

George Mason University
College of Education and Human Development
Kinesiology

KINE 341.DL1 – Kinesiology Internship I
3 Credits, Fall 2021

This class does not meet in-person.

Faculty

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Prerequisites/Corequisites

(KINE 200^C or 200^{XS}) and (KINE 310^C or 310^{XS}) and (KINE 330^C or 330^{XS}) and (KINE 350^C or 350^{XS}) and (KINE 370^C or 370^{XS}).

^C Requires minimum grade of C.

^{XS} Requires minimum grade of XS.

Students with a class of Freshman or Sophomore may not enroll.

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 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. 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

[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 weekly deadline. Students must complete 150 hours at a pre-approved fitness facility. All work is due by the hour-marks listed below. The final class deadline for hours is 11:59 p.m. on December 15, 2021.**

| 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) | 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. 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 150 hours. | |
| Internship Report (1 @ 150 points) | 150 |
| Upon completion of the internship, students are required to submit their report to Blackboard, 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 their approved site. | |
| Supervisor’s Professionalism Evaluations (2 @ 100 points each) | 200 |
| The Site Supervisor at each site will provide a written mid-term evaluation of the student (form provided on Blackboard) by the completion of 75 hours (which is when it is due on Blackboard) and a final mid-term evaluation using that same form by 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. | |
| KSA Checklist (1 @ 100 points) | 100 |
| Students will work with their site-supervisors to gain knowledge and experience for each objective on the list throughout the internship. As a student gains experience/knowledge for each item, it can be checked on the paper. All objectives must be checked and the completed form must be submitted to the proper place on Blackboard by the end of the 150 hours. | |
| Case Study Assignments (2 @ 100 points each) | 200 |
| Students will work with their site-supervisor to create an assessment and program for a client at the facility. If not allowed to work with a client, then it can be hypothetical (i.e. the supervisor creates a scenario for the student then guides them through it). The first case study will be due on Blackboard by the completion of 75 hours. The second one will be due on Blackboard by the completion of 150 hours. | |

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 = 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).

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 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.

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