



#### Cal State LA School of Kinesiology

- Cal State LA ranked #1 for the upward mobility by being a premier public university dedicated to engagement, service, and the public good.
- The School of Kinesiology prepares undergraduate students to become ••• specialists by emphasizing either Fitness and Human Performance, Therapeutic Rehabilitation Practice, Educational Settings, or Community Service Agencies.
- The kinesiology program is facilitated by instructors of various disciplines ••• with major of students leaning primarily on physical therapy principles.

#### **Needs Assessment Summary**

- Establishing a connection to individual course student learning outcomes as it related to contributing to occupational therapy preparedness.
- Integrated understanding of curricular threads that informed the program design.
- Kinesiology course modification and establish occupational therapy related content that informed, inspired, and prepared kinesiology students for the rigors of occupational therapy school and practice.

#### Literature Review

- Heavy reliance on educators utilizing a surface learning model to project a "transmission of knowledge" and students acted as the "recipient of information" (Guo et al. 2020).
- Lack of engaging teaching methods and provided recommendations to allow students to play more active roles in their learning (Guo et al. 2020).
- Reinforcing course-specific content and curricular threads through evidence-based adult learning theory/andragogy approaches were effective in promoting both a more cohesive understanding (D'antoni et al., 2019)
- Many students needed help transitioning into graduate school which created a gap in student preparedness (Aldiwech et al., 2022).

# **Enhancing Occupational Therapy Interest and Perceived Preparedness Within Cal State LA Kinesiology Curriculum**

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### Individualized Learning Objectives

#### In the 14 weeks of the DCE, the doctoral capstone student will:

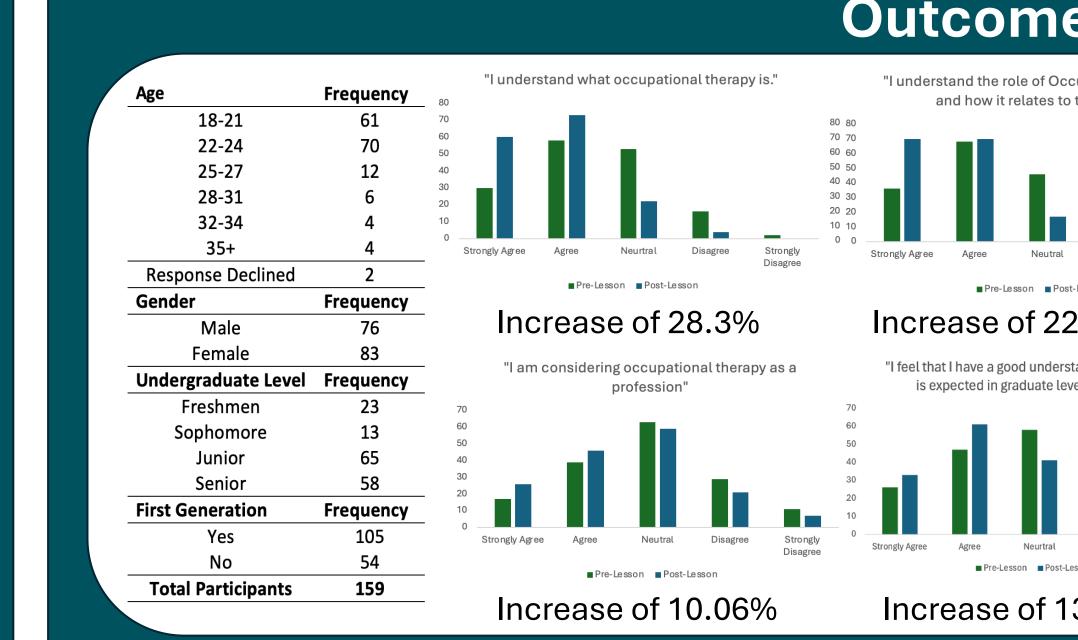
- Develop and implement occupational therapy-related content to guest lecture at least once in at least four kinesiology classes (at the 2000, 3000, and 4000 level).
- Develop and distribute educational materials for academic advisors, undergraduate kinesiology students, and interprofessional faculty to sustain occupational therapy-related content to promote interest and preparedness in occupational therapy.
- Enhance their clinical practice skills with spinal cord injury (SCI) and stroke populations during client sessions held at Cal State LA's Mobility Center.

