

GEORGE MASON UNIVERSITY  
School of Recreation, Health and Tourism  
Division of Health and Human Performance

KINE 490-002: Kinesiology Internship III (12)  
Summer 2016

DAY/TIME: NA LOCATION: NA  
INSTRUCTOR: Dr. Richard E. Miller EMAIL ADDRESS: emiller@gmu.edu  
OFFICE LOCATION: RAC 2107 PHONE NUMBER: 703-993-2026 or 571-366-0700  
OFFICE HOURS: Tues & Thur 8-10a or appointment FAX NUMBER: 703-993-2025

PREREQUISITES: 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

#### 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 faculty advisor and an approved agency supervisor with recognized professional certifications coordinate and oversee the student's internship experience.

#### NATURE OF COURSE DELIVERY:

In addition to requiring a minimum of 400 internship hours (30 hours weekly minimum), interns need to meet other requirements described in this syllabus.

#### COURSE 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

#### 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.

#### ACCREDITATION 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: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT</b>                  |                              |
| 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 READING

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

#### REQUIREMENTS

- *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 Proposal Form as well as Guidelines for the Special Project Presentation (available at Bb KINE 490).
- *Mid-Point and End-Point Performance Assessments*: Each completed by the agency supervisor and shared with intern then submitted to faculty advisor. The mid-point Performance Assessment is the basis to the site visit conducted by the faculty advisor.
- ACSM EP-C or NSCA CSCS exam results in official score report
- Portfolio: Faculty advisor works with intern to compile during the internship
- *Internship Evaluation and Senior Survey*: Completed at end of internship

#### EVALUATION

The faculty supervisor (KINE 490 instructor) assigns the grade based on the intern’s meeting of the internship 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 internship requirements are completed.

## TENTATIVE COURSE SCHEDULE

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

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### *Faculty Expectations*

#### **Professionalism**

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.

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2>]
- 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/>].

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.

