

San José State University
Department of Kinesiology
KIN 185, Senior Seminar, Section 1, fall 2025

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Office Hours:	Tuesdays, right after class or arranged on Zoom
Class Days/Time:	Tuesdays 9:00-9:50
Classroom:	SPX 153
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 (or PETE equiv).

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 resumé, and a movement project.

(In short: this class is designed to help you ease your transition from “thinking like a student” to “thinking like a professional.”)

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. I will send the Ppt notes after each class but full participation points can only be earned in class. ***You must provide information about one reading on the day's topic in addition to having read the assigned work.***

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:

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

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 resume and present a movement project;
8. Ability to apply their knowledge of Kinesiology in a clinical or practical setting.

Library Liaison

Adriana Poo 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 (300 points or 30%)

This portion of the grade will be assessed by students' active participation in each seminar session. No participation or inadequate preparation 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 at least one of the items listed on the syllabus for each day **AND summarize in less than 1 minute a different (ie not on the syllabus) source you have found and read, to each seminar session.** Also, critique your sources: how reliable are they? You are expected to speak and make effective class contributions by contributing to class discussions, and by listening, respecting, and responding to the opinions of others. If you are unable to be present, you cannot earn full participation points. See evaluation for details. Expect to be called upon to contribute if you do not do so voluntarily. (You are also held responsible for checking your participation card, weekly, in class, when handed out. It cannot be changed after that week.) Additionally, you are expected to be aware of current news stories in the field of Kinesiology. What news do you follow? Is it reliable? **DUE: weekly**

Professional Résumé (250 points or 25%)

Each student will be required to assemble a professional résumé. This should NOT include any HS information. Preparation of the résumé will be reviewed and discussed in class but you can start now. An undergraduate degree is a great start but you need more than that to stand out. Suggestions include AED/CPR certification, attendance at meetings and/or membership of professional organizations, college level sports or club experience, internship experience. Feel free to consult the SJSU Career Center for assistance. **DUE before class Oct 7.**

Movement Project: Deliverable and Annotated Bibliography (350 points or 35%)

Each student will be required to complete a movement project. You must first state the target audience. The movement project's product/deliverable may take one of many different formats, depending on the student's emphasis area as well as her/his career goals, and should be USEFUL! 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 should be novel, ie NOT presented/used/discussed in any other class, and NOT simply a review of what others have already done; put your own thoughts into it! Chose something about which you feel passionate ☺ A brief (c. 1-2 p. plus reference list in correct APA format) annotated bibliography using preferably primary references (at least five total and must include at least one primary or scholarly item) is required as a part of the movement project's final product. Further details will be discussed in class, and an example given. Example on Canvas. **Outline due Oct 21 so I can potentially give input. Presentation by random draw. Final version to instructor before class Nov 18.**

Final exam 10% or 100 pts Date—to be completed and turned in via email attachment by NOON Fri Dec 12. Not accepted late except for university-defined "serious and compelling reason." Reminders NOT sent: this is a professional responsibility!

“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.”

Grading Information

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

Course Schedule—all readings etc. should be completed BEFORE the relevant class!

(All links checked to be good July 2025; 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.”

Week	Date	Topics, Readings, Assignments, Deadlines
1	Aug 26	Introductions; questions on course syllabus; what is expected of you each week. THIS CLASS IS ONLINE ONLY. Topic: How to make a good first impression https://www.betterup.com/blog/how-to-make-a-good-first-impression
2	Sept 2	Topic: Making the transition from college to work https://www.macslis.org/career-happiness/6-tips-tackling-transition-college-career https://social.hays.com/2020/01/29/transition-student-life-to-working-life/ https://hbr.org/2019/04/the-biggest-hurdles-recent-graduates-face-entering-the-workforce https://medium.com/the-post-grad-survival-guide/6-reasons-why-your-college-to-work-transition-is-rough-3f2c6d96d2db Plus your article, which you are expected to summarize, as well as comment on these and those of other students
3	Sept 9	Topic: KIN in the media, news, and current events. What have you heard/seen/read of relevance to KIN this past week? Get in the habit of knowing what’s going on in your field! What sources do you use? How reliable are they? What’s a current “hot” topic in the field you plan to enter?

