

George Mason University
College of Education and Human Development
Kinesiology

KINE 330.A02 – Seminar in Kinesiology (3)
Summer 2019
MTWR: 1:30 – 3:35 PM
246 Bull Run Hall – Science and Technology Campus

Faculty

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Prerequisites/Corequisites

Junior standing (60 credit hours) 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, 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. This is an experiential class that further develops students to be prepared for an actual workplace environment.

Course Delivery Method

The course is primarily a lecture course. However, other approaches may be used to facilitate learning. These include: class discussions, videos, demonstrations and in-class activities.

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 issues.
4. Understand proper etiquette during a job interview.
5. Analyze factual information in order to clarify health issues.

6. Relate current health issues/problems to health education 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.
9. Make educated decisions regarding different career paths following completion of their undergraduate work.

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
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

None

Recommended Texts

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

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).

- **Assignments and/or Examinations**
 - **Resume/Cover Letter** (*Course objective 1 & 2*)
 - Create a resume and cover letter. If you already have a resume use this assignment as an opportunity to update and improve it. Reviewing the Resume Contents sections that describe and give examples of an Objective, Education, Experience, etc. will help you create the rough draft of your resume.
 - **Discussion Board Posts** (*Course objective 1, 2, 5, 6, 7, 8 & 9*)
 - Throughout the semester you will be required to make discussion board posts on various topics related to the field of Kinesiology and professional development. These are intended to expose students to a variety of issues

- **Mentor/Professional Interview** (*Course objective 9*)
 - Interview someone in your future field of interest. They should be in a position where they have ‘hiring authority’. You will need to develop a list of interview questions. Following the interview submit a written reflection of what you learned from the experience.
- **New Exercise Experience & Report** (*Course objective 6*)
 - Try a new form of exercise (preferably do a class) then report to the class about your experience. The report needs to include: an overview of the form of exercise, detailed account of the experience – outline of what occurred during the class, how it felt, difficulty of the exercise(s), where they did it, what equipment was used, typical cost, certifications needed to instruct and any other relevant information needed to describe the experience.
- **Instructional Video** (*Course objective 3*)
 - Make a short (4-8 minute) YouTube video explaining a concept or demonstrating proper exercise technique for a movement/lift of your choice. These educational/instructional videos are commonly used to educate clients by a variety of professionals.
- **Clinical Question Paper** (*Course objectives 5, 6, 7 & 8*)
 - This is the written portion of your topic presentation. Students will submit a paper addressing a focused clinical question, 4-6 pages in length. Papers are to be typed, double-spaced, with one-inch margin, and 12-point font. Plagiarism will result in a **0** for your paper grade.
- **Clinical Question Presentation** (*Course objective 3, 7*)
 - Students will present his/her topic during one class period. The presenters are encouraged to facilitate class discussion/involvement during the presentation.
- **Professionalism** (*Course objectives 1, 2, 3, 4, 5, 6, 7, 8 & 9*)
 - 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. Students missing more than 30% of the classes will not receive a passing grade. Attendance is taken at the start of class.
 - **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.

- **Other Requirements**

- **Due Dates**

- Late assignments will not be accepted unless students are able to provide evidence of legitimate reason(s) for not being able to submit the assignment on time. The instructor will use their discretion to determine if the reasons provided are valid.

- **Attendance**

- Students are expected to be on time, attend all class meetings and be prepared for in class assignments and projects. 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. 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 illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. It is the student's obligation to pursue any make-up work.

- **Academic Load**

- Although many students must work to meet living expenses, employment and personal responsibilities are not acceptable reasons for late arrivals, missed classes, or incomplete assignments. Employment must not take priority over academic responsibilities. For additional information on this subject, please see the GMU Academic Catalog (http://catalog.gmu.edu/content.php?catoid=5&navoid=104#Registration_attendance). Students failing to observe these guidelines should expect no special consideration for academic problems arising from the pressures of employment.

- **Honor Code**

- Students are held to the standards of the George Mason University Honor Code (see <http://honorcode.gmu.edu> for details). Violations, including

cheating and plagiarism, will be reported to the Honor Committee. Student assignments may be put through plagiarism detecting software.

