

**San José State University**  
**Department of Kinesiology**  
**KIN 185, Senior Seminar, Section 6, Spring 2022**

Instructor:	Shirley H. M. Reekie, PhD
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Office Hours:	Via Zoom by arrangement (email me with suggested days/times)
Class Days/Time:	Section 6, Wednesdays 9:00-9:50
Classroom:	SPX 151
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**

*As a seminar class, participation is a significant measure of the final grade earned.*

Participation or non-participation is recorded each class. 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](mailto: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. 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. Additionally, you are expected to be aware of current news story in the field of Kinesiology. What news do you follow? Is it reliable? **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 (may be ongoing if currently in an internship), 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 POST high school. Preparation of the portfolio will be reviewed and discussed in class but you can start now! **DUE March 2<sup>nd</sup> sent before class, to me directly via email**

### **Movement Project: Deliverable and Annotated Bibliography 35%**

Each student will be required to complete a movement project, stating the target audience. The movement project's 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, booklet, YouTube video, PowerPoint presentation, or other publication. It is NOT AN ESSAY!! The deliverable MUST be NOVEL, ie NOT presented/ used/discussed in any other class, and NOT simply a review of what others have already done! Chose something about which you feel passionate ☺ A brief (c. 1-2 page, plus reference list in correct APA format) annotated bibliography using preferably primary 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 March 16<sup>th</sup>. Presentation dates determined by random draw. Final version due to instructor by noon the Monday before your in-class presentation (April 18<sup>th</sup> for 20<sup>th</sup>, April 25<sup>th</sup> for April 27<sup>th</sup>, May 2<sup>nd</sup> for May 4<sup>th</sup>, and possibly May 9<sup>th</sup> for May 11<sup>th</sup>).**

### **Final exam 10% Date—FRIDAY May 20<sup>th</sup>, 7:15-9:30 AM**

“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</i>	950 to 1000	95 to 100%
<i>A minus</i>	900 to 949	90 to 94%
<i>B plus</i>	860 to 899	86 to 89 %
<i>B</i>	830 to 859	83 to 85%
<i>B minus</i>	800 to 829	80 to 82%
<i>C plus</i>	760 to 799	76 to 79%
<i>C</i>	730 to 759	73 to 75%
<i>C minus</i>	700 to 729	70 to 72%
<i>D plus</i>	660 to 699	66 to 69%
<i>D</i>	630 to 659	63 to 65%
<i>D minus</i>	600 to 629	60 to 62%
<i>F</i>	≤ 599	≤59%

**KIN 185, Section 6, Spring 2022, Course Schedule—all readings etc. should be completed BEFORE the relevant class!**

(All links checked to be good Jan 2022; if you find one broken, please email me; first to do so earns 1 additional point!) Read the entire article(s) unless it states to “browse” or “explore.”

<b>Week</b>	<b>Date</b>	<b>Topics, Readings, Assignments, Deadlines</b>
1	W Jan 26	<p>Introductions; review course syllabus; transition from college to work; In the News?</p> <p><a href="https://thebestschools.org/degrees/kinesiology-exercise-degree/">https://thebestschools.org/degrees/kinesiology-exercise-degree/</a></p> <p><a href="https://www.macslis.org/career-happiness/6-tips-tackling-transition-college-career">https://www.macslis.org/career-happiness/6-tips-tackling-transition-college-career</a></p> <p><a href="https://www.topuniversities.com/blog/how-survive-transition-college-office">https://www.topuniversities.com/blog/how-survive-transition-college-office</a></p> <p><a href="https://www.realsimple.com/work-life/life-strategies/job-career/transition-from-college-student-to-working-professional">https://www.realsimple.com/work-life/life-strategies/job-career/transition-from-college-student-to-working-professional</a></p> <p><a href="https://social.hays.com/2020/01/29/transition-student-life-to-working-life/">https://social.hays.com/2020/01/29/transition-student-life-to-working-life/</a></p> <p><a href="https://hbr.org/2019/04/the-biggest-hurdles-recent-graduates-face-entering-the-workforce">https://hbr.org/2019/04/the-biggest-hurdles-recent-graduates-face-entering-the-workforce</a></p> <p><a href="https://medium.com/the-post-grad-survival-guide/6-reasons-why-your-college-to-work-transition-is-rough-3f2c6d96d2db">https://medium.com/the-post-grad-survival-guide/6-reasons-why-your-college-to-work-transition-is-rough-3f2c6d96d2db</a></p>

