

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

**KINE 330.003 – Seminar in Kinesiology
3 Credits - Fall 2018
Wednesday 7:20pm-10:00pm – Recreation/Athletic Complex 2203**

Faculty

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PREREQUISITES

Junior standing (60 credit hours) KINE 100, KINE 200, ATEP 300, KINE 310, KINE 370.

COURSE CATALOG DESCRIPTION

Prepares students for the fieldwork experience in KINE 341: Kinesiology Internship I. Topics covered include: professionalism, 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. Outside speakers in different areas will come in and discuss the steps they had to go to in order to reach their current position. 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.

COURSE DELIVERY METHOD

This course will be delivered in a face-to-face environment.

COURSE OBJECTIVES

Upon successful completion of this course students should be able to:

1. Create a professional resume.
2. Write a professional cover letter.
3. Understand proper etiquette during a job interview and practice in preparation for first internship.
4. Make educated decisions regarding different career paths following completion of their undergraduate work including knowledge of professional organizations, certifications, continuing education, and career/job requirements.
5. Analyze research in order to apply evidence-based practice clinically.

6. Synthesize knowledge obtained through the literature, presentations, group leadership and membership, and scholarly writing.
7. Exposure to professionals from careers within kinesiology.
8. Give a professional presentation regarding their expected/desired career path and goals.

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

REQUIRED TEXTS

N/A

CORRESPONDANCE

The preferred method of communication outside of class is email. Emails should originate from a George Mason email account and be in a professional format (i.e. emails should not look like a text message!). Emails with no text in the body will not be acknowledged.

Example email with instructor:

Professor McCrory,

I have a question regarding....

Regards,
Student's Name

EVALUATION

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy). Once your final grade at the end of the semester is posted on BlackBoard, you will have 24 hours to inquire about any potential mistakes in grading. After that period, your grade will be posted as final on Patriot Web.

This course will be graded on a point system, with a total of 100 possible points.

Assignment	Points
Job Research Presentation	5
Resume (2 drafts @ 5pts each)	10
Cover Letter	10
LinkedIn	5
Video Interviews	10
Written Interview and Reflections	15
Critical Article Appraisal/Presentation	5
ACSM EP-C / CSCS Practice Exam	5
10-Year Plan	15
10-Year Plan Presentation	10
Attendance/Professionalism	10
TOTAL	100

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	

Job Research Assignment

Find a job posting that you would be interested having in the future and research the requirements necessary to be a competitive applicant. You will present a 2-3 minute presentation to the class describing the position, requirements, and experience necessary to apply.

Resume/Cover Letter

Create a resume and cover letter. If you already have a resume use this assignment as an opportunity to update and improve it. Students **MUST** at least have written the following sections:

Identifying information: name, address, email, phone number

Education: Do not include high school

Experience: Can include paid work, internship, related class projects, volunteer experience

Skills: list applicable skills

Employers like to know other facts, so create an “other” section (named appropriately) if you’ve done these:

Community service, volunteer work, campus clubs, activities, certifications

You may try using the **Resume Builder** in Career Services **PatriotJobWeb** (PJW) database. Once you receive your PJW password, open PJW and click on Documents at the top of the page. Select Resume Builder to create a resume draft by following the instructions/prompts. Contact University Career Services with questions: 703-993-2370 or careerhp@gmu.edu

The following are resources for those who need to update their resumes or create them from scratch:

<http://careers.gmu.edu/student/resumes/>

LinkedIn

Students will be required to create a fully updated LinkedIn page including the resume they created the prior week. Once their page is complete you must invite the professor as a friend to receive full credit.

ACSM EP-C / CSCS Exam

Students will be given a practice ACSM EP-C / CSCS exam to take home and complete on **your own**. This is a take home exam and thus open book (including internet). This grade will not count as your grade for the ACSM EP-C / CSCS assignment but will count towards your attendance and participation grade, however, students are expected to attempt to score as highly as possible on the exam. The purpose of this exam is to: 1) review knowledge you have learned in the past and 2) give you an idea of how much you need to study before taking the actual ACSM EP-C / CSCS exams, one of which will take as a graduating senior.

Interview

Students will be required to conduct a practice interview online using InterviewStream accessed through GMU career services website (<https://careers.gmu.edu/career-resources>). To complete the assignment, the video of your interview will be e-mailed through InterviewStream to the professor. An evaluation form will be completed by yourself after you watch back your interview. Based on your self-evaluation you will write a short reflection (1 page) on what you learned about your interviewing skills and how they can be improved in the future. Both evaluation forms and your reflection will be submitted to Blackboard. Students will then complete the video interview again and attempt to improve on the items they identified in their evaluation and reflection of the first attempt.

Critical Appraisal of Research and Presentation

Students will be given the option to choose one peer-reviewed scientific article in one of the following four fields: general exercise and health, strength and conditioning, physical therapy, and exercise physiology. You will be required to read the article using the process outlined in lecture and answer a set of questions that will help you critically evaluate the article. Articles must be approved by the professor at least two weeks before the presentation.

Students will provide a 5-7 minute summary of the articles including background information of the topic, the purpose, methods, results, and discussion of the article followed by 5 minutes of questions at the end of the presentation.

10-Year Plan

This project includes 2 parts:

1) Part one of this project is a 3-6 page written paper (1" margins, Times New Roman, size 12 font,

double-spaced) with a detailed description of your career goals and expectations over the next 10 years. This includes, **but is not limited to**, a specific career path layout, the steps needed to reach that goal, obstacles you might face along the way, how you plan to overcome those obstacles, what organizations memberships/certifications you might need, what your backup plan will be, what internships will help you get there (think about your upcoming internships within the KINE program), etc.

2) The second portion of this project will be an 8-10 minute presentation discussing your 10-year plan. A grading rubric will be provided.

Attendance/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.

PROFESSIONAL BEHAVIOR

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

TENTATIVE COURSE SCHEDULE

DATE	TENTATIVE TOPIC	DUE
8-29	Introductions + Syllabus Review	
9-5	Job Research Presentations + Discussion	Job Research Presentation
9-12	Resume, Curriculum vitae, Professionalism, Email, 3 Degrees of separation, Deadlines	
9-19	Career Services - Interviews	
9-26	Professional Organizations/Certification/CEUs/Networking	LinkedIn Assignment
10-3	Resume review + Discussion	Resume + Cover Letter Draft 1
10-10	Guest Speaker – Student Enrichment	
10-17	Guest Speaker – Library Services	
10-24	Academic Literature	Interviews Reflections and Evaluations
10-31	Guest Speaker – PT/CSCS	Article Topic
11-7	Internship Presentations	Resume + Cover Letter Draft 2
11-14	Article Presentations + Discussion	Article Presentation
11-21	Work Day/KINE 490 Presentations	
11-28	Thanksgiving Break	No Class
12-5	Portfolio Presentations	Portfolio Presentation
12-12	Final Exams	No Class

Note: Faculty reserves the right to alter the schedule as necessary.

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.

GMU POLICIES AND RESOURCES FOR STUDENTS

Policies

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

