

**San José State University**  
**College of Health and Human Sciences/Kinesiology**  
**KIN185 Section 04, Senior Seminar, Spring 2022**

<b>Instructor:</b>	Linda D. Wilkin, Ph.D.
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<b>Office Hours:</b>	Thursday – 2 – 3 pm Zoom, email, or by appointment
<b>Class Days/Time:</b>	Thursday 12:30– 1:20 pm
<b>Classroom:</b>	Online until February 13 <sup>th</sup> . After February 13th SPX153
<b>Prerequisites:</b>	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

## Course Goals

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.

## Course Learning Outcomes (CLO)

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

### Department of Kinesiology Student Program Learning Outcomes

1. Students will be able to explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology.
2. Students will be able to effectively communicate in writing (clear, concise, and coherent) on topics in kinesiology.
3. Students will be able to effectively communicate through an oral presentation (clear, concise, and coherent) on topics in kinesiology.
4. Students will be able to utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.
5. Students will be able to identify and analyze social justice and equity issues related to kinesiology for diverse populations.

## Required Texts/Readings

All readings will be available on the SJSU learning management system, Canvas.

## Library Liaison

Adrian Poo is our library liaison. You can contact her for assistance at [adriana.poo@sjsu.edu](mailto:adriana.poo@sjsu.edu) or (408) 808-2019. The Reference Desk number is (408) 808-2100 and 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 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.**

**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 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 distributed in class.

**Exam 10%**

Format and content will be discussed in class.

**Grading Policy**

**Assignment of Final Course Grade**

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

<b>Active Course Participation</b>	30%	CLO 1, 4, 5, 6, 7
<b>Professional Portfolio</b>	30%	CLO 1, 3, 5, 7
<b>Movement project</b>	30%	CLO 1, 2, 4
<b>Exam</b>	10%	CLO 1, 2, 3, 4

**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.

## **Recording of Class Lectures**

Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor’s permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

*Explicit written permission must be requested to make any recording of the class. An announcement will then be made to the class to ensure their comfort with recording the class. If any student objects to the recording, then permission will not be granted. If there are no objections, then written permission will be provided.*

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

## **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 04 / 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	1/27	Introduction; Readings A
2	2/3	Required Readings A – KT Winter 2020; Worldwide Survey of Fitness Trends
3	2/10	Required Readings A – CrossFit Dr McGill
4	2/17	Required Readings B – Exercise is Medicine
5	2/24	Required Readings B – Life as a PA
6	3/3	Required Readings C – PT-PTA Relationship
7	3/10	Required Readings C – Resume and interviewing Articles
8	3/17	Required Readings C – Comparison of Personal Training Certs
9	3/24	Presentations
10	3/31	<b>SPRING BREAK</b>
11	4/7	Presentations
12	4/14	Presentations
13	4/21	<b>Portfolio due;</b> Presentations
14	4/28	Presentations
15	5/5	Presentations
16	5/12	Presentations
17		<b>Final exam Thursday, May 19<sup>th</sup> 12:15 – 2:30</b>