

GEORGE MASON UNIVERSITY  
School of Recreation, Health and Tourism  
Division of Health and Human Performance

KINE 490-002: Kinesiology Internship III (12)  
Spring 2015

DAY/TIME:	NA	LOCATION:	NA
INSTRUCTOR:	Dr. Margaret T. Jones	EMAIL ADDRESS:	mjones15@gmu.edu
OFFICE LOCATION:	208A Bull Run Hall	PHONE NUMBER:	703-993-3247
OFFICE HOURS:	Wednesday 12-2:00	FAX NUMBER:	703-993-2025

PREREQUISITES: 90 credits (Senior status), KINE 330, KINE 341, KINE 400, KINE 410, KINE 420, KINE 441, Attempt of the Health Fitness Certification (HFS) or Certified Strength and Conditioning Specialist (CSCS) exam, Current CPR, AED, and First Aid Certification

#### COURSE DESCRIPTION

Provides a directed, field-based experience, in which students observe and participate in conditions, practices, and settings where sought career roles are conducted. The kinesiology fieldwork coordinator must approve placement for the internship. Both a University supervisor and an approved agency supervisor with recognized professional certifications coordinate and oversee the student's internship experience.

#### NATURE OF COURSE DELIVERY:

In addition to requiring a minimum of 400 internship hours, this course will include a presentation of the student's special project, which will be face to face.

#### COURSE OBJECTIVES

This course is designed to enable students to:

1. Synthesize theories, concepts, and philosophies learned through academic and relevant professional experiences to the vocational setting
2. Demonstrate skills and competencies of an entry-level kinesiology professional in the vocational setting
3. Assess his/her current professional strengths and areas in need of improvement
4. Set personal objectives for a career in kinesiology utilizing both personal assessment and evaluation by the academic institution and the internship site

#### COURSE OVERVIEW

This is the final of three fieldwork experiences in which students are provided an opportunity to practice and refine practitioner-oriented skills that are required of entry-level kinesiology professionals. This course satisfies the University general education requirement for the synthesis course. The purpose of the synthesis course is to provide students with the opportunity to synthesize the knowledge, skills, and values gained from the general education curriculum. Students are held to the standards of the George

Mason University Honor Code. Students are expected to meet all course requirements and fulfill your duties and responsibilities as stipulated by the onsite supervisor.

#### ACCREDITATION 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>
	<b>GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING</b>	
1.7.32	Ability to communicate appropriately with exercise participants during initial screening and exercise programming.	Lab
	<b>GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT</b>	
1.11.8	Ability to create and maintain records pertaining to participant exercise adherence, retention, and goal setting.	Lab
1.11.9	Ability to develop and administer educational programs (e.g., lectures, workshops) and educational materials.	Lab
1.11.12	Ability to provide and administer appropriate customer service.	Lab

#### REQUIRED READINGS

*Internship manual (2012)*. School of Recreation, Health, and Tourism, George Mason University, Manassas, Virginia.

#### EVALUATION

This course will be graded on a point system, with a total of 130 possible points.

<b>ASSIGNMENTS</b>	<b>POINTS</b>
Weekly internship report	20
Special Project	20
Presentation	20
Mid-Term Evaluation	25
Final Evaluation	25
Senior Survey	20
<b>Total Points Possible</b>	<b>130</b>

Grading – The University Supervisor assigns the grade based on the intern’s meeting of the course requirements. The grade will either be “Satisfactory” (S), reflecting a C grade of better, or a “No Credit” (NC), which is the equivalent to a failing grade. Anyone receiving a grade of NC will be required to begin a new internship experience, including re-enrollment and repayment for the 12-credit hours. An ‘Incomplete’ (IN) grade may be assigned until all course work requirements are completed and submitted to the University Supervisor, who is responsible for overseeing the internship. Once all requirements have been met, the University Supervisor changes the ‘Incomplete’ grade to ‘Satisfactory’ by submitting a

Change of Grade Form to the Registrar. Credits for this course count toward General Education and Professional Course work for graduation requirements.

Quality of work – Full credit for assignments will be earned by submitting professional products on time.

Assignments will be graded as follows:

- *Weekly internship reports:* Weekly hours are accumulated Monday- Sunday. Reports are due via Blackboard by midnight on Monday, the day after the week closes. Reports must be thoughtful and well-written.
- *Special Project and Presentation:* See Special Project Information Sheet and the information regarding the presentation in the Internship Manual.
- *Mid-Term Evaluation/Final Evaluation:* Students must solicit completion of their evaluations by their site supervisors. Mid-term evaluations must be submitted to me very soon after completion of 200 hours. I would like to do your site visit after receipt of your evaluation. Final evaluations must be submitted as soon as possible after completion of hours. The goal is to improve on your weaknesses from your midterm to your final evaluation. Work habits, including appearance, motivation and dependability must be rated “average” or above or you will lose points.
- *Senior Survey:* submit this as soon as possible upon completion of your intern experience. Your final grade will not be submitted until it is received.

#### TENTATIVE COURSE SCHEDULE

The course will follow what is described in the Kinesiology Internship Manual.

*Note: Faculty reserves the right to alter the schedule as necessary.*

#### **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:

**Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

**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.

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**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.