Week	Date	Topics, Readings, Assignments, Deadlines
		Your article/item of recent KIN news and how do you keep up with your field?
4	Sept 16	<p>Topic: Fitness trends in general, and gender and cultural differences https://journals.lww.com/acsm-healthfitness/fulltext/2024/01000/worldwide_survey_of_fitness_trends_for_2022.6.aspx https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(19)30135-5/fulltext https://www.ljmu.ac.uk/microsites/promoting-healthy-weight-in-pre-school-children/modules/cultural-considerations/cultural-influences-on-physical-activity-and-diet</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p>
5	Sept 23	<p>Topic: Resumé preparation, interviewing skills, plus elevator pitch https://i.insider.com/500828a96bb3f74f0d000004?width=960 Read this and have your “elevator pitch” ready to try out in this class. https://www.storydoc.com/blog/elevator-pitch-for-students</p> <p>Salary negotiation: https://www.glassdoor.com/blog/5-rules-salary-negotiation/</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p>
6	Sept 30	<p>Topic: What’s next? Professional development/continuing education/keeping up with research/reading professional journals/taking a gap year? Professional journals https://americankinesiology.org/kinesiology-journals/ Pros and cons of taking a gap year? https://www.gooverseas.com/blog/pros-and-cons-taking-gap-year</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p>
7	Oct 7	<p>Topic: Administrative tasks and ethics in the professional setting: documentation, budgeting & responsible use of social media (not only protecting yourself but keeping client confidentiality and complying with HIPAA). https://www.bryq.com/blog/good-work-ethic-examples https://www.hhs.gov/hipaa/for-professionals/privacy/index.html (explore this page)</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p> <p>Resumé due before class today.</p>
8	Oct 14	<p>Topic: Legal concerns as a kinesiologist, and sexual harassment in the workplace https://www.kinesiologue.com/en/lois-et-reglements (this is Canadian, where Kinesiology is a regulated profession but may help you think of possible issues to avoid) https://www.asep.org/asep/asep/ExercisePhysiologyNegligenceLawsuits.html</p> <p>Sexual harassment https://www.equalrights.org/issue/economic-workplace-equality/sexual-harassment/ https://www.nolo.com/legal-encyclopedia/what-kinds-of-behaviors-are-considered-sexual-harassment.html</p>

Week	Date	Topics, Readings, Assignments, Deadlines
		Plus your article, which you are expected to summarize, as well as comment on these and those of other students
9	Oct 21	<p>Topic: Networking: What does it mean to be a valued, trusted colleague?</p> <p>https://www.linkedin.com/pulse/why-professional-networking-so-important-jordan-parikh</p> <p>https://www.resumecoach.com/the-importance-of-professional-networking/</p> <p>https://www.publichealth.org/resources/professional-networking/</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p> <p>Outline of movement project (<1 page) due before class today</p>
10	Oct 28	<p>Topic: The future in Kinesiology (in general, including the aging of the population; future of college sport):</p> <p>https://www.google.com/search?ei=fMPtX5iLPIWc1fAPr5qYiAQ&q=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&oq=massengale+papers+of+journal+of+kinesiology+and+wellness+shirley+reekie&gs_lcp=CgZwc3ktYWIQAzoECAAQRzoFCCEQoAFQI09Ypl9g-W</p> <p>PA for an aging population: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6304477/ ????</p> <p>Future of college sport. Browse: https://www.supremecourt.gov/opinions/20pdf/20-512_gfbh.pdf?campaign_id=9&emc=edit_nn_20210622&instance_id=33568&nl=themorning@i_id=111843385&segment_id=61363&te=1&user_id=b9f4f098d60f3ea07e51671463cc3cc0</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p>
11	Nov 4	<p>Topic: Dealing with change: Who Moved my Cheese? (can be downloaded free from this, as well as other sites). https://www.pdfdrive.com/who-moved-my-cheese-books.html</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p>
	Nov 11	No class—Veterans’ Day
12	Nov 18	<p>Topic: Managing life and work for personal fulfillment. What will professional success look like to you?</p> <p>https://www.bbc.com/future/article/20210105-why-our-pursuit-of-happiness-may-be-flawed</p> <p>https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/work-life-balance/art-20048134</p> <p>https://www.businessnewsdaily.com/5244-improve-work-life-balance-today.html</p> <p>Plus your article, which you are expected to summarize, as well as comment on these and those of other students</p> <p>Final form of presentation due before class today</p>
13	Nov 25	*Presentations 1; those not presenting should expect to participate in the Q&A. Was due to me Nov 18
14	Dec 2	*Presentations 2; those not presenting should expect to participate in the Q&A. Was due to me Nov 18
Final Exam	Open book	Turned in as email attachment by NOON Friday Dec 12.

* date of your presentation will be determined by random draw. Each student will have 2 minutes to present their project followed by 1 minute 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/forth is expected and valued.

Evaluation

Participation: Contribute to the in-class discussion by asking/answering questions on the provided reading; sharing your own reading; making a relevant suggestion, etc. There are 2% points possible per day, max 30% or 300 pts. If not able to be present, you may earn 1% point by emailing me the reference to your article and writing a 300-word commentary on it. This must be received within 24 hours of the class.

Resumé criteria for evaluation:

Criterion	Points
Resumé format, completeness, error free (<u>10 points lost each typo, mis-spelling, non-parallel grammar, inconsistent spacing etc.</u>)	200
Additional qualifications (eg certificates, evidence of attendance at workshops, professional philosophy, etc.) showing commitment to field	50
Total	250

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

Movement project criteria for evaluation:

Criterion	Points
Target audience clearly stated at start	50
Reference list with brief <u>annotation</u> of each (at least 5 incl. at least 1 primary/scholarly marked *; correct APA format)	100
Presentation (written 90, spoken 90, within time 20)	200
Total	350

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

Final criteria for evaluation:

Criterion	Points
Makes relevant points regarding topic	80
Within 300 words (excluding ref info)	5
Lists at least 3 references in correct APA style	15
Total	100