

**San José State University  
Kinesiology Department  
KIN 180 Independent Study**

### **Course Description**

Independent study through projects or directed reading related to the field of Kinesiology. May be repeated for a total of 6 units. Prerequisites: GPA overall of 2.0; KIN 70 or instructor 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 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.

### **Course Information**

The independent study can be quite varied in topic/activities and can include:

- Working with a faculty member on a research project
- Development of marketing plans for a community/campus group
- Working with a community-based organization (e.g. YWCA, Timpany Center, Fitness Club, SVHAP)
- Review of literature on relevant topic(s)
- Research project which culminates in a paper in APA format
- Research to support/refute claims made on the web and/or in popular literature

An independent study can be supervised by any Kinesiology faculty member. Students must:

- Complete, in consultation with the faculty member who will supervise the independent study, their KIN 180 form <http://www.sjsu.edu/kinesiology/forms/>
- Bring completed KIN 180 form to the KIN main office at least one week prior to the last date to add. The staff will process your paperwork and subsequently contact you with an add code.
- Provide KIN independent study instructor with a copy of the signed KIN 180 form.

## During the Independent Study

- Communicate with your KIN independent study instructor.
  - ✓ Student notifies their KIN independent study instructor a few days before beginning the independent study to confirm location and give contact information (phone and email) for the site supervisor if it is a project in the community.
  - ✓ Students proactively communicate with their KIN independent study instructor (e.g. for 150 hour independent study, after approximately each 50 hours) regarding status of the independent study.
  - ✓ Students notify and/or meet with their KIN independent study instructor when concerns/issues arise during the independent study
- Students complete all requirements for the independent study.
  - ✓ Students 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 and/or
  - ✓ The final paper will be 8-10 pages in length and include 8-10 references for each unit enrolled.
  - ✓ A log must be submitted at the completion of the semester. The excel formatted log template is available at <http://www.sjsu.edu/kinesiology/forms/>.

## Completing the Independent Study

- Communicate with your KIN independent study instructor
  - ✓ Student will notify the KIN independent study instructor when the hours registered for have been completed.
  - ✓ Student will submit by the due date specified in consultation with their KIN independent study instructor their **independent study report** - see guidelines below.
- Communication with site instructor
  - ✓ Send site supervisor (if applicable) 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; If working with an outside agency: Site of agency and Site Supervisor's Name and email address.
- ▶ Introduction (1 page): provide a brief description of your project. If working with an outside agency, include a summary of the services/programs provided by the company/agency 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 project? 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. 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/drops, academic renewal, etc. Information on deadlines is available in the online schedule of classes at <http://info.sjsu.edu/home/schedules.html>. Information about late drops is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>.

An excellent resource when you have questions regarding policies or procedures is 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 (do your own 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.sa.sjsu.edu/judicial\\_affairs/index.html](http://www.sa.sjsu.edu/judicial_affairs/index.html).

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 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 requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.