

Exploration of Research – American College of Sports Medicine
A Kinesiology Majors Mayterm
May/June 2020

Title: Exploration of Research – American College of Sports Medicine

Focus: This program will primarily be for Kinesiology majors and will focus on learning about aspects of research related to Kinesiology. The course will culminate with a trip to the American College of Sports Medicine annual meeting in San Francisco. This is the premiere conference in the field of Kinesiology and Sports Medicine. This meeting has sessions that cover virtually every aspect of sports medicine, exercise science, and the benefits of physical activity. In addition, the conference is internationally recognized where leading experts present their latest research with over 6000 industry professionals attending. Since the conference program is provided a month prior to the meeting, the proposed program will feature three weeks of class time, where students will be reading and discussing research articles that relate to the conference sessions, preparing the students to confidently attend the meeting and gain valuable insight into what it looks like to be a professional researcher.

Specific Program Goals:

1. Provide a chance to explore first hand different areas of research within kinesiology.
2. Network and engage with professionals in the exercise science and sports medicine world.
3. Explore careers in sports science, whether professional school or graduate school, by understanding the role of conferences in disseminating research.

Student Participants: The proposed program is intended for upper-division Kinesiology majors but may include qualified majors in other science majors at Westmont. Interested students should have completed KNS-012 Human Physiology.

Courses offered: 4-units

- KNS150 – Exploration of Research – American College of Sports Medicine (4-credits)

Itinerary:

May 4-22: Class on campus (2hrs/day), reading and discussing journal articles

May 25: Arrive San Francisco

May 26-30: Attend ACSM conference (8:30 am -5 pm; dinner discussion)

May 31: Return to Santa Barbara/class done

Faculty:

Timothy VanHaitsma

General Budget:

Faculty Compensation: Assistant Professor (1587/unit x 4 units = \$6348)

Administrative Stipend?: 1-16 students - \$3000

Hotel for Monday, May 25-May 31, 6 nights

\$125/night (2 students/room, \$200/night per room – estimated cost)

Food

\$45/day for 6 days

Conference Fee and Membership to ACSM (cheaper than non-member price)

\$120/student

Student will be responsible for their own transportation to San Francisco from Santa Barbara, but a flight is approximately \$300.

First three weeks of class – on campus: students are required to find their own accommodations (Ocean View?)

Frequency of offering: This class will be offered during Mayterm only and could be offered every 2-3 years.

KNS150: Exploration of Research – American College of Sports Medicine

Mayterm, 2020

Class: 2 hours Time: TBD (10-noon?)

Conference: May 26 – May 30, 8:30am-5:00pm, San Francisco

Instructor: Dr. Timothy VanHaitsma Ph.D

Instructor info: (805-565-7134)

Office Hours: TBA

tvanhaitsma@westmont.edu

Course Description

(4 credits) This program will primarily be for Kinesiology majors and will focus primarily on lecture and discussion experiences, culminating with a trip to the American College of Sports Medicine annual meeting which is the premiere conference in the field of Kinesiology and Sports Medicine. This meeting has sessions that cover virtually every aspect of sports medicine, exercise science, and the benefits of physical activity. In addition, the conference is internationally recognized and is the place to hear leading experts and learn about the latest research with over 6000 industry professionals attending the conference. The class will feature three weeks of class, where you will read research from different sessions at the conference, preparing you to confidently attend the meeting and enjoy each session that you attend.

Kinesiology Major

This course fulfills four of the required eight elective credits for the upper-division requirements in Kinesiology. In addition, it will prepare students for professional or graduate school as it will allow them to experience many of the different areas of kinesiology.

Institutional Learning Outcomes

One of Westmont's Institutional Learning Outcomes has been thoughtfully and purposefully woven throughout the class and has been identified below when appropriate.

Course Learning Outcomes

To provide the student with a broad understanding of many different areas of research within kinesiology. This understanding will be beneficial to students as they begin a further investigation into human health and physical performance.

Following the completion of KNS150, the student will:

1. Examine and interpret different areas of research within kinesiology.
 - Method of Assessment: Oral presentations of research
2. Attend sessions focusing on different areas of research, expanding the knowledge base of students.
 - Method of Assessment: Research summaries
3. Evaluate the evidence in support of a claim while applying scientific methods to determine if the research supports their claims (ILO: Critical thinking and Quantitative Literacy)
 - Method of Assessment: Research summaries

Course Information & Expectations

1. The course schedule (see last page) is meant to serve as a 'guideline' for our Mayterm. Changes may be made as necessary to accommodate unforeseen scheduling conflicts or to enhance a particular learning objective. We will attempt to cover two different topics during each class period leading up to the conference, so be prepared to read research.
2. **Attendance:** Material presented in each lecture will be directly related to content at the conference, so attendance is required. Also, tardiness is an impediment to the learning environment. Arriving late to class distracts both the instructor and your fellow students. Please make an effort to arrive on time.
3. **Assignments:** Any assignment that is not turned in during class, on the day that it is due, will result in a one letter grade deduction. An assignment will continue to reduce by one letter grade for each additional day that it is late.
4. Please ask questions during class. This class needs to be interactive for it to be interesting for you and for me.
5. Please no phone calls or texting in class, but computers are strongly recommended in order to look up more information/articles related to the topic.

Course Grading

1. Presentations – 40%
2. Research summaries – 40%
3. Summary Paper – 20%

Grading scale

A = 93-100%	B = 83-87%	C = 73-77%	D = 63-67%
A- = 90-92%	B- = 80-82%	C- = 70-72%	D- = 60-62%
B+ = 88-89%	C+ = 78-79%	D+ = 68-69%	F = 60% and below

Academic Accommodations

Students who have been diagnosed with a disability (learning, physical/medical, or psychological) are strongly encouraged to contact the Disability Services office as early as possible to discuss appropriate accommodations for this course. Formal accommodations will only be granted for students whose disabilities have been verified by the Disability Services office. These accommodations may be necessary to ensure your full participation and the successful completion of this course. For more information, contact Sheri Noble, Director of Disability Services (565-6186, snoble@westmont.edu) or visit the website <https://www.westmont.edu/disability-services>

Academic Integrity

Westmont policies and procedures state that any sign of academic dishonesty including *plagiarism* (the use of someone else's words or ideas without giving proper credit), *cheating* (the use of unauthorized sources of information on an examination or some other assignment) or *falsification* (the misrepresentation of facts in any academic project or obligation) could result in a failing grade in any given course and the filing of a report with the Provost's Office. Be familiar with the College's plagiarism policy, found at: <https://www.westmont.edu/office-provost/academic-program/academic-integrity-policy>

Tentative List of Topics and Readings

TBA when conference schedule comes out in late March/early April before the conference.