#### **Curriculum Design**

#### **Focus Area:** Education

**Phase 1 (Weeks 1-6):** Meet and collaborate with course instructors **KIN 2500 –** Introduction to Kinesiology to schedule relevant occupational therapy guest lectures in existing **KIN 3650** – Applied Motor Learning course content.

Phase 2 (Weeks 7-14): Implement occupational therapy-related content to the Kinesiology department, faculty, and students during in the second phase of the DCE during the agreed-upon time.

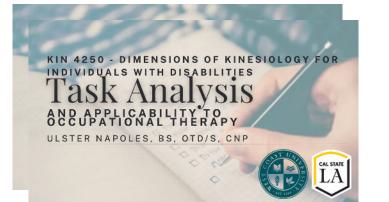


**Courses with Doctoral Capstone Student Guest Lecture Involvement:** 

- **KIN 4250** Dimensions of Kinesiology
- **KIN 4380** Principles of Older Adult Group Exercise
- KIN 4390 Rehabilitation Exercise Machines
- KIN 4420 Practicum in Rehabilitation and Therapeutic Exercise

es					
cupational Therapy this class"	Gain new perspective of the material" Helped specifically this connecting to 4420 vhen working with clients, being able to earn and connect with real world examples" You got to use this everywhere and be ware of what you are doing and consider vhat's going on when dealing with patients" "It helped a lot, I learned it in one class – I was relearning it again, it wasn't new anymore, but it was refreshing to understand it again with different words and perspectives" "It kept me in tuned, I wasn't bored or didn't get lost in what you were saying " "Brough a lot of clarification, listing classes, steps and process and how everything meshes together"	Text · Selection of Demonstra · Tying in co	t to do to help others through analysis of stimulus to enforce learning ation of specific terms in action purses together se of clarification through explanations nstrations	Codes U Themes	<ul> <li>"Improved engagement and knowledge retention with activity reinforcement"</li> <li>"Enforced curricular threads along student learning outcomes"</li> <li>"Framework of learning and application for the next step"</li> </ul>
Disagree Strongly Disagree	Open		Axial		Selective
3.58%					

**Each Course** Involved **Producing and** Implementing a combination



- rehabilitative career choice.

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### **Acknowledgments and References**

This doctoral capstone would not be possible without the loving support, guidance, and faith provided by my faculty mentors, rehabilitation and community mentors, cohort mates, Cal State LA students, and cherished friends and family. Words cannot express how grateful I am.



# Scholarly Deliverables

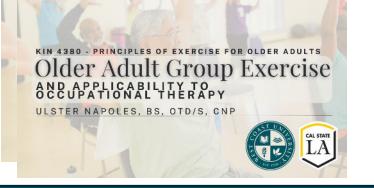
- Presentation slides
- Lecture sequences
- Activity handouts
- Pre and Post-test lecture questionnaire
- Check your understanding quizzes



KIN 3650 - MOTOR LEARNING AND DEVELOPME

AND APPLICABILITY TO

Sensory Processing



## Implications for Occupational Therapy

Impact the awareness and interest in occupational therapy as a

Provide meaningful and sustainable occupational therapy influence in the kinesiology course curriculum at Cal State LA.

Advocacy for the field of occupational therapy setting off an early spark for the next generation of occupational therapy practitioners.

#### Limitations

onal study does not guarantee continued interest and eparedness as longitudinal study would.

aints and variable time limitations to individual courses.

luced sustainability from established teaching practices from course instructors.

