

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

KINE 441-001 – Kinesiology Internship II  
3 Credits, Spring 2018  
Monday 5:00pm-6:45pm Robinson Hall B 108 - Fairfax Campus

**Faculty**

Name: Jessica Pope, MS, LAT, ATC  
Office Hours: By Appointment  
Office Location: Colgan Hall 220C, Science and Technology Campus  
Email Address: jpoppe15@gmu.edu

**Prerequisites/Corequisites**

90 credits (Senior status), KINE 330, KINE 341, KINE 350, KINE 360, KINE 370, KINE 380, and current CPR, AED, & First Aid

**University Catalog Course Description**

Provides a supervised professional experience in two separate 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 both clinical (site 1) and performance (site 2) populations.

**Course Overview**

This is the second 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**

This course will be delivered through lecture and internship experience. Classroom sessions are scheduled on Mondays for the following dates:

May 21  
June 4  
June 25  
July 16  
July 23  
August 6

## Learner Outcomes or Objectives

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

1. Understand the rationale for exercise prescription and progression for patients in a clinically supervised exercise setting;
2. Perform appropriate patient monitoring during exercise;
3. Understand how movement and exercise tests are used to diagnose disease and dysfunction;
4. Assess sport performance variables through appropriate testing techniques;
5. Design training programs for the purpose of improving or maintaining athletic performance;
6. Understand operational function of the facility;
7. Instruct patients/clients how to properly perform a variety of exercises in a one-on-one and/or group setting;
8. Communicate effectively with patients/clients and staff

## 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: SAFETY, INJURY PREVENTION, AND EMERGENCY PROCEDURES</b>	
1.10.13	Knowledge of the components of an equipment maintenance/repair program and how it may be used to evaluate the condition of exercise equipment to reduce the potential risk of injury.	Both
1.10.18	Knowledge of basic ergonomics to address daily activities that may cause musculoskeletal problems in the workplace, and the ability to recommend exercises to alleviate symptoms caused by repetitive movements.	Both
	<b>GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT</b>	
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
1.11.6	Ability to administer fitness-related programs within established budgetary guidelines.	Both
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
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### Required Texts

N/A

### Course Performance Evaluation

In addition to the evaluations below, students must complete 75 hours in a clinical site and 75 hours in a performance site. Failure to complete the required hours will result in a failure of the course.

Type	Points
<b>Internship Paperwork</b> (6 @ 5 points each, 3 per site) ( <i>Objectives 8</i> )	30
<b>Weekly Hour Logs</b> (10 @ 30 points each) ( <i>Objectives 1-8</i> )	300
<b>Case Studies</b> (4 @ 50 points each, 2 per site) <i>Students will document the evaluation and exercise programming of 4 clients/patients. (Objectives 1,3,4,5)</i>	200
Exercise Instruction (4 @ 25 points each, 2 per site) <i>The Site Supervisor will complete a written evaluation of the student's ability to instruct and monitor exercise in one-on-one and/or group settings. (Objectives 2,7)</i>	100
Internship Reports (2 @ 60 points each, 1 per site) <i>Upon completion of each internship site, students are required to submit their report, which will serve as a comprehensive account of the internship experience. (Objective 6)</i>	120
Supervisor's Professionalism Evaluations (2 @ 40 points each, 1 per site) <i>The Site Supervisor will provide a written evaluation of the student's professional appearance, communication skills and rapport with clients/patients and staff. (Objective 8)</i>	80
Class Assignments and Participation (6 meetings @ 20 points each) <i>If you do not attend class, you cannot participate in activities. Therefore, students will lose credit for not attending and contributing to class. Just being present in class does not mean you are an active and engaged participant in activities taking place that day. Students are expected to be an active participant in all activities. You can only make up an in-class activity if you have pre-approved absence or proof of illness.</i>  <i>Students are expected to be on time, attend all class meetings and be prepared for in-class assignments, activities, and discussions. Refer to section on absences. (Objectives 1-8)</i>	120
Professionalism <i>Kinesiology students are expected to behave in a professional manner. Refer to professionalism section in syllabus. (Objectives 1-8)</i>	50
<b>Total Points Possible</b>	<b>1000</b>

### Grading Scale

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		

### Class Schedule

Date	Topic
May 21	Course Introduction
June 4	Goal Setting
June 25	Assessment
July 16	Networking and Professional Development
July 23	Organizational Structure and Employee Support
August 6	A Business-Minded Approach to Practicing Clinically

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

### Professional Dispositions

Students are expected to exhibit professional behaviors and dispositions at all times. See <https://cehd.gmu.edu/students/polices-procedures/>

### 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:

**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.

## **Absences**

Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event, and others at the discretion of the instructor. See below for make-up work policy. 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.

## **Grading**

### **Name**

Your name **MUST** be on your papers when you turn them in. Failure to put your name will result in a 0 for the assignment.

### **Make-Up Work**

Students who are absent or who arrive late without an official university or a medical doctor's excuse will not be permitted to participate in the class activities for credit the day of the absence or tardy event. There will be no make-up quizzes or exams unless an excused absence has been warranted. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of excused illness or some other unforeseen excused absence, the student must contact the instructor via e-mail as soon as possible. At the next attended class meeting the student will discuss material that is to be completed. Students who miss an examination, quiz or other class activity because of an excused absence must complete the assignment within a week of the excused absence. It is the student's obligation to pursue any make-up work.

### **Late Assignments**

All work is due by the time noted on Blackboard, or at the beginning of class time on the indicated day if an in-class assignment. **NO LATE WORK WILL BE ACCEPTED AND WILL RESULT IN A 0 GRADE!!!**

### **E-mail Correspondence**

Only messages that originate from a George Mason University address will be accepted.

The ability to present yourself and communicate in a professional manner is essential, including the use of e-mail. The following is an appropriate professional format that should be followed for this class, as well as any other instructors/supervisors:

(Beginning salutation) Dear Dr./Mr./Mrs. Last Name

(Text body) I have a question regarding...

(Ending Salutation) Regards/Respectfully/Sincerely,  
(Your name) First and Last Name

## **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 <https://catalog.gmu.edu/policies/honor-code-system/> ).

- 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://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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