○ **Written Assignments**

- All assignments must be typed in Microsoft Word, and formatted as follows (*unless otherwise specified*): double spaced, 12 point Times New Roman font, 1 inch margins, your name and title in the running header at top left had corner, continuous line numbers on left margin, and page numbers centered in footer. Failure to comply with any or all parts of this format will result in an unacceptable assignment, which corresponds to zero (0) points.
- Pay close attention to spelling and grammar as these will count towards your grade on written assignments. American Medical Association Manual (AMA) of Style (10th edition) format must be used for all written work in this class (e.g., in referencing, creation of tables, and formatting headers for paper sections).
- Assignments must be turned in on Blackboard/MyMason Portal by the beginning of class on the specified date due (*unless otherwise specified*). No late assignments will be accepted. It is recommended that students keep copies of all submitted work.

○ **Technology Use During Class**

- As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. No sound emitting technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the class period. Students who are observed using any form of technology inappropriately (e.g., sending text messages from cell phones, visiting social networking sites from laptops, etc) will be dismissed from class for the day, counted as an absence, and not permitted to make up missed assignments. Additionally, no laptop computers (e.g., netbooks, notebooks, etc.) will be permitted for use during class time unless with permission from the instructor.

○ **E-mail Correspondence**

- Only messages that originate from a George Mason University address will be accepted. ***Emails with no text in the body will not be acknowledged.*** *Note:* All email will be responded to in the order in which it is received. Students should allow 48 hours for a response.

● **Grading**

This course will be graded on a point system, with a total of 1000 possible points.

Assignment	Points
Resume and Cover Letter	100
Discussion Board Posts	150
Mentor/Professional Interview	100

New Exercise Experience & Report	100
Instructional Video	100
Clinical Question Paper	250
Clinical Question Presentation	100
Professionalism	100
Total	1000

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	

Notes:

- 1) Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.
- 2) Any student asking for their grade to be rounded up, increased a letter grade, extra credit only for themselves at the end of the semester, etc. may have their final average reduced by up to 2 points at the discretion of the instructor.

Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>

Class Schedule

DATE			TOPIC	ASSIGNMENT DUE
M	May	20	Introduction to KINE 330 Evidence Based Practice & How to Read a Research Article	Read Article on BB
T	May	21	Career Paths Resumes and Cover Letters <i>Guest Speaker</i>	Bring Draft of Resume and Cover Letter to Class
W	May	22	Job/Internship Search	Job Search Discussion Board
R	May	23	Social Media, Podcasts and More: How to Make Sense of the Non-sense	Podcast Reflection Discussion Board
M	May	27	NO CLASS – Memorial Day	Final Resume & Cover Letter Due
T	May	28	Surviving the Job Interview Process & Mock Interviews	
W	May	29	Current Trends in Exercise, Fitness and Health	Job Interview Reflection Discussion Board Post
R	May	30	Searching the Literature Evaluating the Literature Synthesizing the Literature <i>Guest Speaker</i>	Discussion Board Post on Current Trends
M	June	3	Focused Clinical Questions: PICO Format	Clinical Question Paper Topic Due
T	June	4	New Exercise Experience Presentations	New Exercise Experience Due
W	June	5	Outlining Before You Write	Outline of Clinical Question Paper Discussion Board Post
R	June	6	Instructional Videos	Instructional Videos Due

DATE			TOPIC	ASSIGNMENT DUE
M	June	10	Graduate School	1) Mentor / Professional Interview Due 2) Graduate School Discussion Board Post
T	June	11	National Organizations; Certifications; Continuing Education & Conferences Professional Philosophies & Development	
W	June	12	Scientific Writing 101	Synthesis Matrix Due
R	June	13	Internships – Dr. Matt Andre Integrity, Diversity, Sexual Harassment and Other Workplace Issues	
M	June	17	Position Paper Workday & Feedback	
T	June	18	Clinical Question Presentations	Clinical Question Presentations
W	June	19	Clinical Question Presentations	Clinical Question Paper Due by 11:59 pm on June 19

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 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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices 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/>.
- 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/> .