

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
EFHP 612 Scientific Foundations of Applied Kinesiology (3)
Fall 2014

DAY/TIME:	M, W 10:30AM – 11:45AM	LOCATION:	PW BRH # 212
PROFESSOR:	Dr. Shane Caswell	EMAIL ADDRESS:	scaswell@gmu.edu
OFFICE LOCATION:	Bull Run Hall #204	PHONE NUMBER:	703-993-4638
OFFICE HOURS:	M 12:00PM – 1:00PM or by Appointment	FAX NUMBER:	703-993-2025

PREREQUISITES

Admission to the EFHP Graduate Program

COURSE DESCRIPTION

A discussion of the foundational scientific applications of kinesiology

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Describe the sub-disciplines of applied kinesiology
2. Critically evaluate published research in the sub-disciplines of applied kinesiology
3. Demonstrate an understanding of the scientific process across the sub-disciplines of applied kinesiology
4. Present an evidence-based practice description in a selected sub-discipline of applied kinesiology

COURSE OVERVIEW

This course will provide students the opportunity to survey the various sub-disciplines of applied kinesiology and their methods of inquiry. The course will place emphasize on evidence-based practices and facilitate the development of cognitive skills necessary for critically appraising research literature.

Attendance

Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

Alternate Schedule

This course may have professionals from the field as guest speakers. Due to their professional responsibilities, guest speakers may not be able to attend a scheduled class time. Therefore, this course may require meeting outside of regularly scheduled class times and/or travel to sites off campus. Students will be informed of such meetings one week in advance of the scheduled class meeting. Students will be expected to arrange transportation to and from the meeting site.

Academic Load

Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for late arrivals, missed classes, or incomplete assignments. Employment must not take priority over academic responsibilities. For additional information on this subject, please see the GMU Academic Catalog (http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance).

Students failing to observe these guidelines should expect no special consideration for academic problems arising from the pressures of employment.

Honor Code

Students are held to the standards of the George Mason University Honor Code (see <http://honorcode.gmu.edu> for details). Violations, including cheating and plagiarism, will be reported to the Honor Committee. Student assignments may be put through plagiarism detecting software.

Written Assignments

All assignments must be typed in Microsoft Word, and formatted as follows (*unless otherwise specified*): double spaced, 12 point Times New Roman font, 1 inch margins, your name and title in the running header at top left hand corner, continuous line numbers on left margin, and page numbers centered in footer. Failure to comply with any or all parts of this format will result in an unacceptable assignment, which corresponds to zero (0) points.

Pay close attention to spelling and grammar as these will count towards your grade on written assignments. American Medical Association Manual (AMA) of Style (10th edition) format must be used for all written work in this class (e.g., in referencing, creation of tables, and formatting headers for paper sections).

Assignments must be turned in on Blackboard/MyMason Portal by the beginning of class on the specified date due (*unless otherwise specified*). No late assignments will be accepted. It is recommended that students keep copies of all submitted work.

Technology Use During Class

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.

E-mail Correspondence

Only messages that originate from a George Mason University address will be accepted. Please address the subject line for all email pertaining to this course as: *EFHP 612: Last Name – purpose of email*. The following is an appropriate professional format:

Subject: EFHP 612: Squarepants – Help with long division

Dear Dr. Caswell, (*Introductory salutation*)

I have a question regarding one of the assignments. (*Text body*)

Regards, (*Ending Salutation*)

Mr. Sponge Bob Squarepants(*Your name*)

Note: All email will be responded to in the order in which it is received. Students should allow 48 hours for a response.

REQUIRED READINGS

Greenhalgh, Trisha (2010) How to Read a Paper: The Basics of Evidence-Based Medicine. 4th Ed. BMJ Books.

Additional required readings will be assigned by instructor.

NATURE OF COURSE DELIVERY

This course is delivered through a hybrid model using classroom instruction (face-to-face) and online assignments.

ADDITIONAL REQUIREMENTS

All students will have to use Zotero as their citation management software, and provide a digital copy of the library. Online tutorials, guides, and download of plugin is available at:

<http://infoguides.gmu.edu/content.php?pid=23687&sid=170423>

Zotero works best with Firefox browser, which is also free for download at:

<http://www.mozilla.org/en-US/firefox/new/> There is also an extension for the google browser (Chrome).

There is also a standalone version for windows and Mac that can be downloaded from <https://www.zotero.org/>.

OTHER USEFUL CAMPUS RESOURCES:

Writing Center: (703) 993-1200; <http://writingcenter.gmu.edu>, Fairfax campus – A114 Robinson Hall; Prince William campus – 204 Occoquan Bldg.

University Libraries: “Ask a Librarian” <http://library.gmu.edu/mudge/IM/IMRef.html>

Counseling And Psychological Services (Caps): (703) 993-2380; <http://caps.gmu.edu>

University Policies: The University Catalog, <http://catalog.gmu.edu>, is the central resource for university policies affecting student, faculty, and staff conduct in university affairs

EVALUATION

Class Activities and participation– 10 points

Attending, being professional, and active participation are important components of this course and are expected from all students. This class will involve both in-class and out of class activities. These activities will be communicated with students in advance.

