

KINE 495: Internship in Kinesiology

California State University San Marcos

Spring 2020

CRN: 22866

Instructor: Devin Jindrich
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Office Hours: Tuesdays 2:00–3:00
and by appointment

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3 Credit Hours

“Too often what remains is a case of someone who understands the good without doing it, because we also understand what is better without being able to do it.” - Nietzsche

COURSE DESCRIPTION

Practical application of principles related to Kinesiology in a 90-hour internship approved by student's faculty advisor. Grading Basis: Graded Credit (CR) /No Credit (NC) or Report in Progress (RP). May be repeated once for credit. Enrollment restricted to students with Senior standing in last year of Program who have applied for graduation and have obtained consent of their faculty advisor.

LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

1. Engage in a meaningful professional experience at a site related to their future career goals.
2. Display their professionalism as a representative of CSUSM and the Department of Kinesiology
3. Interact with their peers in a discussion/forum during class meetings and online discussions.
4. Gain an appreciation for the wide variety of potential employment opportunities for a graduate of Kinesiology.
5. Refine their resume, cover letter, and create an effective professional online identity.

DEPARTMENT EXPECTATIONS

You are expected to represent our University and our Department with diligence and respect. Remember, your performance at your internship site directly reflects CSUSM and the Kinesiology department and may be the ONLY exposure the site has ever had to us. You are expected to arrive ON TIME, be neatly and appropriately dressed, and maintain a professional demeanor at all times. All submitted work should be THE BEST REFLECTION of your ability as a student, and should therefore be grammatically and technically correct.

KINESIOLOGY PROGRAM LEARNING GOALS

KINE 495 is designed to contribute to all of the Kinesiology Department student learning goals:

1. Describe fundamental principles of Kinesiology, including anatomy and physiology, teaching movement related skills, physiological response to exercise, and the mechanics and control of movement.
2. Apply Kinesiology related skills to real-world problems through empirical research, internships, field experience, and/or service learning.
3. Evaluate movement science questions through 1) the performance of health, fitness, and movement assessment, 2) the acquisition, analysis, and interpretation of original data, and 3) the appraisal and application of information from current research literature.
4. Utilize oral and written communication that meets appropriate professional and scientific standards in Kinesiology.
5. Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond CSUSM.

CLASS MEETINGS

This class is taught in a hybrid style. We will have five (5) MANDATORY face-to-face meetings, Thursday evenings on the following dates:

23 January, 20 February, 19 March, 16 April, 07 May.

Meetings will be from 5:30PM - 8:20PM, Markstein Hall 214.

Meetings will utilize guided discussion of your experiences in order to gain insight and support from your peers. In addition, it will provide an opportunity for discussion of careers, professionalism in the workplace, resume and cover letter writing, and interviewing skills. These discussions will continue online and students are expected to engage with other students according to the discussions posted by the instructor. Arrive to class ON TIME and you will be required to remain the entire time. Attendance will be taken and you will not receive credit for any absences. If you miss a required class, you may risk NOT passing the course and/or NOT graduating. Plan your schedules accordingly to attend all required class meetings.

WEBSITE

Assignments, handouts, online lectures and notes, quizzes, instructor correspondence, grades, etc. will be available through the course website. If you need help with web access or computer use or have any unique needs, please contact the instructor.

EMAIL

I always make an effort to respond to emails as promptly and thoroughly as possible. To facilitate this it is important for me to be able to easily identify class emails. Consequently, I request that any emails that you send me about the course begin with "KINE495:" in the subject line. For example, a subject could read "KINE495: Appointment Request." I cannot guarantee responses to emails that do not have "KINE495:" in the subject. In the case that I am slow to respond to an email, please feel free to simply re-send the message. My inbox gets out of control

sometimes, and emails can get lost or mis-filed, and I appreciate the reminder if I have somehow misplaced a message or failed to respond for any other reason.

SCHEDULES

The schedules and assignments contained in this syllabus may be subject to change. It is up to you to make sure that you are aware of all announcements concerning changes in the course outline, readings, assignments, exams, and other matters made during class periods whether or not you are in attendance when announcements are made. Some assignments for each class are listed below. Preparing before class is likely to lead to more interesting class time and also facilitate studying.

ATTENDANCE

Regular attendance is essential. Many missed assignments, including quizzes or lab activities, CANNOT be made up, except in the case of university business or religious holiday. Accepting late assignments is not fair to other students for several reasons. For example, late assignments interfere with our ability to discuss assignments during class periods.

