

**KIN 625 –Special Topics in Exercise Science: Loaded Movement Training**  
**(3 units)**  
**Fall-Quad 2, 2017**

<b>Instructor:</b> Derrick Price	<b>Meeting day &amp; time:</b> Tuesdays 5:30-8 pm
<b>Phone:</b> 858-405-0282 (text is ok)	<b>Meeting location:</b> Liberty Station Conf Center (room # 202)
<b>E-mail:</b> dprice2@pointloma.edu	<b>Final Group Project:</b> Dec 15 <sup>th</sup> , 2016
<b>Office Hours:</b> By appointment	

**PLNU Mission**

**To Teach ~ To Shape ~ To Send**

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

**COURSE DESCRIPTION**

This eight-week course explores the methodology of Loaded Movement Training (LMT). Students will explore how the body adapts to LMT from a neuro, mechanical, and metabolic perspective and justify the use of LMT in an exercise program. Students will gain knowledge on how to design exercise workouts and programs using Loaded Movement Training for Sport Performance.



**INSTITUTIONAL LEARNING OUTCOMES (ILO)**

- 1. Learning, Informed by our Faith in Christ**
- Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.
- 3. Growing, In a Christ-Centered Faith Community**
- Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
- 5. Serving, In a Context of Christian Faith**
- Students will serve locally and/or globally in vocational and social settings.

**PROGRAM LEARNING OUTCOMES (PLO)**

The Point Loma Nazarene University MS-KIN graduate will be able to:

1. Appraise current research data in Kinesiology and integrate it into professional practice to solve relevant problems and make effective decisions .
2. Work independently and with a team to persuasively communicate essential information in their discipline.
3. Demonstrate appropriate breadth of knowledge of the background and principle research in their specialization in order to conduct an independent research project.
4. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.
5. Pursue an active and growing involvement in their discipline by achieving advanced certification and/or membership in a related professional organization.

## **COURSE LEARNING OUTCOMES (CLO)**

The following learning outcomes will be achieved by students in this course:

1. Justify the use of Loaded Movement Training in a strength and conditioning program.
2. Describe how the nervous system, fascia, muscles, bone and cardiorespiratory systems adapt to LMT.
3. Design various LMT Workouts for Sport Performance.
4. Design various LMT Programs for Sport Performance.
5. “Sell” the concept of Loaded Movement Training to coaches and other allied health professionals creating value for yourself in the sports performance realm.

## **RECOMMENDED RESOURCES**

- *Loaded Movement Training* by Michol Dalcourt and The Institute of Motion (Release date in 2016)
- *Anatomy Trains* by Thomas Myers. ISBN-13: 978-0702046544
- *Fascia: The Tensional Network of the Human Body* by Schleip et al. ISBN-13: 978-0702034251

### ***Additional resources that will be provided:***

- Course Manual and/or journal articles available via Canvas

## **ASSESSMENT AND GRADING**

### **Discussion Board Participation (20%)**

We have supplemented the course text and lecture materials with a host of videos, articles, and the Course Manual. The aim of the supplemental materials is to keep you current with contemporary practice. To receive full credit for Discussion Board participation, students will...

Supply a detailed response to the weekly question(s) with the use of scientific references when possible.

Respond to at least 2 classmates’ posts with open-ended questions and well thought out explanations for why they agree or disagree with a response.

### **Weekly Written Assignment (20%)**

Each week you will have a written assignment due based on the week’s materials. Details of each assignment are located in the weekly modules here in Canvas.

### **Weekly Video Assignment (20%)**

Each week you will be asked to create and submit a video based on the weekly assignment. Details of each video assignment are located in the weekly modules here in Canvas

### Final Group Project (40%)

The final project will be a 20-minute group presentation based on a case study where you will need to justify your exercise program that includes Loaded Movement Training. Showcase what you've learned over the course and demonstrate a strong grasp of how Loaded Movement Training can improve sport performance.

### Course Evals

You are expected to complete the Mid-Course and End-of-Course Evaluation surveys.

