

George Mason University
College of Education and Human Development
Kinesiology

KINE 600.001 – Scientific Foundations of Applied Kinesiology
Science and Technology Campus
Fall 2024, 3 credits
Wednesdays, 10:30 a.m.- 1:10 p.m.

Faculty: Dr. Debra Stroiney*
Office hours: T 10:230-12:00 or by appointment
Office location: KJH 201D
Office phone: 703-993-7075
Email address: dstroine@gmu.edu

**Name and pronoun use: If you wish, please share your name and gender pronouns with me and indicate how best to address you in class and via email. I use “she, her” for myself, and you may address me as Dr. Stroiney in email and verbally.*

Contact Hours: I will respond to emails Monday-Friday between the hours of 7 a.m. and 4 p.m. Allow up to 24 hours for a response. I will not respond to emails on the weekends so please plan accordingly.

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 100% face to face.

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.

Readings & Supplemental Materials

Any supplementary materials will be posted on Canvas.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor.

Evaluation

Assignment	Points	Total
Article Reviews & Discussion (10)	15	150
Problem of the Day (10)	15	150
Science Communications (10)	20	200
Podcast (1)	50	50
Peer Reviews (3)	50	50
Total		600

Description of Evaluation

Article Reviews

Prior to class each week you will be responsible for reading and reviewing an article that is assigned for the subdiscipline being covered. 10 of the 15 total points will be engaging with the article online and answering questions on Perusal. 5 points will count towards your participation during the class discussion.

Problem of the Day

During class each week you will work with a team on a problem of the day that I will provide to you at the start of class. During class time you will work with your team to create an Evidence-Based Practice report for the problem. At the end of class your group will need to give a 5 min elevator pitch as to the what evidence you found and how it provides a solution to your problem/case study. You will be required to turn in the EBP report after class on Canvas. An outline and rubric will be provided.

Science Communication

After each class you will be required to develop a piece of communication related to the subdiscipline and problem covered in class that day. The communication will either be a blog, social media post, or video blog. An outline and rubric will be provided.

Podcast

You will be assigned to a group, and will conduct a podcast in a Kinesiology subdiscipline of your choosing. This should be an educational podcast using peer reviewed journals to cover the topic. An outline and rubric will be provided.

Peer Reviews

You will be required to do 3 peer reviews of your classmates work from the semester. This will include a peer review of the podcast, a blog, and social media post. An outline and rubric will be provided.

LATE WORK POLICY

No late work will be accepted in this course without a submitted extension request. The extension request must be submitted in place of the assignment, to the course instructor, by the assignment deadline. Extension requests must be submitted with an explanation as to why the student is unable to complete the assignment on time. No extension requests will be granted if submitted after the assignment deadline. Students are allowed one 24-hour extension per course. Extensions approved beyond 24 hours are at the discretion of the instructor. Extensions cannot be requested for presentations. In dire or extenuating circumstances, students may be allotted additional extensions or make up opportunities at the instructor's discretion with a possible point reduction of 20% for every day the assignment is late.

Use of Generative AI

When explicitly stated by the instructor, Generative AI tools are allowed on the named assignment. Students will be directed if and when citation or statement-of-usage direction is required. Use of these tools on any assignment not specified will be considered a violation of the academic integrity policy.

Some student work may be analyzed using an originality detection tool focused on AI tools. Generative AI detection tool use will be revealed when the assignment directions are provided to students.

Use of Generative AI tools will sometimes be in alignment with the learning outcomes for this course; when meeting the outcome requires original human action, creativity or knowledge, AI tool use would not align with the stated course goals.

There will be times in X field that use of AI tools will be needed for you to do well at the job and there will be times where you will need to be able to do the work without support from these tools. This course aims to provide you with experience in the real-world scenarios that you may encounter once you leave the university

Academic Integrity Policy

Plagiarism in this class is defined as a student using another's work, words, or ideas without acknowledging the source. Including but not limited to copying another student's paper and copying directly from AI sources. As well as copying content from articles, websites, and other sources without proper citations. It is an offense that should be taken serious as a both a student a professional.

The following consequences will occur in this course when plagiarism or dishonestly of any kind is detected:

First Offense = You will receive a zero on the assignment.

Second Offense = You will receive a failing grade in the course.

Third Offense = You will receive a failing grade in the course and will be reported to the academic integrity office.

Grading

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

Grade	Percentage
A	93 – 100%
A-	90 – 92.9%
B+	87 – 89.9%
B	83 – 86.9%
B-	80 – 82.9%
C	70 – 79%
F	0 – 69%

Do I round up?

I only round up if your grade is over the xx.9%. Please do not email me at the end of the semester asking if I will round up your grade or for extra credit. Put your best effort into the assignments and quizzes during the semester.

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.

- 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 or telephone. 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.
 - 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). 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 had 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 (10th 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.

CEHD Commitments

The College of Education and Human Development is committed to fostering collaboration and community, promoting justice and equity, and advancing research-informed practice. Students are expected to adhere to, and contribute to, these commitments, the CEHD Mission, and Core Values of George Mason University.

More information can be found here: <https://cehd.gmu.edu/about/culture/>

GMU Policies and Resources for Students

Policies

- Students must adhere to Mason's Academic Standards (see <https://catalog.gmu.edu/policies/academic-standards/>)
- 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 your LMS should be directed to:
 - Blackboard Learn: <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>
 - Canvas: <https://its.gmu.edu/service/canvas/>

- For information on student support resources on campus, see: <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
 - TimelyCare: <https://caps.gmu.edu/timelycare-services/>
 - Writing Center: <https://writingcenter.gmu.edu/>
- For additional information on the College of Education and Human Development’s Student Success Resources, please visit: <https://cehd.gmu.edu/students/>.

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

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu

Class Schedule

Date	Topic	Assignments
8/28	Class Introductions & Expectations	
9/4	Evidence Based Practice	
9/11	Science Communication	
9/18	Exercise Physiology	Article Review 1
9/25	Biomechanics	Article Review 2 EBP Report Due SciCom Due
10/2	Motor Behavior	Article Review 3 EBP Report Due SciCom Due
10/9	Strength & Conditioning	Article Review 4 EBP Report Due SciCom Due
10/16	Clinical Exercise Physiology	Article Review 5 EBP Report Due SciCom Due

10/23	Sport Nutrition	Article Review 6 EBP Report Due SciCom Due
10/30	Exercise Is Medicine	Article Review 7 EBP Report Due SciCom Due
11/6	Sports Medicine & Rehabilitation	Article Review 8 EBP Report Due SciCom Due
11/13	Sport & Exercise Psychology	Article Review 9 EBP Report Due SciCom Due
11/20	Health Promotion & Public Health	Article Review 10 EBP Report Due SciCom Due
11/27	No Class Happy Thanksgiving!	
12/4	Podcasts & Peer Reviews	