

George Mason University
College of Education and Human Development
Kinesiology

KINE 341.001– Kinesiology Internship I
3 Credits, Summer 2021
Online

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
IV.A.1.a	Knowledge of employee criminal background checks, child abuse clearances and drug and alcohol screenings.	Both
IV.A.1.b	Knowledge of employment verification requirements mandated by state and federal laws.	Both
IV.A.1.c	Knowledge of safe handling and disposal of body fluids and employee safety (OSHA guidelines).	Both
IV.A.1.d	Knowledge of insurance coverage common to the health/fitness industry including general liability, professional liability, workers' compensation, property, and business interruption.	Both
IV.A.1.e	Knowledge of sexual harassment policies and procedures.	Both
IV.A.1.f	Knowledge of interviewing techniques.	Both
IV.A.1.g	Knowledge of basic precautions taken in an exercise setting to ensure client safety.	Both
IV.A.1.h	Knowledge of pre-activity screening, medical release and waiver of liability for normal and at-risk participants.	Both
IV.A.2.c	Skill in maintaining a safe exercise environment (e.g., equipment operation and regular maintenance schedules, safety and scheduled maintenance of exercise areas, overall facility maintenance, proper sanitation, proper signage).	Both

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).

Students must complete 150 hours in a pre-approved site Failure to complete the required hours will result in a failure of the course. This syllabus (and all accompanying materials) should be given to the site supervisor by the intern at the very beginning of each internship. All work is due by the hour-marks listed below or 11:59 p.m. on August 7, 2021 (whichever comes first).

Type	Points
Weekly Reports (150 hours/points)	150
Weekly hours are accumulated Monday-Sunday. Reports are due via Blackboard by 11:59pm on Tuesday after the reported week closes. Reports must be thoughtful, well-written, and signed by both the intern and site-supervisor every week. Your “grade” for each Weekly Report will reflect the number of hours that you reported during that week. It is not an actual grade in that you did not lose points for not working hours that week. It is just a record of how many hours you reported. After you complete all of your hours, you will stop submitting the reports.	
Exercise Instruction Assignments (4 @ 50 points each; 2 per site)	200
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. Regardless of the score from your site supervisor, your score will be pass/fail (either you did the assignment, or you did not). The purpose is for you to gain useful feedback. Two Exercise Instruction assignments will be performed at each site. The first two exercise instruction evaluations will be due on Blackboard at the completion of 75 hours. The remaining two will be due on Blackboard by the completion of the next 75 hours.	
Case Studies (4 @ 25 points each)	100
Students will document the evaluation and exercise programming of 4 clients. The first two case studies will be mid-semester. The remaining two will be due at the end of the semester (Objective 2)	
Internship Reports (2 @ 75 points)	150
Upon completion of each internship site, students are required to submit their report, which will serve as a comprehensive account of the internship experience. Each report will be due on Blackboard by the completion of 150 hours at that site.	
Supervisor’s Professionalism Evaluations (2 @ 100 points each; 1 per site)	200
The Site Supervisor at each site will provide a written evaluation of the student (form provided on Blackboard) at the completion of 150 hours (which is when it is due on Blackboard). Regardless of the score from your site supervisor, your score will be pass/fail (either you did the assignment, or you did not). The purpose is for you to gain useful feedback.	
Mock Interview Completion (1 @ 50 points)	50
Students will perform an interview both as the interviewee and the interviewer. You will create questions to ask when you are the interviewer for a specific job posting found on the internet More	

details will be given on Blackboard.

Discussion Boards (6 @ 30 points each)

180

Discussion boards will be assigned and will be used in place of class meetings. There will be 6 discussion boards you will complete and they will be on topics specific to your site and experiences there. **Site-specific information discussed in class is confidential.** (Objectives 1-4)

Reflection & Information Gathering Assignments (3 @ 30 points each)

90

These assignments will allow you to gather information about the fitness industry in topic areas such as employee verification, legal topics, safety guidelines and insurance coverage. Details of the assignment will be provided on Blackboard.

Facility Assignment (1 @ 50 points)

50

This assignment will have you do some research on what it costs to set up a fitness facility. You will find information on rental properties, equipment costs, and payroll. You will be able to gather this information from the internet as well as your site supervisors.

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.

Grading Scale

A+	= 97-100%	B+	= 87 – 89.9%	C+	= 77 – 79.9%	D	= 60 – 69%
A	= 93 – 96.9%	B	= 83 – 86.9%	C	= 73 – 76.9%	F	= 0 – 59%
A-	= 90 – 93.9%	B-	= 80 – 82.9%	C-	= 70 – 72.9%		

If hours are incomplete on 8/7 at 11:59 p.m., then you will receive a grade of either “IP” (In Progress) if it appears that you are making reasonable progress, or “F” (if you are not making progress and have failed the class).

Professional Dispositions

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

Class Schedule

Date	Discussion Topics
5/17	Introduction to KINE 341 – Trends/Misinformation
5/31	Pre-Activity Screening; Safety; Insurance
6/14	Legal Issues; Employee Requirements
6/28	Professional Development; Mock Interviews
7/12	Managing a Fitness Facility; Facility Assignment
7/26	Wrap Up
8/7	150 Hours Completed

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/> .