

George Mason University
College of Education and Human Development
Kinesiology

KINE 490 (002) – Kinesiology Internship III
12 Credits, Fall 2016

Faculty

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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

University Catalog 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 faculty advisor and an approved agency supervisor with recognized professional certifications coordinate and oversee the student's internship experience.

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.

Course Delivery Method

In addition to requiring a minimum of 400 internship hours (30 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. 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

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
	GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING	
1.7.32	Ability to communicate appropriately with exercise participants during initial screening and exercise programming.	Lab
	GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT	
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 Text

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

Course Performance Evaluation

- *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 Proposal Form as well as Guidelines for the Special Project Presentation (available at Bb KINE 490).
- *Mid-Point and End-Point Performance Assessments*: Each completed by the agency supervisor and shared with intern then submitted to faculty advisor. The mid-point Performance Assessment is the basis to the site visit conducted by the faculty advisor.
- ACSM EP-C or NSCA CSCS exam results in official score report
- Portfolio: Faculty advisor works with intern to compile during the internship
- *Internship Evaluation and Senior Survey*: Completed at end of internship

Grading

The faculty supervisor (KINE 490 instructor) assigns the grade based on the intern's meeting of the internship requirements. The grade will either be "Satisfactory" (S), reflecting a C grade or 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 internship requirements are completed.

Professional Dispositions

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 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 <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

Class Schedule

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

Assessment Rubric

Presentation Rubric: KINE 490

Student Code: _____ Agency Name: _____ Reviewer: _____ Score _____

Criteria/Score	Highly Competent, 3 points	Competent, 2 points	Minimal Competency, 1 point	Unsatisfactory, 0 points
Attire	Professional look	Appropriate attire, but could be more professional	Casual attire (t-shirt, jeans)	General attire not appropriate
Oral Communication	Excellent style involving matching verbal and nonverbal style, good projection with inflection, spontaneous speaking	Generally good delivery and spontaneity but could improve	Either fluent delivery but reading, or awkward delivery but spontaneous	Poor style (long pauses, reading speech, "Umm..." and other mannerisms, poor eye contact, monotone, etc.)
Organization	Information is presented in logical, interesting sequence which audience can follow	Information is presented in a logical sequence but the organization could improve	Audience has difficulty following presentation	Audience cannot understand presentation because there is no sequence of information
Internship site	Mission, services, personnel clearly explained	Some information missing	Most information missing	Failed to mention relevant information about the site
Internship responsibilities	Thoroughly communicates role within the organization	Responsibilities are minimally discussed	Responsibilities are unclear	Responsibilities are not presented
Special Project	Clear explanation of purpose, methods, outcome, and contribution to the agency	Project is explained but key factors are missing	Project is mentioned, but purpose, methods, outcome, and contribution are poorly explained	Little or no explanation of purpose, methods, outcome, and contribution to the agency
What you learned/application for the future	Effective communication of learning and application	Learning and application are addressed mediocly	Learning and application are poorly addressed	Learning and application are not discussed
Length of Presentation	Within two minutes of allotted time +/-	Within three minutes of allotted time +/-	Within four minutes of allotted time +/-	Within five minutes of allotted time +/-
Discussion	Uses knowledge of topic to facilitate discussion, respond to feedback, and answer questions	Good discussion but exploration of ideas could be improved	Unclear/disorganized responses to audience questions or comments	Virtually no discussion, one word answers/responses