

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

KINE 600.001 – Scientific Foundations of Applied Kinesiology  
3 Credits, Fall 2021

Tuesday: 8:30 to 10 am, ONLINE

Thursday: 8:30 to 10 am, 248 Katherine Johnson Hall– Science and Technology Campus

**Faculty**

Name: Dr. Joel Martin

Office hours: Virtually by appt.

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**Prerequisites/Corequisites**

Admission to the Kinesiology MS graduate program or approval of course instructor.

**University Catalog Course Description**

Examines the sub-fields of Kinesiology and the scientific practice of studying current issues related to physical activity, movement and health.

**Course Overview**

This course will provide students the opportunity to examine the various sub-disciplines of kinesiology and the scientific process. The course will place emphasize on evidence-based practices and facilitate the development of knowledge, skills and abilities necessary for critically appraising research literature.

**Course Delivery Method**

This course will be delivered using a hybrid 50% online format.

**Learner Outcomes or Objectives**

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

1. Describe and explain the sub-disciplines of kinesiology.
2. Analyze the scientific process across the sub-disciplines of kinesiology.
3. Synthesize scientific literature related to a current issue in a sub-discipline of kinesiology.
4. Evaluate published research in the sub-disciplines of applied kinesiology.

**Required Texts**

Amonette, W., English, K., Kraemer, W. Evidence-Based Practice in Exercise Science; 2016. ISBN-13: 978-1450434195.

Knoblauch, M. Professional Writing in Kinesiology and Sports Medicine. Slack Books; 2019. ISBN-13: 978-1630915063.

## 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 Examinations**

- **Participation & Online Assignments – 15 points**

Attending class, behaving professionally, and active participation are important components of this course. This class will involve both in-class and out of class assignments. These activities will help students to develop knowledge and skills related to the scientific study of issues in the field of Kinesiology .

- **Systematic Literature Review – 70 points**

This assignment is the culminating project for the course and will require a final paper and a presentation. The assignment is designed to assist you with identifying, clarifying, and the thoughtfully developing a research question and theoretical framework an issue in the field of Kinesiology. The development of a systematic research literature review illustrates familiarity with problem, formation and hypothesis development, review and critical analysis of the scholarly literature, and consideration of the implications of research findings. This assignment is comprised of multiple smaller assignments each having a specified amount of points and due dates that can be seen on the course schedule. The smaller assignments allow you to obtain feedback in order to improve your final submission.

- **Article Presentation – 15 points**

The intent of this assignment is to develop your presentation skills and communicate your proposed research to your colleagues and professors. **IMPORTANT - This is a Program Assessment.**

- **Other Requirements**

- **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. 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.

- **Alternate Schedule**

- This course may have professionals from the field as guest speakers. Due to their professional responsibilities, guest speakers may not be able to attend a scheduled class time. Therefore, this course may require meeting outside of regularly scheduled class times and/or travel to sites off campus. Students will be informed of such meetings one week in advance of the scheduled class meeting. Students will be expected to arrange transportation to and from the meeting site.

- **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](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 hand 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 (10<sup>th</sup> 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. Please address the subject line for all email pertaining to this course as: *EFHP 612: Last Name – purpose of email*. The following is an appropriate professional format:

Subject: KINE 600: Help with (fill in blank)

Dear Dr. Name, (*Introductory salutation*)

I have a question regarding one of the assignments. (*Text body*)

Regards, (*Ending Salutation*)

Mr./Mrs. Student (*Your name*)

*Note:* All email will be responded to in the order in which it is received. Students should allow 48 hours for a response.

- **Zotero**

- All students will have to use Zotero as their citation management software, and provide a digital copy of the library. Online tutorials, guides, and download of plugin is available at: <http://infoguides.gmu.edu/content.php?pid=23687&sid=170423>
- Zotero works best with Firefox browser, which is also free for download at: <http://www.mozilla.org/en-US/firefox/new/>. There is also an extension for the google browser (Chrome).
- There is also a standalone version for windows and Mac that can be downloaded from <https://www.zotero.org/>.

