



COURSE OUTLINE : KIN 50
D Credit – Degree Applicable
COURSE ID 010356
Cyclical Review: September 2020

COURSE DISCIPLINE : KIN
COURSE NUMBER : 50
COURSE TITLE (FULL) : Internship in Kinesiology
COURSE TITLE (SHORT) : Internship in Kinesiology

CATALOG DESCRIPTION

KIN 50 is a discipline-specific course, which allows students to earn from 1.0 – 3.0 units for a structured, supervised internship either on-campus or off-campus under the supervision of a faculty advisor. It is designed to provide students with appropriate preparation and a hands-on work experience in one of the following fields: kinesiology (general studies), physical therapy assistance, personal training, strength coaching, group fitness, adapted exercise, athletic training, sports officiating, sports management or health and fitness promotion. The purpose of this class is to enhance students' knowledge, skill levels, and professional competency in their targeted career. Students must work 54 hours on-site per unit earned, and units may not be increased or decreased after registration. This course is recommended for the self-motivated student, and requires faculty advisor approval to register.

CATALOG NOTES

Note: Students must arrange an approved internship prior to enrolling in this class. This course may be taken 4 times; a maximum of 12 units may be earned.

Total Lecture Units: 0.00

Total Laboratory Units: 1.00-3.00

Total Course Units: 1.00-3.00

Total Lecture Hours: 0.00

Total Laboratory Hours: 54.00-162.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00-162.00

Total Out-of-Class Hours: 0.00

Recommended Preparation: ENGL 100 or ESL 151, or equivalent. Prerequisite or Corequisite: Enrollment in appropriate Kinesiology theory or lab course at GCC.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Adhere to the proposed internship facility's standards of practice and ethical code of conduct;	Yes
2				demonstrate sufficient understanding of discipline specific terminology, theory and practices acceptable for internship at the host facility;	Yes
3	ENGL	100	Writing Workshop	Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone;	Yes
4	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
5	ENGL	100	Writing Workshop	write an argumentative essay that addresses the topic, is directed by a thesis statement, uses appropriate textual evidence, develops logical interpretations, and concludes with some compelling observations;	Yes
6	ENGL	100	Writing Workshop	write an argumentative essay that integrates the ideas of others (i.e., authors) through paraphrasing, summarizing, and quoting with correct citation techniques;	Yes
7	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes
8	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems;	Yes
9	ESL	151	Reading and Composition V	Read and critically analyze various academic readings;	Yes
10	ESL	151	Reading and Composition V	summarize readings;	Yes
11	ESL	151	Reading and Composition V	employ basic library research techniques.	Yes

EXIT STANDARDS

- 1 Demonstrate an understanding of the professional and educational minimum qualifications for employment and advancement within the target career/discipline;
- 2 demonstrate effective professional practices and soft skills of a specific career/discipline;
- 3 demonstrate basic occupational competencies (knowledge, skills and abilities) required for employment in the target career/discipline;
- 4 analyze personal performance of specific skills related to the target career/discipline;
- 5 compose a resumé.



STUDENT LEARNING OUTCOMES

- 1 demonstrate basic occupational competencies required for employment in the target career/discipline.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Orientation (prior to enrollment in the course) <ul style="list-style-type: none"> • Professional standards, behavior and ethical code of conduct • Job skill requirements • Self-reflection and problem solving • Professionalism • Appropriate attire • Professional behavior • Being aware/avoiding sexual harassment • Developing learning objectives • Employer-student contract 	0	0	0
2	Internship <ul style="list-style-type: none"> • On-the-job shadowing of current employees • Research of current industry trends or fitness programming for special needs/populations • Interviews and surveys of employers, employees and clients • Assisting with fitness programming, cueing, demonstrating, assessing, and motivating clientele as needed • Designing and leading exercise sessions under supervisor direction • Practice and application of record keeping • Assisting with maintenance of the host facility professional standards, including set up and tear down of equipment • Providing customer service as needed 	0	162	162
				162

OUT OF CLASS ASSIGNMENTS

- 1 journal (e.g. documentation of duties performed);
- 2 written assignments (e.g. research of industry-specific educational requirements);
- 3 final resume;
- 4 final project (e.g. professional portfolio).



METHODS OF EVALUATION

- 1 internship facility supervisor's evaluation of student;
- 2 reports (e.g. weekly reports of reflections on internship experiences);
- 3 student self-evaluation (e.g. self-assessment of internship performance).

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Instructor will provide reading materials.							