CLASSROOM COURTESY

Please follow these guidelines for common courtesy:

- Respect individual diversity of each person in the class.
- Turn Cell Phones off before class, do not text message.
- Do not listen to a device during class time, including keeping the ear piece in your ear.
- Use computers in class only for class activity. Attempts to multitask (i.e. texting, etc.) will decrease performance

ACCOMODATIONS FOR DISABILITIES

We will make any reasonable accommodations for limitations due to any disability including learning disabilities. Please arrange an appointment to see me to discuss any needs you might have. All discussions are confidential. Students with disabilities who require academic accommodations must be approved for services by providing appropriate and recent documentation to the Office of Disabled Student Services (DSS). This office is located in Craven Hall 4300 and can be contacted by phone at (760) 750-4905, TDD (760) 750-4909 or by email at: dss@csusm.edu. Students authorized by DSS to receive accommodations should meet with me during my office hours, or in another private setting, in order to ensure your confidentiality. **Note:** Please inform me during the first week of classes about any disability or special needs that you have that may require specific arrangements related to attending the class sessions, carrying out class assignments, or writing papers or examinations.

CLASSROOM HONESTY AND INTEGRITY

Honesty and integrity are a reflection of your character. Therefore, cheating is considered a serious offense. Students will be expected to adhere to standards of academic honesty and integrity, as outlined in the Student Academic Honesty Policy. All written work and oral presentation assignments must be original work. All ideas/material that are derived from other sources must have appropriate references to the original sources. Any quoted material should give credit to the source and be punctuated with quotation marks.

Students are responsible for honest completion of their work including examinations. There will be no tolerance for infractions. If you believe there has been an infraction by someone in the class, please bring it to the instructor's attention. The instructor reserves the right to discipline any student for academic dishonesty, in accordance with the general rules and regulations of the university.

Disciplinary action may include the lowering of grades and/or the assignment of a failing grade for an exam, assignment, or the class as a whole. Incidents of Academic Dishonesty will be reported to the Dean of Students. Sanctions at the University level may include suspension or expulsion from the University.

Students are expected to conduct themselves in a manner appropriate for class and comply with the rules of student conduct. The rules of student conduct are included in the California Code of Regulations, Title 5, and beginning at Section 41301. A student who violates university policies or regulations is subject to disciplinary action, which can result in a warning, reprimand, probation, suspension, or expulsion. The Chancellor of the California State University specifies procedures under which the university may take disciplinary action against a student. These procedures are on file in the Office of the Dean of Students, Craven Hall, Room 5306.

GRADING.

Credit, No Credit, or Report in Progress (RP) for internships that are still progressing but not completed at end of the semester.

EVALUATION ITEMS

In order to receive credit, ALL items presented below must be completed. In addition, you must submit the signed time sheet and the site supervisor's evaluation of student performance. The evaluation must be completed by your supervisor(s) and either emailed to the instructor, or placed into a sealed envelope and delivered to the instructor.

Make sure you keep track of the deadlines for submission of all work! In order to receive credit, you must complete the following tasks:

1. A minimum of 90 contact hours at an internship site and submit all required forms. All hours must be completed by **the end of the semester** (See Cougar Courses).

2. Class meetings: There are five (5) required class meetings and you are expected arrive on time and stay for the entire duration. You are also expected to contribute to class discussions relevant to the internship experience and learn from your peers' experiences.

3. Learning Plan: You are expected to develop a specific learning plan for your Internship. The learning plan will be focused on approximately three learning goals, how the learning goals fit into your overall life and career objectives, and a timeline for completing the goals. You will be asked to provide clear, written explanations of how you achieved (or why you didn't achieve) each goal. Learning plan due before **11:59 p.m., 19 February**.

4. Mock Interview: Complete the Big Interview module through the Career Center. Big Interview due before **11:59 p.m., 18 March**.

5. Resume and Personal Statement/Cover Letter: Submit a professional resume and cover letter or personal statement. Instructions will be covered in class and in Cougar Courses. Resumes and cover letters/personal statements due before **11:59 p.m., 15 April**.

6. LinkedIn Site: Establish a career web presence (website). Instructions will be covered in class and in Cougar Courses. Due before **11:59 p.m., 06 May**.