

San José State University
Department of Kinesiology
KIN 185, Senior Seminar, Sections 3 and 4, Spring 2021, ONLINE

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| Instructor: | Shirley H. M. Reekie, PhD |
| Office Location: | Not available on campus |
| Telephone: | 408 924 3010 (messages may be left with KIN office; email is faster) |
| Email: | shirley.reekie@sjsu.edu |
| Office Hours: | Via Zoom, by arrangement (email me with suggested days/times) |
| Class Days/Time: | Section 3, M 12:00-12:50 Section 4, W 09:00-09:50 |
| Classroom: | Not available; Zoom link will be sent (to the email you have set as your SJSU contact weekly) approx. 5-10 mins before class |
| 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 198 pre-requisite or co-requisite. |

This is a SEMINAR class, which is not the same as a lecture class. YOU are responsible for the content!

Course Description

1 unit

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

Course Format

Online but also recorded and sent to all in class approx. 30 mins after class. Students must have access to the internet. As a seminar class, participation is a significant measure of the final grade earned. Participation or non-participation is recorded each class. Students will gain most by "live" online participation but in the event this is not possible for any reason, participation points may be earned by watching/listening to the class recording and submitting a relevant comment/question on the content of that class, by email to the instructor, within 48 hours.

A “flipped classroom” approach is used, meaning that students are responsible for completing the assignment *prior* to class, so as to be better prepared to participate.

Course Schedule

The weekly course schedule is listed at the end of this syllabus.

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.

Library Liaison

Adriana Poo adriana.poo@sjsu.edu You can also contact her for assistance on (408) 808-2019. The Reference Desk number is (408) 808-2100; the Student Computer Service number is (408) 808-2470.

Course Requirements and Assignments

Active Class Participation and Reading Responses 30%

This portion of the grade will be assessed by students' active participation in each seminar session. No participation will result in no score for this part of the assessment, even if the student is in attendance. In the event of non-attendance at a "live" class, participation points may be obtained by sending an email to the instructor with a comment or question regarding the class content at least 24 hours before the next class meeting. No other make-up points/method will be permitted. Further explanation: This means that you are expected to prepare and be responsible for reading materials before 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. Expect to be called upon to contribute, also. **DUE: weekly.**

Professional Electronic Portfolio 25% (including internship reflection)

Each student will be required to assemble a professional e-portfolio. The portfolio should include all supporting documents related to the student's program of study, relevant work, and internship experiences. This must include a professional resumé, and the internship reflective journal, and is greatly improved by (and earns more points for) any other documentation such as: certifications, evidence of athletic or sport experiences, explanations of relevant awards or honors, evidence of attendance at workshops/conferences, copies of any presentations/publications, and other relevant materials related to the student's professional preparation for a career in the field of kinesiology. Preparation of the portfolio will be reviewed and discussed in class but you can start now! **DUE Mar 1/3 before class sent via email**

Movement Project: Literature Review and Deliverable 35%

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/his career goals. Examples of acceptable final products may include a manual, pamphlet, website, podcast, product invention, YouTube video, PowerPoint presentation, or publication. A brief (c. 2 page, plus reference list in correct APA format) annotated bibliography using both primary and secondary references (at least five total and must include some primary) is required as a part of the movement project's final product. Further details will be discussed in class. **Outline (ungraded) DUE Mar 15/17. Presentation dates determined by content. Final version due to instructor within one week of in-class presentation, incorporating any relevant suggestions obtained during class.**

Final exam 10% Date—to be turned in within one week of last class.

"Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus."

Final Examination or Evaluation

The final exam will be “Open Book” to be completed within one week of the last class meeting.

Grading Information

| <i>Grade</i> | <i>Points</i> | <i>Percentage</i> |
|----------------|--------------------|-------------------|
| <i>A plus</i> | <i>960 to 1000</i> | <i>96 to 100%</i> |
| <i>A</i> | <i>930 to 959</i> | <i>93 to 95%</i> |
| <i>A minus</i> | <i>900 to 929</i> | <i>90 to 92%</i> |
| <i>B plus</i> | <i>860 to 899</i> | <i>86 to 89 %</i> |
| <i>B</i> | <i>830 to 859</i> | <i>83 to 85%</i> |
| <i>B minus</i> | <i>800 to 829</i> | <i>80 to 82%</i> |
| <i>C plus</i> | <i>760 to 799</i> | <i>76 to 79%</i> |
| <i>C</i> | <i>730 to 759</i> | <i>73 to 75%</i> |
| <i>C minus</i> | <i>700 to 729</i> | <i>70 to 72%</i> |
| <i>D plus</i> | <i>660 to 699</i> | <i>66 to 69%</i> |
| <i>D</i> | <i>630 to 659</i> | <i>63 to 65%</i> |
| <i>D minus</i> | <i>600 to 629</i> | <i>60 to 62%</i> |

KIN 185, Sections 3 and 4, Spring 2021, Course Schedule—all readings etc. should be completed BEFORE the relevant class!

