

George Mason University
College of Education and Human Development
Kinesiology

KINE 341.002 - Kinesiology Internship
3 Credits, Spring 2017
Mondays & Wednesday 9-10:15 am BRH 258 SciTech Campus

Faculty

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Office hours: By Appointment

Office location: N/A

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Prerequisites/Corequisites

KINE 200, 310, 330, 350, 370

Junior status (60 credits); **Current CPR, AED, & First Aid**

University Catalog Course Description

Provides a supervised professional experience in an 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 general fitness populations.

Course Overview

This is the first 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. Class assignments and information will be available via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on January 17th.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and available on the course Blackboard site. Classroom sessions are scheduled on Monday or Wednesdays for the following dates:

Required classroom sessions are scheduled Mondays or Wednesdays at 9:00 -10:15 on the following days:

Learner Outcomes or Objectives

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

1. Describe and analyze the managerial and operational structure of their practicum site;
2. Demonstrate skills and competencies in exercise science programming and service delivery;
3. Evaluate their personal strengths and weaknesses in light of demands and expectations of employment in the various positions in the field; and
4. Set career objectives in the exercise science professional field.

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: SAFETY, INJURY PREVENTION, AND EMERGENCY PROCEDURES	
1.10.17	Ability to identify the components that contributes to the maintenance of a safe environment including equipment operation and maintenance, proper sanitation, safety and maintenance of exercise areas, and overall facility maintenance.	Both
	GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT	
1.11.1	Knowledge of the health/fitness instructor's role in administration and program management within a health/fitness facility.	Both
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
1.11.4	Knowledge of the importance of tracking and evaluating member retention.	Lab
1.11.6	Ability to administer fitness-related programs within established budgetary guidelines.	Lab
1.11.7	Ability to develop marketing materials for the purpose of promoting fitness-related programs.	Both
1.11.10	Knowledge of basic sales techniques to promote health, fitness, and wellness services.	Lab
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

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

Specific requirements that must be fulfilled before a grade can be determined include:

- Completion of specified forms and paperwork unique to the internship site.
- Attendance at all scheduled classroom sessions over the course of the semester.
- Completion of \geq total 150 hours over 10-14 weeks at an internship site that was assigned by the University supervisor.
- Completion of 5 class assignments.
- Email weekly reports with hours log to course instructor by midnight on Saturday.
- Attending an assigned roundtable discussion session of the overall experience with the agency.

Type	Points
Class Assignments (6 x 33.3)	200
Mid-Term Evaluation	100
Final Evaluation	200
Completion of 150 Hours	200
Roundtable Discussion	200
<u>Communication and Professionalism</u>	<u>100</u>
Total Points Available	1000

Grading			
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.

Class Schedule

Date	Discussion Topics	Assignment Due
Jan 25 th	Introduction to KINE 341	KINE 341 Paperwork
Feb 1 st	Co-worker & Client Interaction	HW 1 Due
Feb 15 th	Managing a Fitness Facility: Marketing, Pricing, Budgets, Managing Staff	HW 2 Due
March 1 st	Equipment & Facility Maintenance / Emergency Procedures	HW 3 Due
March 29 th	Professional Development & Networking	HW 4 Due
April 12 th	Current Trends in the Fitness Industry	HW 5 Due
April 26 th	Make-up Date or Roundtable Discussion (9:00 to 10:15 am)	

Roundtable discussion (final exam) May TBD

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

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 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 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 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/>.