- **Course Performance Evaluation Weighting**

**Grading**

Assignments		% of Final Grade	Due Dates
#1	Participation & Online Assignments	20%	See Course Schedule
#2	Literature Review	70%	
	• Title page	<i>See Assignment Description</i>	
	• Introduction		
	• Search strategy		
	• Inclusion and exclusion criteria		
	• Flow diagram of search process		
	• Characteristics of included studies table		
	• Summary of findings		
	• References		
	• Zotero library file		
• Presentation			
#3	Article Presentation	10%	
TOTAL		100%	

- **Grading Policies**

The student's final letter grade will be earned based on the following scale:

<b>Grade</b>	<b>Percentage</b>
A	94 – 100%
A-	90 – 93%
B+	88 – 89%
B	84 – 87%
B-	80 – 83%
C	70 – 79%
F	0 – 69%

Note: \* 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.

### **Professional Dispositions**

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

Students are expected to exhibit professional behaviors and dispositions at all times.

## Class Schedule

Week / Date	Topic	Chapter/Assignment Due
1 / Aug 24	ONLINE: Introductions; Kinesiology Research & Evidence-Based Practice	EBP Chapter 1, 2 & 3
1 / Aug 26	IN-PERSON: Welcome to MS in Kinesiology! Welcome back social	<i>Online assignment #1</i>
2 / Aug 31	ONLINE: How to read a research article; Zotero is your friend	EBP Chapter 5 Articles on Blackboard
2 / Sept 2	<i>NO IN-PERSON</i>	<i>Online assignment #2</i>
3 / Sept 7	ONLINE: Guest Speaker – <i>GMU Librarian Mr. Carl Leak</i>	Articles on Blackboard
3 / Sept 9	IN-PERSON: Identifying a Topic and conducting a pilot search of the literature	EBP Chapter 6, 7 <i>Online assignment #3</i>
4 / Sept 14	ONLINE: Types of Reviews; Conducting a systematic literature search: an overview	
4 / Sept 16	<i>NO IN-PERSON</i>	<i>Online assignment #4</i>
5 / Sept 21	ONLINE: Outlining the Literature Review; How to write an introduction to a scientific paper	Professional Writing Chapter 2, 3, 4, 5
5 / Sept 23	IN-PERSON: Finalizing the search strategy	<i>Online assignment #5</i>
6 / Sept 28	ONLINE: Inclusion and exclusion criteria	
6 / Sept 30	<i>NO IN-PERSON</i>	<i>Online assignment #6</i>
7 / Oct 5	ONLINE: Guest Speaker 1 – TBD	Professional Writing Chapter 2 Articles on Blackboard
7 / Oct 7	IN-PERSON: Conducting the search	<i>Online assignment #7</i>
8 / Oct 12	<i>No Class – Columbus Day</i>	
8 / Oct 14	<i>NO IN-PERSON</i>	<i>Online assignment #8</i>
9 / Oct 19	ONLINE: Guest Speaker 2 – TBD	Articles on Blackboard
9 / Oct 20	IN-PERSON: Screening the articles	
10 / Oct 26	ONLINE: Guest Speaker 3 – TBD	Articles on Blackboard
10 / Oct 28	<i>NO IN-PERSON</i>	<i>Online assignment #9</i>
11 / Nov 2	ONLINE: Giving professional research presentations – types and best practices	Professional Writing Chapter 12, 13 Articles on Blackboard

11 / Nov 4	IN-PERSON: Extracting the important information	EBP Chapter 8, 9, 10 <i>Online assignment #10</i>
12 / Nov 9	ONLINE: Student Article Presentations	
12 / Nov 11	<i>NO IN-PERSON</i>	
13 / Nov 16	ONLINE: Student Article Presentations	
13 / Nov 18	IN-PERSON: Putting all the pieces together	Professional Writing Chapter 8, 10, 14, 15 <i>Online assignment #11</i>
14 / Nov 23	ONLINE: Office hours as needed	
14 / Nov 25	<i>No Class – Thanksgiving Recess</i>	
15 / Nov 30	ONLINE: Final Presentations	<b>Presentations Slides Due 8:30 am Nov 30</b>
15 / Dec 2	ONLINE: Final Presentations	
<b>Dec 10</b>	<b>Literature Review Due at Midnight</b>	

**Notes:**

- 1) Faculty reserves the right to alter the schedule as necessary, with notification to students.
- 2) All weekly assignments are due Sunday at Midnight unless otherwise noted.
- 3) EBP = Readings from Evidence-Based Practice in Exercise Science; Professional Writing = readings from Professional Writing in Kinesiology and Sports Medicine.

## 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](mailto: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](mailto:titleix@gmu.edu).

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