

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

KINE 341. DL 1 – Kinesiology Internship I  
3 Credits, Spring 2021  
Online campus

**Faculty**

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**Prerequisites/Corequisites**

Required Prerequisites: (KINE 200C, 310C, 330C, 350C and 370C).  
C Requires minimum grade of C.

**University Catalog Course Description**

Provides a paid or voluntary supervised professional experience in an approved exercise science professional setting under the supervision of a practicum University Supervisor and Agency Supervisor. 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. This course will also be delivered online (76% or more) using an asynchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password.

**Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

*Technical Requirements*

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:  
[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#supported-browsers](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers)

To get a list of supported operation systems on different devices see:

[https://help.blackboard.com/Learn/Student/Getting\\_Started/Browser\\_Support#tested-devices-and-operating-systems](https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems)

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
  - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
  - Windows Media Player:  
<https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
  - Apple Quick Time Player: [www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)

### *Expectations*

- Log-in Frequency:  
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week.
- Participation:  
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:  
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:  
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:  
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support:  
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the

instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to ensure accessibility must be registered with George Mason University Disability Services.

### Learner Outcomes or Objectives

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

1. Describe and analyze the managerial and operational structure of their practicum site;
2. Demonstrate skills and competencies in exercise science programming and service delivery;
3. Evaluate their personal strengths and weaknesses in light of demands and expectations of employment in the various positions in the field; and
4. Set career objectives in the exercise science professional field.

**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):

<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: SAFETY, INJURY PREVENTION, AND EMERGENCY PROCEDURES</b>	
1.10.17	Ability to identify the components that contributes to the maintenance of a safe environment including equipment operation and maintenance, proper sanitation, safety and maintenance of exercise areas, and overall facility maintenance.	Both
	<b>GENERAL POPULATION/CORE: PROGRAM ADMINISTRATION, QUALITY ASSURANCE, AND OUTCOME ASSESSMENT</b>	
1.11.1	Knowledge of the health/fitness instructor's role in administration and	Both

	program management within a health/fitness facility.	
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
1.11.4	Knowledge of the importance of tracking and evaluating member retention.	Lab
1.11.6	Ability to administer fitness-related programs within established budgetary guidelines.	Lab
1.11.7	Ability to develop marketing materials for the purpose of promoting fitness-related programs.	Both
1.11.10	Knowledge of basic sales techniques to promote health, fitness, and wellness services.	Lab
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 150 hours at their site. Failure to complete the required hours will result in a failure of the course.

Type	Points
<b>Completion of Hours and Weekly Reports</b> (150 hours/points)	150
<i>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 11:59pm. 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, then you fail the class.</i>	
<b>Case Studies</b> (4 @ 25 points each)	100
<i>Students will document the evaluation and exercise programming of 4 clients. The first two case studies will be due by Tuesday, March 16<sup>th</sup> at 11:30pm. The remaining two will be due by Tuesday, May 4<sup>th</sup> at 11:30pm. (Objective 2)</i>	
<b>Exercise Instruction</b> (4 @ 25 points each)	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 Tuesday, March 16<sup>th</sup> at 11:30pm. The remaining two will be due by Tuesday, May 4<sup>th</sup> at 11:30pm. (Objective 2)*

**Internship Report (1 @ 100 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 (due by May 4<sup>th</sup> at 11:59pm). (Objective 3)*

**Mock Interview Completion (1 @ 50 points)**

50

*Students will schedule and complete a Mock Interview with Career Services. Due by Tuesday, April 20<sup>th</sup> at 11:59pm.*

**Discussion group (3 meetings @ 50 points each)**

150

*Students are expected to log into the discussion group on the desired date below. Please answer the discussion questions and reply to at least one of your classmates discussion thread. If you cannot log on the date 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 1-4)*

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

**Supervisor's Professionalism Evaluations (2 @ 100 points each)**

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 or 75 hours (due by Tuesday, March 16<sup>th</sup> at 11:30pm) and at the end of the semester or 150 hours (due by Tuesday, May 4<sup>th</sup> at 11:30pm). (Objective 8)*

**Professionalism**

50

*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 an online setting professionalism generally comprises the following components:*

Communication – *When communicating with the instructor and classmates, either online 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 online 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%

Grading Scale Total Points Possible: 850

## Professional Dispositions

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

## Discussion Topic Schedule

Date	Discussion Topics
Jan 25 <sup>th</sup>	Co-worker & Client Interaction
Mar 1 <sup>st</sup>	Professional Development & Networking
Apr 26 <sup>th</sup>	Managing a Fitness Facility: Marketing, Pricing, Budgets, Managing Staff, Equipment/Facility Maintenance, Emergency Procedures

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](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/> .**