

San José State University
CHHS/Department of Kinesiology
KIN 185-02, 05 Senior Seminar
SPRING 2022

Course and Contact Information

Instructor: Areum Jensen, Ph.D.

Office Location: SPX 175 (if in person)/Zoom (if online, Check Canvas)

Telephone: (408) 924-8153 (This is my office phone.)

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DO NOT USE CANVAS MESSAGING.

Expect a response from me within 48 hours during the week (Monday-Friday, 9am-5pm). Please use proper title and respectful language in your email.

Office Hours: Tuesday and Thursday 12pm-1pm, or by appointment

Class Days/Time: Section 2. Wednesday/12:30pm-1:20pm
Section 5. Monday/8:30am-9:20am

Classroom: SPX 153

Prerequisites: KIN 70, 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.

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 Credit

KIN 185 is a 1-credit course. For each unit of credit, a minimum of 45 hours over the length of the course for instruction or preparation/studying, or course related activities will be expected. This is a SEMINAR class, which is not the same as a lecture class. YOU are responsible for the content! 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.

Program Learning Outcomes (PLOs):

Upon completion of a Bachelor of Science degree program in the Department of Kinesiology students will be able to:

1. 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. Effectively communicate in writing (clear, concise, and coherent) on topics in kinesiology.

3. Effectively communicate through an oral presentation (clear, concise, and coherent) on topics in kinesiology.
4. 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. Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

Student Learning Outcomes (SLOs):

Upon successful completion of this course, students 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, synthesis, 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

The KIN library liaison is Adriana Poo (Adriana.poo@sjsu.edu), (408) 808-2019.

Course Requirements and Assignments

1. **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.
2. **Professional Electronic Portfolio (25%, including 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!

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%

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. Presentation dates determined by random draw. Final version due to instructor before your in-class presentation.

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%

3. Final Examination (10%)

The final exam will be “Open Book” to be completed within one week from the last class meeting until the assigned final exam date.

Late assignments

All assignments are due on the scheduled date. Late work may be graded down by points (approximately 20% of assigned points) per day. **One week after the deadline, the submitted assignment will be considered as “no submission”.** **Assignments submitted incorrectly (e.g., link instead of docx, incorrect content, etc.) will be considered as “no submission”.**

For example,

If due date is Tuesday 9am, assignment has 10 points, and you submitted on Thursday 10pm, your score for this assignment will be 4 points because 6 points are deducted due to 3 days of late submission (2pt deducted by day).

Grades

A plus: 97 to 100%	A: 93 to 96%	A minus: 90 to 92%	
B plus: 87 to 89%	B: 83 to 86%	B minus: 80 to 82%	
C plus: 77 to 79%	C: 73 to 76%	C minus: 70 to 72%	
D plus: 67 to 69%	D: 63 to 66%	D minus: 60 to 62%	F: less than 60%

Note that “All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.” See University Policy F13-1 at <http://www.sjsu.edu/senate/docs/F13-1.pdf> for more details.

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 the Office of Graduate and Undergraduate Programs’ [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>

Course Schedule

(This schedule is subject to change with advance notice. *The instructor reserves the right to make changes at any time.* Students will be promptly notified if any changes occur.)

Week	Date	Date	Topics	Notes
1	1/31 (M)	1/26 (W)	<ul style="list-style-type: none"> Introduction & course overview 	
2	2/7 (M)	2/2 (W)	<ul style="list-style-type: none"> Open discussion: Transition from college to work, planning 	
3	2/14 (M)	2/9 (W)	<ul style="list-style-type: none"> 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? 	<p>In the news?</p> <p>https://blog.hubspot.com/marketing/first-impression-tips#:~:text=%2011%20Tips%20for%20Making%20a%20Good%20First,than%20you%20think.%20Positive%20and%20persuasive...%20More%20</p>
4	2/21 (M)	2/16 (W)	<ul style="list-style-type: none"> Fitness trends; COVID issues; scholarly journals in KIN; internship reflection 	<p>In the News?</p> <p>https://www.americankinesiology.org/Content/Documents/KT_fall_2021_Vol-14_No-4.pdf</p> <p>https://journals.lww.com/acsm-healthfitness/Fulltext/2021/01000/Worldwide_Survey_of_Fitness_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>
5	2/28 (M)	2/23 (W)	<ul style="list-style-type: none"> Discussion of professional portfolio: reviewing your resume and supportive materials. 	<p>In the News?</p> <p>https://www.jobscan.co/resume-writing-guide</p> <p>https://resumegenius.com/blog/resume-help/bad-resume-examples</p>
6	3/7 (M)	3/2 (W)	<ul style="list-style-type: none"> How to make a good first impression. Interviewing skills for both sides of the interview, personnel, hiring process, negotiating your salary 	<p>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>*Portfolio due on Canvas</p>
7	3/14 (M)	3/9 (W)	<ul style="list-style-type: none"> Legal concerns as a kinesiologist, and sexual harassment in the workplace. Internship reflection with regard to this topic. 	<p>In the News?</p> <p>https://www.nolo.com/legal-encyclopedia/what-kinds-of-behaviors-are-considered-sexual-harassment.html</p>
8	3/21 (M)	3/16 (W)	<ul style="list-style-type: none"> Understanding and discussion on cultural competence in the workplace; diversity and social justice. Internship with regard to this topic. 	<p>In the News?</p> <p>https://www.nais.org/magazine/independent-school/fall-2018/using-a-social-justice-framework-to-guide-diversity,-equity,-and-inclusion-work/</p> <p>*Outline of movement project (1page) due in class</p>
9	4/4 (M)	3/23 (W)	<ul style="list-style-type: none"> The future in Kinesiology 	Article from Dr. Shirley Reekie, 2019
10	3/29 - 3/31	3/29 - 3/31	SPRING BREAK	

Week	Date	Date	Topics	Notes
11	4/11 (M)	4/6 (W)	▪ Dealing with change:	In the News? https://www.linkedin.com/pulse/10-tips-dealing-change-positively-your-workplace-ban-weston
12	4/18 (M)	4/13 (W)	▪ Open discussion. Managing life and work for personal fulfillment:	https://www.bbc.com/future/article/20210105-why-our-pursuit-of-happiness-may-be-flawed
13	4/25 (M)	4/20 (W)	▪ Presentations 1	Those not presenting should expect to participate in the Q&A.
14	5/2 (M)	4/27 (W)	▪ Presentations 2	Those not presenting should expect to participate in the Q&A.
15	5/9 (M)	5/4 (W)	▪ Presentations 3	Those not presenting should expect to participate in the Q&A.
16	5/16 (M)	5/11 (W)	▪ Presentations 4 ▪ Course wrap up	Those not presenting should expect to participate in the Q&A. *Movement project due on Canvas
FINAL WEEK			Final exam (10%)	Section 2. 5/18 (Wed) 12:15pm-2:30pm Section 5. 5/20 (Fri) 7:15am-9:30am