Notes:
• This is a sample syllabus. Check with your instructor for their current syllabus for your KIN 180.
• If you want to work off campus with a community group/business you should register for KIN 198 rather than KIN 180.

Course Description
Individual work on special topics by arrangement. May be repeated for a total of 4 units.
Prerequisite: KIN 070 for majors/minors only or instructor consent; physical education major or minor; minimum GPA 2.5; advisor consent.

Kinesiology Program Learning Objectives
Independent study through a project related to the field of Kinesiology enables the student to develop in depth knowledge and skills to complement academic coursework and help achieve the program learning outcomes:

1. Develop a critical understanding of and the ability to apply theoretical and scientific knowledge from the sub-disciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
2. Communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
3. Apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.
4. Recognize and apply sustainable approaches as they relate to kinesiology.
5. Identify social justice and equity issues related to kinesiology for various populations.

Grading
The independent study is graded as Credit or No Credit. Credit is given when all requirements of the independent study have been met and a good evaluation is received from the Kinesiology instructor for the independent study.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 50 hours over the semester.

Course Information
The independent study can be quite varied in topic/activities and can include:
• Working with a faculty member on a research project
• Serving as a course TA
• Development of marketing plans for a community/campus group
• Working with a campus-based organization (e.g., athletics, intramurals)
• Review of literature on relevant topic(s) **see details on next page
• Research project which culminates in a paper in APA format
• Research to support/refute claims made on the web and/or in popular literature
• Provide peer support for KIN majors enrolled in KIN classes

Students must:
  ▪ Complete, in consultation with their independent study supervisor the KIN 180 registration form.
  ▪ Bring completed KIN 180 form to the KIN main office at least one week prior to the last date to add. The undergraduate program coordinator will review. Upon approval, staff will process your paperwork and subsequently contact you with an add code.

**During the Independent Study**
  • Communicate with your KIN supervisor
  • Complete all requirements for the independent study.
    ✓ Keep a weekly log/journal of tasks and hours worked each week.
    ✓ A total of 50 hours for each unit is required for an independent study.
    ✓ The required paper is due by the date set by your KIN supervisor.

**Completing the Independent Study**
  • Communicate with your KIN supervisor
    ✓ Submit independent study report (see guidelines below) by specified deadline.
  • Communication with site instructor
    ✓ Send site supervisor (if applicable - e.g., athletics) a letter of thanks.
  • Check that you have completed all elements outlined in the 180 registration form.
    Everything must be completed on or before the last day of class in order to receive credit.

**Independent Study Report Guidelines for Projects**
  ‣ Cover Page: Project Title; Your Name; Semester of Project
  ‣ Introduction (1 page): provide a brief description of your project. If working with a campus group, include a summary of the services/programs provided by the group you worked with.
  ‣ Reflection/Analysis (3-4 pages): This section conveys your reflections at the conclusion of your project. This portion of the paper should answer the question ‘so what’? In what ways did you, and the people you worked with benefit from your work? What did you learn? What was the impact on you? In addition, this is where you convey in what ways you were able to connect theory with practice.
  ‣ Appendices:
    • Weekly Journal (log). A weekly summary of activities, experiences, and hours worked.
    • Copy of letter of thanks (when applicable) sent to site supervisor
    • Product (where applicable). E.g., Marketing Plan
Independent Study Report Guidelines for Research Papers

- Adhering to APA format, report should include these components:
  - Cover Page
  - Abstract
  - Body of Paper
    - Introduction
    - Review of Literature
    - Methods (when applicable)
    - Results (when applicable)
    - Conclusions/Discussion
    - References
  - Appendix:
    - Weekly Journal. A weekly summary of activities, experiences, and hours worked.
- Length: 8-10 page paper with 8-10 references for each unit enrolled.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University’s Academic Integrity policy, located at http://www.sjsu.edu/senate/S07-2.htm, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The Student Conduct and Ethical Development website is available at http://www.sjsu.edu/studentconduct/.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person’s ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all
assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Integrity Policy S07-2 requires approval of instructors.

**Campus Policy in Compliance with the American Disabilities Act**

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 at [http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the Accessible Education Center (AEC) at [http://www.sjsu.edu/aec/](http://www.sjsu.edu/aec/) to establish a record of their disability.