Week	Date	Topics, Readings, Assignments, Deadlines
2	W Feb 2	<p>Begin discussion on KIN in the media, news, and current events. Internship reflection. What “gaps” are there for you before you graduate; what do you need to know more about? How to make a good first impression. In the News?</p> <p><a href="https://blog.hubspot.com/marketing/first-impression-tips#:~:text=%2011%20Tips%20for%20Making%20a%20Good%20First,than%20you%20think.%20Positive%20and%20persuasive...%20More%20">https://blog.hubspot.com/marketing/first-impression-tips#:~:text=%2011%20Tips%20for%20Making%20a%20Good%20First,than%20you%20think.%20Positive%20and%20persuasive...%20More%20</a></p>
3	W Feb 9	<p>Fitness trends; COVID issues?; scholarly journals in KIN; internship reflection. In the News?</p> <p><a href="https://www.americankinesiology.org/Content/Documents/KT_fall_2021_Vol-14_No-4.pdf">https://www.americankinesiology.org/Content/Documents/KT_fall_2021_Vol-14_No-4.pdf</a></p> <p><a href="https://journals.lww.com/acsm-healthfitness/Fulltext/2021/01000/Worldwide_Survey_of_Fitness_Trends_for_2021.6.aspx?context=FeaturedArticles&amp;collectionId=1">https://journals.lww.com/acsm-healthfitness/Fulltext/2021/01000/Worldwide_Survey_of_Fitness_Trends_for_2021.6.aspx?context=FeaturedArticles&amp;collectionId=1</a></p> <p><a href="https://www.acsm.org/read-research/resource-library/resource_detail?id=c0e66d12-22de-42fc-87b3-c39e5d6a94da&amp;utm_source=email&amp;utm_medium=fit%20society&amp;utm_campaign=reopening%20videos%20covid19&amp;utm_term=july%202020&amp;utm_source=Informz&amp;utm_medium=Email&amp;utm_campaign=FitSociety&amp;utm_term=July2020&amp;_zs=9r10W&amp;_zl=frEA2">https://www.acsm.org/read-research/resource-library/resource_detail?id=c0e66d12-22de-42fc-87b3-c39e5d6a94da&amp;utm_source=email&amp;utm_medium=fit%20society&amp;utm_campaign=reopening%20videos%20covid19&amp;utm_term=july%202020&amp;utm_source=Informz&amp;utm_medium=Email&amp;utm_campaign=FitSociety&amp;utm_term=July2020&amp;_zs=9r10W&amp;_zl=frEA2</a></p> <p><a href="https://www.americankinesiology.org/SubPages/Pages/Kinesiology%20Journals">https://www.americankinesiology.org/SubPages/Pages/Kinesiology%20Journals</a></p>
4	W Feb 16	<p>Discussion of Professional 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><a href="https://hbr.org/1964/01/strategies-of-effective-interviewing">https://hbr.org/1964/01/strategies-of-effective-interviewing</a></p> <p><a href="https://www.glassdoor.com/blog/5-rules-salary-negotiation/">https://www.glassdoor.com/blog/5-rules-salary-negotiation/</a></p> <p><a href="https://i.insider.com/500828a96bb3f74f0d000004?width=960">https://i.insider.com/500828a96bb3f74f0d000004?width=960</a></p>
5	W Feb 23	<p>Professional development –continuing education and keeping up with research as it applies to the professional setting after you graduate, 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>
6	W Mar 2	<p>Administrative tasks in the professional setting – documentation, budgeting &amp; responsible use of social media (not only protecting yourself but keeping client confidentiality</p>