Scientific Research Proposal – 74 points - DUE DECEMBER 8, 2014

This assignment is the culminating project for the course and will require both paper and a class presentation your paper. The assignment is designed to assist you with identifying, clarifying, and the thoughtfully developing a research topic and theoretical framework for your graduate research project. You will be required to write and present a scientific research proposal describing a project of interest to you and a faculty member within the EFHP program. The development of a research proposal illustrates familiarity with problem, formation and hypothesis development, review and critical analysis of the scholarly literature, justification and application of appropriate methodology, and consideration of the implications of research findings. This assignment is comprised of multiple drafts each having a specified amount of points and due dates that can be seen on the course schedule. Students are expected to turn-in all drafts online by 10:30am on the due date specified. Students are also expected to print **2 copies** of any draft and bring these to class on the specified due date. Failure to submit both an electronic copy prior to class **or** to bring 2 printed copies of a draft to class will result in 0 points for that assignment.

Proposal Presentation – 16 points

The intent of this assignment is to develop your presentation skills and communicate your proposed research to your colleagues and professors.

GRADING

ASSESSMENT		POINTS
#1 Class activities		10
#2 Research Proposal		74
	<i>Introduction and purpose</i>	<i>30 (5 points each draft 20 points final)</i>
	<i>Methods</i>	<i>5</i>
	<i>References</i>	<i>5</i>
	<i>Appendices:</i>	
	<i>Literature Review</i>	<i>30 (5 points each draft 15 points final)</i>
	<i>Research Questions / Hypotheses</i>	<i>1</i>
	<i>Ethics/CITI Training Certificate</i>	<i>1</i>
	<i>Project Timeline</i>	<i>1</i>
	<i>Informed Consent Form</i>	<i>1</i>
#5 Proposal Presentation		16
TOTAL POINTS		100

Course Grading Scale

The student's final letter grade will be earned based on the following scale:

Grade	Percentage	Quality Points	Grade	Percentage	Quality Points
A+	93%	4.00	B	83%	3.00
A	93%	4.00	B-	80%	2.67*
A-	90%	3.67	C	73%	2.00
B+	87%	3.33	F	<73%	0.00

Note:* Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

TENTATIVE COURSE SCHEDULE

DAY	DATE	TOPIC	REQUIREMENT DUE
1	8/25 ^M	Welcome! Overview of course.	
2	8/27 ^W	Why research? What is evidence?	
3	9/1 ^M	Labor Day No class	Chapter 1
4	9/3 ^W	Searching the Literature: Mason library, interlibrary loan, databases, journals	Chapter 2
5	9/8 ^M	Searching the Literature: creating alerts in journals, search keys, search history (pubmed), computing services	Online assignment
6	9/10 ^W	Zotero: building your bibliography and managing citations, Zotero website, standalone, Zotero registration, personalize, notes	
7	9/15 ^M	Zotero: firefox, Google Chrome, plugins (word/pdf), using AMA and editing styles	Reading TBD
8	9/17 ^W	AMA Style Guidelines	
9	9/22 ^M	Organizing and synthesizing information	
10	9/24 ^W	Conducting a literature review: An overview	Synthesis spreadsheet due
11	9/29 ^M	How to read a research paper	Chapter 3
12	10/1 ^W	Overview: assessing methodological quality and statistics	Chapter 4,5
13	10/6 ^M	Conducting a literature review: Outlining a plan	Search materials due
14	10/8 ^W	Reading systematic reviews, meta analyses, consensus statements	Chapters 9,10/ Activity
15	10/14*	Conducting a literature review: Technical Writing 1	1st draft of lit review: outline due
16	10/15 ^W	Reading clinical trails and other simple interventions	Chapter 6 / Activity
17	10/20 ^M	Reading complex interventions	Chapter 7 / Activity
18	10/22 ^W	Reading observational research	2nd draft of lit review due Read Strobe Statement
19	10/27 ^M	Conducting a literature review: Identifying gaps in the literature	
20	10/29 ^W	Reading qualitative research	Chapter 12 / Activity
21	11/3 ^M	Conducting a literature review: Technical Writing 2	
22	11/5 ^W	Reading questionnaire research	Chapter 13 / Activity
			3rd draft of lit review due
23	11/10 ^M	Writing an effective introduction and purpose statement	Draft purpose due
24	11/12 ^W	Scientific and technical writing	Final purpose due
25	11/17 ^M	Writing day	
26	11/19 ^W	Feedback day	1st Draft introduction due
27	11/24 ^M	Giving professional presentations	
28	11/26 ^W	Writing day	
29	12/1 ^M	Feedback day	2nd Draft introduction due
30	12/3 ^W	Presentation Practice	
31	12/8 ^M	Reading Day	Final Proposal Due

*Note: Faculty reserves the right to alter the schedule as necessary. *Special session*

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