(All links checked to be good 1/21; if you find one broken, please email me; first to do so earns 1 additional point!)

| Week | Date | Topics, Readings, Assignments, Deadlines |
|-------------|---------------------|---|
| Prep | W Jan 27 | Check for Zoom compatibility; introductions; In the News? |
| 1 | M Feb 1 W Feb 3 | Get to know each other: Introduction, review course syllabus, review administrative tasks, and begin discussion on KIN in the media, news, and current events. Internship reflection with regard to this topic. What “gaps” are there for you before you graduate; what do you need to know more about? In the News? https://blog.hubspot.com/marketing/first-impression-tips#:~:text=%2011%20Tips%20for%20Making%20a%20Good%20First,than%20you%20think.%20Positive%20and%20persuasive...%20More%20 |
| 2 | M Feb 8 W Feb 10 | Fitness trends; COVID issues; journals in KIN. Internship reflection with regard to these topics. In the News? https://journals.lww.com/acsm-healthfitness/Fulltext/2021/01000/Worldwide_Survey_of_Fitn |

| Week | Date | Topics, Readings, Assignments, Deadlines |
|------|----------------------|--|
| | | <p>ess Trends for 2021.6.aspx?context=FeaturedArticles&collectionId=1</p> <p>https://www.acsm.org/read-research/resource-library/resource_detail?id=c0e66d12-22de-42fc-87b3-c39e5d6a94da&utm_source=email&utm_medium=fit%20society&utm_campaign=reopening%20videos%20covid19&utm_term=july%202020&utm_source=Informz&utm_medium=Email&utm_campaign=FitSociety&utm_term=July2020&_zs=9r10W&_zl=frEA2</p> <p>https://www.americankinesiology.org/SubPages/Pages/Kinesiology%20Journals</p> |
| 3 | M Feb 15 W Feb 17 | <p>Discussion of Profession Portfolio –reviewing your resumé and supportive materials. Interviewing skills for both sides of the interview, personnel, hiring process, negotiating your salary. Seeing it from the “other side”. Internship reflection with regard to this topic. In the News?</p> <p>https://hbr.org/1964/01/strategies-of-effective-interviewing</p> <p>https://www.glassdoor.com/blog/5-rules-salary-negotiation/</p> <p>https://i.insider.com/500828a96bb3f74f0d000004?width=960</p> |
| 4 | M Feb 22 W Feb 24 | <p>Professional development –continuing education and keeping up with research as it applies to the professional setting, how you can contribute to the research. Internship reflection with regard to this topic. In the News?</p> <p><i>For this week’s reading, YOU should look into continuing ed. opportunities in your field and prepare to report back.</i></p> |
| 5 | M Mar 1 W Mar 3 | <p>Administrative tasks in the professional setting – documentation, budgeting & responsible use of social media (not only protecting yourself but keeping client confidentiality and complying with HIPAA). Internship reflection with regard to this topic. In the News?</p> <p>https://smartsocial.com/using-social-media-responsibly/</p> <p>https://www.hhs.gov/hipaa/index.html (explore this page)</p> <p>Portfolio due before class today.</p> |
| 6 | M Mar 8 W Mar 10 | <p>Legal concerns as a kinesiologist, and sexual harassment in the workplace. Internship reflection with regard to this topic. In the News?</p> <p>https://www.nolo.com/legal-encyclopedia/what-kinds-of-behaviors-are-considered-sexual-harassment.html</p> |

| Week | Date | Topics, Readings, Assignments, Deadlines |
|------------|----------------------|---|
| 7 | M Mar 15 W Mar 17 | Understanding and discussion on cultural competence in the workplace; diversity and social justice. Internship with regard to this topic. In the News? https://www.nais.org/magazine/independent-school/fall-2018/using-a-social-justice-framework-to-guide-diversity,-equity,-and-inclusion-work/ Outline of movement project (1 page) due before class today |
| 8 | M Mar 22 W Mar 24 | The future in Kinesiology: https://www.google.com/search?ei=fMPtX5iLPIWc1fAPr5qYiAQ&q=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&oq=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&gs_lcp=CgZwc3ktYWIQAzoECAAQRzoFCCEQoAFQi09Ypl9g-W PA for an aging population: https://go-gale-com.libaccess.sjlibrary.org/ps/i.do?p=ITOF&u=csusj&id=GALE A359334985&v=2.1&it=r In the News? |
| | M Mar 29 W Mar 31 | Spring Break |
| 9 | M Apr 5 W Apr 7 | Dealing with change: Who Moved my Cheese? (can be downloaded free from this, as well as other sites). In the News? https://www.pdfdrive.com/who-moved-my-cheese-books.html |
| 10 | M Apr 12 W Apr 14 | Catch up; open discussion. Managing life and work for personal fulfillment: https://www.bbc.com/future/article/20210105-why-our-pursuit-of-happiness-may-be-flawed and then there's this--kinesiology and sustainability: https://hrcak.srce.hr/index.php?show=clanak&id_clanak_jezik=326841 In the News? |
| 11 | M Apr 19 W Apr 21 | *Presentations 1: those not presenting should expect to participate in the Q&A. Turn in within one week. In the News? |
| 12 | M Apr 26 W Apr 28 | *Presentations 2: those not presenting should expect to participate in the Q&A. Turn in within one week. In the News? |
| 13 | M May 3 W May 5 | *Presentations 3: those not presenting should expect to participate in the Q&A. Turn in within one week. In the News? |
| 14 | M May 10 W May 12 | *Presentations 4: those not presenting should expect to participate in the Q&A. Turn in within one week. In the News? |
| 15 | M May 17 | *Presentations catch up (from either section 3 or 4); all present to participate in Q&A. Turn in within one week. In the News? |
| Final Exam | | Open book to be completed online by deadline given in class |

* date of your presentation will be determined by your topic, and will be assigned. Each student will have 10 minutes to present their project followed by 2 minutes of Q&A, and suggestions for improvement. Those not presenting should be prepared to ask questions/make suggestions; if none are forthcoming, be prepared to be called upon to ask a question. In most professional settings, this back-and-forth is expected and valued.