

George Mason University
College of Education and Human Development
Kinesiology

KINE 490-002 - Kinesiology Internship III
12 Credits, Spring 2016

Faculty

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Prerequisites/Corequisites

90 credits (Senior status), KINE 330, KINE 341, KINE 400, KINE 410, KINE 420, KINE 441, Attempt of the Health Fitness Certification (HFS) or Certified Strength and Conditioning Specialist (CSCS) exam, Current CPR, AED, and First Aid Certification

University Catalog Course Description

Provides a directed, field-based experience, in which students observe and participate in conditions, practices, and settings where sought career roles are conducted. The kinesiology fieldwork coordinator must approve placement for the internship. Both a University supervisor and an approved agency supervisor with recognized professional certifications coordinate and oversee the student's internship experience.

Course Overview

This is the final 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. This course satisfies the University general education requirement for the synthesis course. The purpose of the synthesis course is to provide students with the opportunity to synthesize the knowledge, skills, and values gained from the general education curriculum. Students are held to the standards of the George Mason University Honor Code. Students are expected to meet all course requirements and fulfill your duties and responsibilities as stipulated by the onsite supervisor.

Course Delivery Method

In addition to requiring a minimum of 400 internship hours, this course will include a presentation of the student's special project, which will be face to face.

Learner Outcomes or Objectives

This course is designed to enable students to:

1. Synthesize theories, concepts, and philosophies learned through academic and relevant professional experiences to the vocational setting
2. Demonstrate skills and competencies of an entry-level kinesiology professional in the vocational setting
3. Assess his/her current professional strengths and areas in need of improvement

4. Set personal objectives for a career in kinesiology utilizing both personal assessment and evaluation by the academic institution and the internship site

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):

KSA	Description	Lecture, Lab, or both
	GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING	
1.7.32	Ability to communicate appropriately with exercise participants during initial screening and exercise programming.	Lab
	GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT	
1.11.8	Ability to create and maintain records pertaining to participant exercise adherence, retention, and goal setting.	Lab
1.11.9	Ability to develop and administer educational programs (e.g., lectures, workshops) and educational materials.	Lab
1.11.12	Ability to provide and administer appropriate customer service.	Lab

Required Texts

Internship manual (2012). School of Recreation, Health, and Tourism, George Mason University, Manassas, Virginia.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy). This course will be graded on a point system, with a total of 130 possible points.

Assignments	Points
Weekly internship report	20
Special Project	20
Presentation	20
Mid-Term Evaluation	25
Final Evaluation	25
Senior Survey	<u>20</u>
Total Points Possible	130

Grading Policies

The University Supervisor assigns the grade based on the intern's meeting of the course requirements. The grade will either be "Satisfactory" (S), reflecting a C grade or better, or a "No Credit" (NC), which is the equivalent to a failing grade. Anyone receiving a grade of NC will be required to begin

a new internship experience, including re-enrollment and repayment for the 12-credit hours. An 'Incomplete' (IN) grade may be assigned until all course work requirements are completed and submitted to the University Supervisor, who is responsible for overseeing the internship. Once all requirements have been met, the University Supervisor changes the 'Incomplete' grade to 'Satisfactory' by submitting a Change of Grade Form to the Registrar. Credits for this course count toward General Education and Professional Course work for graduation requirements.

Quality of work – Full credit for assignments will be earned by submitting professional products on time.

Assignments will be graded as follows:

- *Weekly internship reports:* Weekly hours are accumulated Monday- Sunday. Reports are due via Blackboard by midnight on Monday, the day after the week closes. Reports must be thoughtful and well-written.
- *Special Project and Presentation:* See Special Project Information Sheet and the information regarding the presentation in the Internship Manual.
- *Mid-Term Evaluation/Final Evaluation:* Students must solicit completion of their evaluations by their site supervisors. Mid-term evaluations must be submitted to me very soon after completion of 200 hours. I would like to do your site visit after receipt of your evaluation. Final evaluations must be submitted as soon as possible after completion of hours. The goal is to improve on your weaknesses from your midterm to your final evaluation. Work habits, including appearance, motivation and dependability must be rated "average" or above or you will lose points.
- *Senior Survey:* submit this as soon as possible upon completion of your intern experience. Your final grade will not be submitted until it is received.

Professional Dispositions

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:

Attendance – Show up on time to class and pay attention. 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.

Communication – 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.

Participation – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

Responsibility/Accountability – 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.

Honesty/Integrity – Students are expected to be honest with the instructor, 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.

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

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 or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>.

Class Schedule

The course will follow what is described in the Kinesiology Internship Manual

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Assessment Rubric(s)

Presentation Rubric: KINE 490

Student Code:

Agency Name:

Reviewer:

Score _____

Criteria/Score	Highly Competent, 3 points	Competent, 2 points	Minimal Competency, 1 point	Unsatisfactory, 0 points
Attire	Professional look	Appropriate attire, but could be more professional	Casual attire (t-shirt, jeans)	General attire not appropriate
Oral Communication	Excellent style involving matching verbal and nonverbal style, good projection with inflection, spontaneous speaking	Generally good delivery and spontaneity but could improve	Either fluent delivery but reading, or awkward delivery but spontaneous	Poor style (long pauses, reading speech, "Umm..." and other mannerisms, poor eye contact, monotone, etc.)
Organization	Information is presented in logical, interesting sequence which audience can follow	Information is presented in a logical sequence but the organization could improve	Audience has difficulty following presentation	Audience cannot understand presentation because there is no sequence of information
Internship site	Mission, services, personnel clearly explained	Some information missing	Most information missing	Failed to mention relevant information about the site
Internship responsibilities	Thoroughly communicates role within the organization	Responsibilities are minimally discussed	Responsibilities are unclear	Responsibilities are not presented
Special Project	Clear explanation of purpose, methods, outcome, and contribution to the agency	Project is explained but key factors are missing	Project is mentioned, but purpose, methods, outcome, and contribution are poorly explained	Little or no explanation of purpose, methods, outcome, and contribution to the agency
What you learned/application for the future	Effective communication of learning and application	Learning and application are addressed mediocly	Learning and application are poorly addressed	Learning and application are not discussed
Length of Presentation	Within two minutes of allotted time +/-	Within three minutes of allotted time +/-	Within four minutes of allotted time +/-	Within five minutes of allotted time +/-
Discussion	Uses knowledge of topic to facilitate discussion, respond to feedback, and answer questions	Good discussion but exploration of ideas could be improved	Unclear/disorganized responses to audience questions or comments	Virtually no discussion, one word answers/responses