

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

KINE 330 C01 Seminar in Kinesiology
3 credit hours, Summer 2017
M-R 10:30 am - 12:35 pm Bull Run Hall 253 – SciTech Campus

Faculty

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Prerequisites/Corequisites:

60 credits and KINE 100, KINE 200, ATEP 300, KINE 310, KINE 370

University Catalog Course Description

Prepares students for the fieldwork experience in KINE 341: Kinesiology Internship I. Topics covered include: professionalism, careers, review of evidence-based position papers, and discussion of contemporary issues in kinesiology.

Course Overview

The purpose of this course is to prepare students for their future careers and issues that may arise in a workplace environment. Information regarding different career paths, professional skills and professional certifications will be presented. Additionally, students will be given information to increase their understanding of evidence-based principles and guideline development that ensure professional practices are safe, effective, and efficient.

Evidence based principles and guideline development is the foundation of many practices including: medicine, physical therapy, athletic training, exercise science research, and the development of public health guidelines. This is an experiential class that further develops students to be prepared for an actual workplace environment.

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):

KSA	Description	Lecture, Lab, or both
1.9.2	Knowledge of the important elements that should be included in each behavior modification session.	Lecture
1.9.6	Knowledge of approaches that may assist less motivated clients to increase their physical activity.	Lecture
1.9.9	Ability to coach clients to set achievable goals and overcome obstacles through a variety of methods (e.g., in person, phone, and internet).	Lecture

Course Delivery Method

The course is a mix of a lecture and discussion course. However, other approaches may be used to facilitate learning. These include: videos, demonstrations and in-class activities. Overall this will be a highly interactive class and students will be encouraged to participate.

Learner Outcomes or Objectives

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

1. Create a professional resume.
2. Write a professional cover letter.
3. Give a professional presentation regarding various health and fitness issues.
4. Understand proper etiquette during a job interview.
5. Analyze factual information in order to clarify health and fitness issues.
6. Explain how current health and fitness issues are being addressed by specialists in kinesiology in the workplace, school or community setting.
7. Demonstrate sensitivity in dealing with opposing viewpoints.
8. Synthesize knowledge obtained through the literature, presentations, group leadership and membership, and scholarly writing.

Make educated decisions regarding different career paths following completion of their undergraduate work.

Required Texts

There is no required text for this section of KINE 330. But, there are required readings-- Ten short-paper readings are posted on Blackboard

Recommended Readings

Hoffman, S.J. (2011). *Careers in Sport, Fitness, and Exercise*. Champaign, IL: Human Kinetics. ISBN-13: 978-0736095662

American College of Sports Medicine (ACSM), *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*, 7th Ed., Lippincott Williams & Wilkins, 2013. ISBN-13: 978-1609139568

Course Performance Evaluation

Students are expected to complete tests and submit all assignments on time through Blackboard.

Tests and Assignments	Possible Points
<i>Bb Discussion Board (3)</i> involves posting responses to discussion questions based on the assigned readings. Guidelines are at Blackboard.	12
<i>Test on Readings</i> involves each student completing an online 50-item multiple-choice test that covers material from the 10 assigned readings. The student will be allowed two test attempts with the higher score factored into overall grade.	20
<i>Resume, cover letter and internship paperwork</i> involves drafting a resume and cover letter applicable to the student's intended internship placement(s). The student also needs to complete forms applicable KINE 331, 441 and 490.	13
<i>Issue paper and presentation</i> involves preparing, submitting and presenting a paper that relates to a current issue in exercise, health and fitness. Guidelines as well as a sample issue paper are provided at Blackboard.	20
<i>My Favorite Exercise webcam video</i> involves producing and posting a 2-3 minute webcam video recording of the student demonstrating a 'favorite' exercise using Bb Kaltura. The course instructor will demonstrate the use of Kaltura in class. Guidelines are provided at Blackboard.	10
<i>Health and Fitness Wiki pages</i> involves each student creating two different (unique) wiki pages. The wiki pages should be based upon the content of the student's issue paper. Each student must also make edits/contributions to two Wiki pages that were created by other students in the class. Guidelines are provided at Blackboard.	10
<i>Participation in seminar activities</i> involves being in full attendance during each scheduled class day and actively involved in class activities. (Each student is entitled to 2 excused absences during the summer session.)	15

TOTAL 100 points

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Class Schedule

Date	Topic	Readings/Assignments
M Jun 26	Course introduction	Reading 01 What Are You Going to Do? Resumes/letters
T Jun 27	Being a professional in the field	Reading 02 What is a Profession? Resumes/letters
W Jun 28	Qualifications and qualities	Reading 03 Are You Qualified? Resumes/letters
R Jun 29	Health and fitness issues	Reading 04 What's the Issue? Discussion forum 1 (due Sun. Jul 2 end of day)
W Jul 5	Educating as a common competency	Reading 05 Can You Educate? Resumes/letters
R Jul 6	Addressing English proficiency	Reading 06 Do You Understand? Resumes/letters Discussion forum 2 (due Sun. Jul 9 end of day)
M Jul 10	Rehabilitation science	Reading 07 Are You Aware of Rehabilitation Science? Resumes/letters
T Jul 11	Health and fitness communication	Reading 08 Did Someone Say Production Work? Resumes/letters
W Jul 12	Liability	Reading 09 What is a Liability Waiver? Resumes/letters (due Thurs. Jul 16 end of day)
R Jul 13	Preparing for the internship Class demonstrations of issue paper presentation, Favorite Exercise webcam recording, and Wiki pages	Reading 10 Ready for the Internship? RHT Internship Manual (Permission forms completion) Discussion forum 3 (due Sun. Jul 16 end of day)
	Test on Readings (available online between Thur. Jul 13 to Mon. Jul 17 10a) Covers above reading assignments	
M Jul 17	Issue paper and presentations	(Issue paper due Thurs. Jul 27 end of day) Wiki page creations and edits "Favorite Exercise"
T Jul 18	Issue paper and "Favorite Exercise" presentations	(Issue paper due Thurs. Jul 27 end of day) Wiki page creations and edits "Favorite Exercise"
W Jul 19	Issue paper and "Favorite Exercise"	(Issue paper due Thurs. Jul 27 end of day)
R Jul 20	Issue paper and "Favorite Exercise"	(Issue paper due Thurs. Jul 27)

	presentations	end of day) Wiki page creations and edits "Favorite Exercise"
M Jul 24	Issue paper and "Favorite Exercise" presentations	(Issue paper due Thurs. Jul 27 end of day) Wiki page creations and edits "Favorite Exercise"
T Jul 25	KINE 490 Intern presentations	
W Jul 26	KINE 490 Intern presentations	
R Jul 27	Issue paper and "Favorite Exercise" presentations Wrap-up	(Issue paper due Thurs. Jul 27 end of day) Wiki page creations and edits "Favorite Exercise"

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://coursesupport.gmu.edu/>.
- The 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 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/>.