

George Mason University
College of Education and Human Development
Kinesiology

KINE 341. 002 – Kinesiology Internship I
3 Credits, Spring 2020
Mondays 9:00-10:15 am. Colgan Hall Room 302. Manassas campus

Faculty

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Prerequisites/Corequisites

Required Prerequisites: (KINE 200C, 310C, 330C, 350C and 370C).
C Requires minimum grade of C.

University Catalog Course Description

Provides a paid or voluntary supervised professional experience in an approved exercise science professional setting under the supervision of a practicum University Supervisor and Agency Supervisor. Current CPR, AED, and First Aid Certification required. Offered by Recreation, Health & Tourism. Limited to three attempts.

Course Overview

Please refer to the Kinesiology Internship Manual and other relevant materials found on the Kinesiology Organization page on Blackboard.

Course Delivery Method

This course will be delivered using an internship format. There will also be six in-person class sessions:

Learner Outcomes or Objectives

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

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).

In addition to the evaluations below, students must complete 150 hours at their site. Failure to complete the required hours will result in a failure of the course.

Type	Points
<p>Completion of Hours and Weekly Reports (150 hours/points)</p> <p><i>Students will submit weekly reports including their hours of experience completed that week and the answer to five questions about their experience that week. Reports must be signed by your Site Supervisor, or if unavailable, the professional you were working with that week. All reports from the previous week will be due by Monday at 11:59pm. If the student completes their hours before the end of the semester, they will receive full credit for any remaining reports. Your Weekly Report points on Blackboard is my count of how many hours you have completed; if it does not reach 150, then you fail the class.</i></p>	150
<p>Case Studies (4 @ 25 points each)</p> <p><i>Students will document the evaluation and exercise programming of 4 clients. The first two case studies will be due by Tuesday, October 23rd at 4:30pm. The remaining two will be due by Tuesday, December 4th at 4:30pm. (Objective 2)</i></p>	100
<p>Exercise Instruction (4 @ 25 points each)</p> <p><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. The first two exercise instruction evaluations will be due by Tuesday, October 23rd at 4:30pm. The remaining two will be due by Tuesday, December 4th at 4:30pm. (Objective 2)</i></p>	100
<p>Internship Report (1 @ 100 points)</p> <p><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 (due by December 8th at 11:59pm). (Objective 3)</i></p>	50
<p>Mock Interview Completion (1 @ 50 points)</p> <p><i>Students will schedule and complete a Mock Interview with Career Services.</i></p>	50

Attendance (6 meetings @ 50 points each)

300

*Students are expected to attend all class meetings. 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. **Site-specific information discussed in class is confidential.** (Objectives 1-4)*

Participation – *Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter*

Supervisor’s Professionalism Evaluations (2 @ 100 points each)

200

The Site Supervisor will provide a written evaluation of the student’s professional appearance, communication skills and rapport with clients/patients and staff at the midterm or 75 hours (due by Tuesday, October 30th at 4:30pm) and at the end of the semester or 150 hours (due by Saturday, December 8th at 11:59pm). (Objective 8)

Professionalism

50

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.*

Grading Scale

A = 94 – 100%

B+ = 87 – 89%

C+ = 77 – 79%

D = 60 – 69%

A- = 90 – 93% B = 84 – 86% C = 74 – 76

F = 0 – 59% B- = 80 – 83% C- = 70 – 73%

Grading Scale Total Points Possible: 1000

Professional Dispositions

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

Class Schedule

Date	Discussion Topics
Jan 27 th	Introduction to KINE 341
Feb 10 th	Co-worker & Client Interaction
Mar 2 nd	Application of Course Studies
Mar 23 rd	Professional Development & Networking
Apr 13 th	Managing a Fitness Facility: Marketing, Pricing, Budgets, Managing Staff, Equipment/Facility Maintenance, Emergency Procedures
May 4 th	Roundtable Discussion

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 <https://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 <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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