### CREDIT HOUR INFORMATION

**Distribution of Contact Hours:** It is anticipated that students will spend a minimum of 50 participation hours per credit hour on their course work. As a graduate course, students can expect the work in this class to be significant, and students should plan on spending 18-22 hours a week engaged in the course. The estimated time expectations for this course are shown below:

Assignments	Pre-Course Hours	Course Hours	Post-Course Hours
Reading Assignments	--	20	--
Weekly Online Discussions	--	23	--
Weekly Written Assignments	--	23	--
Weekly Video Assignments	--	23	--
In-Class Meetings		24	
Group Project		37.5	
<b>Total Course Hours</b>	150.5		

### Grade Points

Course Assignments	Points
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Online Discussions (7 @ 10 pts each)	70
Weekly Written Assignment (7 @ 10 pts each)	70
Weekly Video Assignment (7 @ 10 pts each)	70
Group Project	150
<b>Total Course Points</b>	<b>350</b>

#### *Grade Scale (Percentage)*

A	93-100	B-	80-82	D+	67-69
A-	90-92	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
B	83-86	C-	70-72	F	0-59

## **ATTENDANCE**

Students taking hybrid/blended courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course and attending face-to-face class meetings. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days in the online course will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days in the online course or face-to-face sessions will be dropped from the course retroactive to the last date of recorded attendance.

## **LATE ASSIGNMENTS**

All assignments are to be submitted by the due dates posted. There will be a 20% reduction of possible points for each day an assignment is late. If missing assignments result in the your failure to meet learning outcomes, you may receive a letter grade reduction on the final grade in addition to the loss of points for missing work. No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

## **ACADEMIC HONESTY**

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, “Academic dishonesty is the act of presenting information, ideas, and/or concepts as one’s own when in reality they are the results of another person’s creativity and effort. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course.” See [Academic Policies](#) for full text.

## **ACADEMIC ACCOMMODATIONS**

If you have a diagnosed disability, please contact Jean Moncada in the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at (619) 563-2849 or by e-mail at [jmoncada@pointloma.edu](mailto:jmoncada@pointloma.edu). Ask your academic advisor or program director for any additional accommodation information.

## **SPIRITUAL CARE**

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our graduate students to encounter God and grow in their Christian faith. You’ll find faith integration activities throughout this course. In addition, there are resources for your Christian faith journey available on the [Graduate Student Life](#) webpage.

## **FERPA POLICY**

As a student at Point Loma, you have a legal right to privacy as outlined in the federal FERPA (Family Educational Rights and Privacy Act) legislation. If I post grades or return assignments, I’ll do so in a way that does not publicly reveal your name, PLNU student ID, or social security number without your written permission. See [Policy Statements](#) for full text.

## **INFORMATION LITERACY**

The curriculum of the MS-KIN is designed so that you develop skills in scientific writing, performing statistical analysis of data, reading and critically appraising primary literature, and incorporating current best evidence into your professional practice. Not all information is equally sound or applicable to your practice. Various assignments within this course are designed to accomplish the goal of informational literacy—to evaluate the validity and importance of information obtained from any source and use the information appropriately to solve relevant problems. These assignments include: SPSS Output Reports, in-class article discussions, in-class discussion of experimental design, review of the literature related to your proposal, presentation of proposal. We will regularly direct you to the Ryan Library to accomplish these assignments

## **USE OF TECHNOLOGY**

In order to be successful in the online environment, you’ll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) page.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

If you do need technical help, you may click the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619-849-2222).

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Graduate and Professional Studies Catalog for additional detail.

### Attendance Policy for Hybrid/Blended Courses

Students taking hybrid/blended courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course and attending face-to-face class meetings. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days in the online course will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days in the online course or face-to-face sessions will be dropped from the course retroactive to the last date of recorded attendance.

## **ACADEMIC STANDING**

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program:

[http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic\\_Standing](http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic_Standing).

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy:

### **Grading System**

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.