

George Mason University
College of Education and Human Development
Kinesiology

KINE 441.002– Kinesiology Internship II
3 Credits, Spring 2020
Thursday 3:00-4:30pm, Katherine G. Johnson Hall 253- SciTech Campus

Faculty

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Prerequisites/Corequisites

KINE 341^C, 360^C and 380^C.

^C Requires minimum grade of C.

University Catalog Course Description

Provides a supervised professional experience in two separate approved kinesiology professional settings under the supervision of both a University Supervisor and an Agency Supervisor with emphasis placed upon exercise programming and implementation for both clinical (site 1) and performance (site 2) populations. Current CPR, AED, and First Aid Certification required. Offered by Recreation, Health & Tourism. Limited to three attempts.

Course Overview

Please refer to the Kinesiology Internship Manual and other relevant materials found on the Kinesiology Organization page on Blackboard.

Course Delivery Method

This course will be delivered using an internship format. There will also be six in-person class sessions.

Learner Outcomes or Objectives

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

1. Understand the rationale for exercise prescription and progression for patients in a clinically supervised exercise setting;
2. Perform appropriate patient monitoring during exercise;
3. Understand how movement and exercise tests are used to diagnose disease and dysfunction;
4. Assess sport performance variables through appropriate testing techniques;
5. Design training programs for the purpose of improving or maintaining athletic performance;
6. Understand operational function of the facility;
7. Instruct patients/clients how to properly perform a variety of exercises in a one-on-one and/or group setting;
8. Communicate effectively with patients/clients and staff

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: SAFETY, INJURY PREVENTION, AND EMERGENCY PROCEDURES	
1.10.13	Knowledge of the components of an equipment maintenance/repair program and how it may be used to evaluate the condition of exercise equipment to reduce the potential risk of injury.	Both
1.10.18	Knowledge of basic ergonomics to address daily activities that may cause musculoskeletal problems in the workplace, and the ability to recommend exercises to alleviate symptoms caused by repetitive movements.	Both
	GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT	
1.11.3	Knowledge of how to manage of a fitness department (e.g., working within a budget, interviewing and training staff, scheduling, running staff meetings, staff development).	Both
1.11.6	Ability to administer fitness-related programs within established budgetary guidelines.	Both
1.11.11	Knowledge of networking techniques with other health care professionals for referral purposes.	Both
1.11.12	Ability to provide and administer appropriate customer service.	Lab

Required Texts

N/A

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).

In addition to the evaluations below, students must complete 75 hours in a clinical site and 75 hours in a performance site. Failure to complete the required hours will result in a failure of the course.

Type	Points
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Completion of Hours and Weekly Reports (150 hours/points)

150

Students will submit weekly reports including their hours of experience completed that week and the answer to five questions about their experience that week. Reports must be signed by your Site Supervisor, or if unavailable, the professional you were working with that week. All reports from the previous week will be due by Monday at 1:30pm. If the student completes their hours before the end of the semester, they will receive full credit for any remaining reports. Your Weekly Report points on Blackboard is my count of how many hours you have completed; if it does not reach 150 (75 per site), then you fail the class.

Case Studies (4 @ 25 points each; 2 per site)

100

Students will document the evaluation and exercise programming of 4 clients. The first two case studies will be due by Thursday, March 12nd at 3:00pm. The remaining two will be due by Thursday, April 9th at 3:00pm. (Objectives 1,3,4,5)

Exercise Instruction (4 @ 25 points each; 2 per site)

100

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. The first two exercise instruction evaluations will be due by Thursday, March 12nd at 3:00pm. The remaining two will be due by Thursday, April 9th at 3:00pm (Objective 2,7)

Internship Report (2 @ 25 points)

50

Upon completion of each internship site, students are required to submit their report, which will serve as a comprehensive account of the internship experience (The first report will be due by Thursday, February 27th at 3:00pm, with the second due by , March 26th at 3:00pm). (Objective 6)

Supervisor's Professionalism Evaluations (2 @ 100 points each; 1 per site)

200

The Site Supervisor will provide a written evaluation of the student's professional appearance, communication skills and rapport with clients/patients and staff at the midterm (due by Thursday, March 26th at 3:00pm and at the end of the semester (due by Sunday, May 3th at 12:00am). (Objective 8)

Attendance (6 meetings @ 50 points each)

300

*Students are expected to attend all class meetings. 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. **Site-specific information discussed in class is confidential.** (Objectives 1-8)*

Participation – *Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.*

Professionalism

100

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%	

Total Points Possible: 1000

Late Assignments will be docked 10% of the assignment’s possible points for each day that it is late.

Professional Dispositions

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

Class Schedule

DATE	TOPIC
January 23 th	Course Introduction
February 6 th	Assessment, screening, and goal setting
February 20 th	Networking/Marketing/Referrals
March 12 th	Managing Staff
March 26 th	Equipment Maintenance/Budgeting
April 9 th	Ergonomics/Movement-Exercise Instruction

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 Tk20 should be directed to 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.

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