

San José State University
College of Health and Human Sciences/Kinesiology
KIN185 Section 05, Senior Seminar, Fall 2018

Instructor:	Linda D. Wilkin, Ph.D.
Office Location:	SPX156
Email:	linda.wilkin@sjsu.edu
Office Hours:	Tuesday – 8 – 9 am Or by appointment
Class Days/Time:	Thursday 9:30– 10:20 am
Classroom:	SPX153
Prerequisites:	Prerequisite: KIN 070, Kinesiology Majors ONLY, KIN Minors with instructor consent. Major form completed and signed by an advisor, advising manager, and undergraduate coordinator, KIN 197 or KIN 198 prerequisite or co-requisite.

Course Format

Faculty Web Page and MYSJSU Messaging

Copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on Canvas. You are responsible for regularly checking with the messaging system through MySJSU and Canvas.

Course Description

Active learning capstone course designed to synthesize students' undergraduate preparation, including internship experiences.

Capstone course designed to integrate and synthesize students' knowledge and skills gained in their undergraduate preparation through active participation in the class and reflection **on** the internship experience; requires completion of a professional portfolio and a movement project

Kinesiology Program Objectives Program Learning Outcomes (PLO)

At the end of a Bachelor of Science degree program in the Department of Kinesiology students should be able:

PLO 1- to obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.

PLO 2- to effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.

PLO 3- to apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.

PLO 4- to recognize and apply sustainable approaches as they relate to kinesiology.

PLO 5- to identify social justice and equity issues related to kinesiology for various populations

Course Goals and Student Learning Objectives

Upon successful completion of the course, each student will be able to demonstrate:

1. Knowledge of the various sub disciplines and related academic organizations within the field of Kinesiology;
2. Ability to locate and critique scholarly peer reviewed literature in Kinesiology and demonstrate an understanding of how evidence based practice applies to their emphasis and practice;.
3. Understanding of current issues in Kinesiology and their sub disciplines and demonstrate strategies to engage with these issues in practice;
4. Ability to research, synthesize, and present information on selected topics in Kinesiology;
5. Ability to reason, discuss, and communicate information pertinent to Kinesiology and related fields;
6. Understanding of diversity and social justice as they relate to human movement and within the various sub disciplines;
7. Ability to assemble a personal e-portfolio;
8. Ability to apply their knowledge of Kinesiology in a clinical or practical setting.

Required Texts/Readings

Textbook

No textbook required

Other Readings

Available on Canvas under modules

Definition of a Credit Hour

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, the expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and six hours of out-of-class student work each week.

Library Liaison

The KIN library liaison is Poo, Adriana, Phone: [\(408\) 808-2019](tel:4088082019), Email: adriana.poo@sjsu.edu

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drops, academic renewal, etc. [Information on add/drops is available at http://info.sjsu.edu/web-dbgen/narr/soc-fall/rec-324.html](http://info.sjsu.edu/web-dbgen/narr/soc-fall/rec-324.html) . [Information about late drop is available at http://www.sjsu.edu/sac/advising/latedrops/policy/](http://www.sjsu.edu/sac/advising/latedrops/policy/)
Course Requirements and Assignments (Required)

Grading Information

Assignments and Grading Policy

Active Class Participation and Reading Responses 30%

This portion of the grade will be assessed by evaluating students' active participation in each seminar session. No participation will result in no score for this part of the assessment. Further explanation: This means that you are expected and responsible for preparing materials for each seminar session. You are expected to speak and make effective class contributions by contributing to class discussions, and by listening and respecting opinions of others. ABSOLUTELY no makeup points will be available for this component and of course DUE weekly.

Professional Portfolio 30% Each student will be required to assemble a professional portfolio, which will include a professional resume and your participation in a mock interview. The portfolio shall contain all supporting documents related to the student's program of study, work, and internship experiences. This includes the internship reflective journal and any other documentation of additional certifications, athletic or sport experiences, awards and honors, attended workshops and conferences, presentations and publications, and other relevant materials related to the student's professional preparation for a career in the field of kinesiology. Preparation of the portfolio and professional resume will be reviewed and discussed in class.

Movement Project: Literature Review and Deliverable 30%

Each student will be required to complete a movement project. The movement project's final outcome (or product) may take one of many different formats, depending on the student's emphasis area as well as her or his career goals. Examples of acceptable final products may include a manual, pamphlet, website, podcast, YouTube video, PowerPoint presentation, or publication. A review of literature using both primary and

secondary references is required as a part of the movement project's final product. Further details will be discussed in class.

Final exam 10%

Date Monday December 17, 9:45 am – 12:00 pm

Grading Policy Assignment of Final Course Grade

100-97%=A+; 96-93%=A; 92-90%=A-; 89-87%=B+; 86-83%=B; 82-80%=B-; 79-77%=C+; 76-73%=C; 72-70%=C-; 69-67%=D+; 66-63%=D; 62-60%=D-; below 60%= F

Classroom Protocol

Attendance Students are strongly encouraged to attend and participate in all class sessions. Students shall be excused from class or other scheduled academic activity to observe a religious holy day of their faith with prior written notification via email to the instructor. Due Dates: Without documented serious and compelling reasons, no paper will be accepted late (late = after the due date specified by the instructor).

In the classroom, students may use computers only for class-related activities such as taking notes, following the lecture on Web-based PowerPoint slides that the instructor has posted, or finding Web sites to which the instructor directs students at the time of the lecture. Students should abstain from “surfing the web” and/or engaging in IM's during class, the teacher reserves the right to close the computer, or ask the student to leave the class. This will affect your participation in the class.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

KIN185 05 / Senior Seminar, Fall, Course Schedule

The schedule is subject to change with fair notice posted on Canvas and announced in class.

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/23	Introduction; Readings A
2	8/30	Required Readings A – KT Summer 2018; World Wide Survey of Fitness Trends
3	9/6	Required Readings A – CrossFit Dr McGil
4	9/13	Required Readings B – Exercise is Medicine
5	9/20	Required Readings B – Life as a PA
6	9/27	Required Readings C – PT-PTA Relationship
7	10/4	Required Readings C – Resume and interviewing Articles
8	10/11	Required Readings C – Comparison of Personal Training Certs
9	10/18	Presentations
10	10/25	Presentations
11	11/1	Presentations
12	11/8	Presentations
13	11/15	Presentations
14	11/22	THANKSGIVING
15	11/29	Presentations
16	12/6	Presentations
17	12/17	FINAL EXAM