

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

KINE 490.001 – Kinesiology Internship III  
12 Credits, Spring 2017

**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 faculty advisor 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**

This course will be delivered using an internship format. In addition to requiring a minimum of 400 internship hours (30 hours weekly minimum), interns need to meet other requirements described in this syllabus.

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

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):

<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 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).

- *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

## **Grading**

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 of 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.

## **Professional Dispositions**

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

## **Class Schedule**

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

## **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 Mason 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- The Writing Center 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 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 Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. 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://ssac.gmu.edu/make-a-referral/>.

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