faculty Advisor who will Chair the project (must be a member of the Kinesiology Faculty).

2. The student will complete an extensive literature review related to the selected topic. The significant material resulting from the literature review will eventually be written in a research review format as an initial draft of the Review of Literature.
3. Following the initial literature review, and in consultation with the Faculty Advisor, the student will identify a specific research question to pursue.
4. The student will write a formal Project Proposal. This Proposal must include the following components:
5. An initial Introduction will be composed to establish a summary of existing research related to the question, a statement of the problem, and the purpose of the study. This Introduction must be based upon a substantive review of relevant literature.
6. The student will outline and describe an appropriate research design to examine the research question. The details of this process will be written into an initial draft of the Methodology section of the Proposal. The student must include a tentative design for statistical, textual or other analysis of data.
7. A proposed timeline for the study will be included. If a student fails to have the Project ready for defense according to the timeline, there may be a delay in the student meeting the requirements for graduation from the MS-KIN.
8. A statement concerning any costs associated with the study, and how such costs will be covered, should be included in the Proposal. The student should discuss potential costs with the Faculty Advisor prior to writing the proposal.
9. The Proposal document should follow the reference citation format of the anticipated target journal or conference (e.g., Medicine and Science in Sports and Exercise, etc). Although the Capstone Project is not required to be published, it will be helpful for the student to select a particular journal or conference and write the manuscript according to the guidelines established by that entity. Number the pages of the Proposal.
10. Drafts of the Proposal will be submitted to the Faculty Advisor for review and editing. This may involve several exchanges of drafts and re-writes. When the Advisor and student find the proposal acceptable, it will be determined ready for presentation at the Graduate Symposium.
11. The student will schedule a meeting with the Advisor to review the Draft of the proposal no later than the first week of Spring Quad 1. This meeting will provide the student and Advisor an opportunity to discuss the proposed project. The student should be prepared to deliver a **15-minute oral description** of the Project:
12. Provide a brief review of the literature and identification of the problem or question.
13. Review the planned methodology and data analysis procedures.
14. Summarize the importance of the study.
15. The student may utilize PowerPoint slides and/or other helpful visuals during the project description.

The Faculty Advisor will have an opportunity to ask questions and make comments regarding the project and will expect the student to respond to questions. Any necessary research design changes will be agreed upon before the Advisor approves the student to continue with the Project. A Thesis/Capstone Project Approval Form is completed, signed by the Advisor, and submitted to the Program Director for approval.

### **Capstone Project Process Overview**

1. Once the Proposal is approved by the Advisor, the student may proceed with the project under the supervision and advisement of the Advisor. If human subjects are involved, appropriate approval to conduct the project must be obtained from the PLNU Institutional Review Board for human subjects research (IRB) prior to any collection of data. Approvals can take several weeks and data collection may not begin until approval is obtained.
2. During the data collection phase of the Project, the student will interact mainly with the Advisor and research subjects if necessary.
3. The final written manuscript is arranged in consultation with the faculty advisor in the format of a traditional, polished, grammatically correct, error-free research paper in either AMA or APA style. It is assumed that this document will be 12 pages at minimum. The manuscript is not required to be submitted for publication but is encouraged to be presented at a regional or national professional conference. It will be helpful for the student to select a particular journal or conference and write the manuscript according to the guidelines established by that entity.
4. If the Capstone Project is not completed by the end of the semester in which the student registers for the 6098 credit, a "continuous enrollment" policy takes effect. This means that the student must enroll for KIN 6098 each term until the Project is completed and approved by the Advisor.
5. The student should submit drafts of the final written Project document to the Advisor for comments. These drafts should be submitted in electronic format. Generally, the Advisor will accept early drafts of the Thesis in portions (Abstract, Introduction, Literature Review, Summary, and Conclusions) as the sections are written. However, the student should begin writing the Project in the required format. The student should expect considerable revision prior to submission of a final draft of the Project.
6. Upon completion of the project and acceptance of a final written draft by the Advisor, the student will present a **15-30 minute review of the project** to a Graduate Symposium to be scheduled in late spring. This review should include a brief introduction, description of the methodology, results, and interpretation/conclusions. The format should be as a "free communications" presentation at a professional conference. The student is highly encouraged to use PowerPoint type (or Presi) visual aids. Following the presentation, the student will field questions from anyone in attendance.
7. Following the Graduate Symposium presentation, the student will attend to any final recommendations and requirements specified by the Advisor and

process the necessary final copies of the Project. The final copies (or electronic file) must adhere to the requirements given by the Advisor. Appropriate signatures will be obtained for the approval page and the final product submitted by the appropriate deadline.

8. One additional printed copy will be delivered to the Capstone Project Advisor.

## RECOMMENDED RESOURCES

*Recommended (not required)*

Thomas, J.R., & Nelson, J.K. (2010). Research methods in physical activity (6th ed.) Human Kinetics.

American Medical Association (AMA) Manual of Style (10<sup>th</sup>)

American Psychological Association. (2001). Publication manual of the APA (5th ed.). Washington, DC.

## 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*

Submit Current Progress	25
Follow-up Meeting with Advisor	25
Graduate Symposium Survey	25
Research Results Due	25
Discussion & Conclusions Due	25
Capstone Manuscript Draft	50
Capstone Project Survey	25
Capstone Manuscript	300
<b>Total</b>	<b>500</b>

### 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

### GUIDELINES FOR WRITING

The faculty of the MS-KIN requires that all formal writing assignments be written in AMA Style (American Medical Association) unless otherwise indicated. The preferred format for Sport Management students is APA, which may be required in course assignments.

“Guidelines for Scientific Writing:” <http://www.sportsci.org/index.html>. Find the Research Resources link in the left column and follow it to Writing and click to find *Guidelines on Style for Scientific Writing* (**Note:** These guidelines are in APA format and are the preferred format for Sport Management students.)

- [Style](#)
- [Format](#)
- [Guidelines for Sport & Exercise Journals](#)

View the attached document for the format for a manuscript-style thesis:

[Manuscript-Style Thesis Format Download Manuscript-Style Thesis Format](#)

### ATTENDANCE

The student's active attendance and regular participation in this course are determined by the thesis advisor. If a student is not communicating regularly with the advisor, he or she can be dropped at the advisor's discretion.

### LATE ASSIGNMENTS

- All assignments are to be submitted by the due date and time listed in the calendar via Canvas.
- 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**

## **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.

## **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 the [Academic Honesty Policy](#) in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

## **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, located in the Bond Academic Center ([DRC@pointloma.edu](mailto: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. See [Academic Policies](#) in the Graduate and Professional Studies 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.

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.

## **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](#)

## **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.

## **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.

## **SPIRITUAL CARE**

PLNU strives to be a place where you grow as a whole person. To this end we provide resources for our Graduate and Adult Degree Completion students to encounter God and grow in their Christian faith. At the Mission Valley (MV) campus we have an onsite chaplain, Rev. Gordon Wong, who is available during class break times across the week. If you have questions for, desire to meet or share a prayer request with Rev. Wong you can contact him directly at [mvchaplain@pointloma.edu](mailto:mvchaplain@pointloma.edu) or [gordonwong@pointloma.edu](mailto:gordonwong@pointloma.edu).

Rev. Wong's cell number is 808-429-1129 if you need a more immediate response.

## **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 using the below link to view which states allow online (distance education) outside of California. <https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>

## **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. 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).

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