

**George Mason University**  
**College of Education and Human Development**  
Kinesiology

KINE 441 (001) - Kinesiology Internship II  
3 Credits, Fall 2016  
Thursday 9-10:15 am BRH 258- SciTech Campus

**Faculty**

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**Prerequisites/Corequisites**

90 credits (Senior status), KINE 330, KINE 341, KINE 350, KINE 360, KINE 370, KINE 380, and current CPR, AED, & First Aid

**University Catalog Course Description**

Provides a supervised professional experience in two separate approved kinesiology professional settings under the supervision of both a University Supervisor and an Site Supervisor with emphasis placed upon exercise programming and implementation for both clinical (site 1) and performance (site 2) populations.

**Course Overview**

This is the second of three fieldwork experiences in which students are provided an opportunity to practice and refine practitioner-oriented skills that are required of entry-level kinesiology professionals. Students are held to the standards of the George Mason University Honor Code. Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments as well as to fulfill duties and responsibilities as stipulated by the on-site supervisor. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**.

**Course Delivery Method**

Face to face and field experience. Classroom sessions are scheduled on Thursdays for the following dates:

**Learner Outcomes or Objectives**

At the conclusion of this course, students should be able to:

1. Understand the rationale for exercise prescription and progression for patients in a clinically supervised exercise setting;
2. Perform appropriate patient monitoring during exercise;
3. Understand how movement and exercise tests are used to diagnose disease and dysfunction;
4. Assess sport performance variables through appropriate testing techniques;
5. Design training programs for the purpose of improving or maintaining athletic performance;
6. Understand operational function of the facility;

7. Instruct patients/clients how to properly perform a variety of exercises in a one-on-one and/or group setting;
8. Communicate effectively with patients/clients and staff

### Professional Standards

This course meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine's Knowledge-Skills-Abilities (KSA's):

<b>KSA</b>	<b>Description</b>	<b>Lecture, Lab, or both</b>
	<b>GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING</b>	
1.7.32	Ability to communicate appropriately with exercise participants during initial screening and exercise programming.	Lab
	<b>GENERAL POPULATION/CORE: SAFETY, INJURY PREVENTION, AND EMERGENCY PROCEDURES</b>	
1.10.13	Knowledge of the components of an equipment maintenance/repair program and how it may be used to evaluate the condition of exercise equipment to reduce the potential risk of injury.	Both
1.10.18	Knowledge of basic ergonomics to address daily activities that may cause musculoskeletal problems in the workplace, and the ability to recommend exercises to alleviate symptoms caused by repetitive movements.	Both
	<b>GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT</b>	
1.11.3	Knowledge of how to manage of a fitness department (e.g., working within a budget, interviewing and training staff, scheduling, running staff meetings, staff development).	Both
1.11.6	Ability to administer fitness-related programs within established budgetary guidelines.	Both
1.11.11	Knowledge of networking techniques with other health care professionals for referral purposes.	Both
1.11.12	Ability to provide and administer appropriate customer service.	Lab

**Required Texts: N/A**

## Course Performance Evaluation

In addition to the evaluations below, students must complete 75 hours in a clinical site and 75 hours in a performance site. Failure to complete the required hours will result in a failure of the course.

Type	Points
Case Studies (4 @ 50 points each, 2 per site) <i>Students will document the evaluation and exercise programming of 4 clients/patients. (Objectives 1,3,4,5)</i>	200
Exercise Instruction (4 @ 25 points each, 2 per site) <i>The Site Supervisor will complete a written evaluation of the student's ability to instruct and monitor exercise in one-on-one and/or group settings. (Objectives 2,7)</i>	100
Internship Reports (2 @ 100 points each, 1 per site) <i>Upon completion of each internship site, students are required to submit their report, which will serve as a comprehensive account of the internship experience. (Objective 6)</i>	200
Supervisor's Professionalism Evaluations (2 @ 50 points each, 1 per site) <i>The Site Supervisor will provide a written evaluation of the student's professional appearance, communication skills and rapport with clients/patients and staff. (Objective 8)</i>	100
Attendance (6 meetings @ 50 points each) <i>Students are expected to attend all class meetings. If you cannot attend a class for a legitimate reason please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence. (Objectives 1-8)</i>	300
Professionalism <i>Kinesiology students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For undergraduate Kinesiology students in a classroom setting professionalism generally comprises the following components:</i> <b>Communication</b> – <i>When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.</i> <b>Participation</b> – <i>Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.</i> <b>Responsibility/Accountability</b> – <i>Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.</i> <b>Honesty/Integrity</b> – <i>Students are expected to be honest with the instructor,</i>	100

classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set. (Objectives 1-8)

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Total Points Possible

1000

### Grading Scale

A = 940 – 1000	B+ = 880 – 890	C+ = 780 – 790	D = 600 – 690
A- = 900 – 930	B = 840 – 870	C = 740 – 770	F = 0 – 590
	B- = 800 – 830	C- = 700 – 730	

**Professional Dispositions** 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: <http://cehd.gmu.edu/values/>.

### GMU Policies and Resources for Students

#### Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

#### Campus Resources

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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/>).

Template Revision Date: August 2016 3

- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

**For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**

#### **TENTATIVE COURSE SCHEDULE**

DATE	TOPIC
September 1 <sup>st</sup>	Course Introduction
September 29 <sup>th</sup>	Assessment- screening and goal setting
October 13 <sup>th</sup>	Networking/Marketing/Referrals
Oct 27 <sup>th</sup>	Managing Staff
November 10 <sup>th</sup>	Equipment Maintenance/Budgeting
December 8 <sup>th</sup>	Ergonomics/Movement-Exercise Instruction