Week	Date	Topics, Readings, Assignments, Deadlines
		<p>and complying with HIPAA). Internship reflection with regard to this topic. In the News?  <a href="https://smartsocial.com/using-social-media-responsibly/">https://smartsocial.com/using-social-media-responsibly/</a>  <a href="https://www.hhs.gov/hipaa/index.html">https://www.hhs.gov/hipaa/index.html</a> (explore this page)  <b>Portfolio due before class today.</b></p>
7	W Mar 9	<p>Legal concerns as a kinesiologist, and sexual harassment in the workplace. Internship reflection with regard to this topic. In the News?  <a href="https://www.nolo.com/legal-encyclopedia/what-kinds-of-behaviors-are-considered-sexual-harassment.html">https://www.nolo.com/legal-encyclopedia/what-kinds-of-behaviors-are-considered-sexual-harassment.html</a></p>
8	W Mar 16	<p>Understanding and discussion on cultural competence in the workplace; diversity and social justice. Internship with regard to this topic. In the News?  <a href="https://www.nais.org/magazine/independent-school/fall-2018/using-a-social-justice-framework-to-guide-diversity,-equity,-and-inclusion-work/">https://www.nais.org/magazine/independent-school/fall-2018/using-a-social-justice-framework-to-guide-diversity,-equity,-and-inclusion-work/</a>  <b>Outline of movement project (&lt;1 page) due before class today</b></p>
9	W Mar 23	<p>The future in Kinesiology:  <a href="https://www.google.com/search?ei=fMPtX5iLPIWc1fAPr5qYiAQ&amp;q=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&amp;oq=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&amp;gs_lcp=CgZwc3ktYWlQAZoECAAQRzoFCCEQoAFQI09Ypl9g-W">https://www.google.com/search?ei=fMPtX5iLPIWc1fAPr5qYiAQ&amp;q=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&amp;oq=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&amp;gs_lcp=CgZwc3ktYWlQAZoECAAQRzoFCCEQoAFQI09Ypl9g-W</a>  PA for an aging population:  <a href="https://go-gale-com.libaccess.sjlibrary.org/ps/i.do?p=ITOF&amp;u=csusj&amp;id=GALE A359334985&amp;v=2.1&amp;it=r">https://go-gale-com.libaccess.sjlibrary.org/ps/i.do?p=ITOF&amp;u=csusj&amp;id=GALE A359334985&amp;v=2.1&amp;it=r</a>  Future of college sport. Browse:  <a href="https://www.supremecourt.gov/opinions/20pdf/20-512_gfbh.pdf?campaign_id=9&amp;emc=edit_nn_20210622&amp;instance_id=33568&amp;nl=the-morning@i_id=111843385&amp;segment_id=61363&amp;te=1&amp;user_id=b9f4f098d60f3ea07e51671463cc3cc0">https://www.supremecourt.gov/opinions/20pdf/20-512_gfbh.pdf?campaign_id=9&amp;emc=edit_nn_20210622&amp;instance_id=33568&amp;nl=the-morning@i_id=111843385&amp;segment_id=61363&amp;te=1&amp;user_id=b9f4f098d60f3ea07e51671463cc3cc0</a>  In the News?</p>
		SPRING BREAK
10	W Apr 6	<p>Dealing with change: Who Moved my Cheese? (can be downloaded free from this, as well as other sites). In the News?  <a href="https://www.pdfdrive.com/who-moved-my-cheese-books.html">https://www.pdfdrive.com/who-moved-my-cheese-books.html</a></p>
11	W Apr 13	<p>Catch up; open discussion. Managing life and work for personal fulfillment:  <a href="https://www.bbc.com/future/article/20210105-why-our-pursuit-of-happiness-may-be-flawed">https://www.bbc.com/future/article/20210105-why-our-pursuit-of-happiness-may-be-flawed</a>  and then there's this--kinesiology and sustainability (explore):</p>

Week	Date	Topics, Readings, Assignments, Deadlines
		<a href="https://kpe.utoronto.ca/sport-and-sustainable-development-setting-research-agenda">https://kpe.utoronto.ca/sport-and-sustainable-development-setting-research-agenda</a> In the News?
12	W Apr 20	*Presentations 1: those not presenting should expect to participate in the Q&A. In the News? Due to me Apr 18
13	W Apr 27	*Presentations 2: those not presenting should expect to participate in the Q&A. In the News? Due to me Apr 25
14	W May 4	*Presentations 3: those not presenting should expect to participate in the Q&A. In the News? Due to me May 2
15	W May 11	Make up/topics chosen by students; open discussion
Final Exam	F May 20	7:15-9:30 AM

\* date of your presentation will be determined by random draw. Each student will have 4 minutes to present their project followed by 2 minutes of Q&A. 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.

## Evaluation

**Participation:** Contribute to the in-class discussion by asking/answering a question; making a relevant suggestion, etc. There are 2 points possible per day, max 30%

### Portfolio criteria for evaluation:

Criterion	Points
Resumé format, completeness, error free	/15%
Internship reflection	/5%
Additional material (eg certificates, evidence of attendance at workshops, professional philosophy, etc.) showing commitment to field	/5%
Total	/25%

Turn in via email; label it last name, portfolio, eg Smith, portfolio

### Movement project criteria for evaluation:

Criterion	Points
Reference list and annotation explaining how each used	/10%
Viability of project; target audience?	/10%
Presentation (written 5, spoken 3 plus within time 2)	/10%
Estimated or stated novelty/uniqueness	/5%
Total	/35%

Turn in via email; label it last name, mvmt proj. eg Smith, mvmt proj