

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

KINE 441.DL1 – Kinesiology Internship II  
3 Credits, Fall 2021

This class does not meet in-person.

**Faculty**

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**Prerequisites/Corequisites**

KINE 341<sup>C</sup>, 360<sup>C</sup> and 380<sup>C</sup>.

<sup>C</sup> Requires minimum grade of C.

**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 Agency Supervisor with emphasis placed upon exercise programming and implementation for both clinical (site 1) and performance (site 2) populations. Current CPR, AED, and First Aid Certification required. Offered by School of Kinesiology. Limited to three attempts.

**Course Overview**

Not applicable.

**Course Delivery Method**

This course will be delivered using an internship format. In addition to requiring a minimum of 150 internship hours (10 hours weekly minimum), interns need to meet other requirements described in this syllabus.

**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>
IV.A.1.i	Knowledge of emergency action plan (EAP); response systems and procedures.	Both
IV.A.1.j	Knowledge of the legal implications of documented safety procedures, the use of incident report documents, and ongoing safety training documentation.	Both
IV.A.1.k	Knowledge of maintaining employee records/documents (CPR/AED certification, certifications for maintaining job position).	Both
IV.A.1.l	Knowledge of the components for ethical standards and scope of practice in the health/fitness industry.	Both
IV.A.2.a	Skill in developing and/or modifying a policies and procedures manual.	Both
IV.A.2.b	Skill in enforcing confidentiality policies.	Both
IV.A.2.d	Skill in clearly communicating human resource risk management policies and procedures.	Both
IV.A.2.e	Skill in training employees to identify and limit/reduce high risk situations.	Both

**Required Texts**

N/A

**[GO TO NEXT PAGE FOR ASSIGNMENTS, ETC.]**

## Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, VIA, hard copy). All assignments must be uploaded to Blackboard. You must print and give the syllabus and all assignments to your Site-Supervisor on the first day and make a plan for getting your Weekly Reports signed and submitted before the deadline.

Students must complete 75 hours in a pre-approved clinical site and 75 hours in a pre-approved performance site. Failure to complete the required hours will result in a failure of the course. This syllabus (and all accompanying materials) must be given to the site-supervisor by the intern at the very beginning of each internship. You may not complete both internships simultaneously. All work is due by the hour-marks listed below or 11:59 p.m. on December 15, 2021 (whichever comes first).

Type	Points
<b>Weekly Reports</b> (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.	
<b>Exercise Instruction Assignments</b> (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 by the completion of 75 hours. The remaining two will be due on Blackboard by the completion of the next 75 hours.	
<b>Internship Reports</b> (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 75 hours at that site.	
<b>Supervisor’s Professionalism Evaluations</b> (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) by the completion of 75 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.	
<b>Mini e-Portfolio</b> (2 portfolios @ 150 points each)	300
Students will create a mini e-Portfolio by gathering information about each site (while they are at that site) and putting that information into a report that will be given back to the site supervisor (via email) and to the class instructor (via Blackboard). Instructions are found on Blackboard. Each report is due on Blackboard by the completion of 75 hours at each respective internship.	

## 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.*

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## 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%	

**If hours are incomplete on 12/15 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).**

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## Professional Dispositions

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

## Class Schedule

This class does not meet in-person. Students determine the schedule with their site supervisor.  
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 VIA should be directed to [viahelp@gmu.edu](mailto:viahelp@gmu.edu) or <https://cehd.gmu.edu/aero/assessments>. 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](mailto:titleix@gmu.edu).

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