

**Department of Kinesiology PED 155(1 unit of credit):
Weight Training; Section 4 T/R 11:00-11:55
Spring 2019**

Professor: Jerry Arvin jerryarvin@pointloma.edu Office: 619-849-2588

Office Location Kinesiology Building Office #1 on campus daily from 8 am to 5:30 pm if I am not in the office schedule an appointment with me when we are both free.

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.

General Education: This course is one of the components of the General Education Programs at PLNU, under the category of “Exploring an Interdependent World, Physical Fitness and Nutrition”. By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with emphasis on collection and interpreting empirical data for both theoretical and practical purposes

Textbook: *None*

Course Description: Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights.

IDEA Objectives:

- Gaining factual knowledge (terminology, methods) related to weight training for a healthy lifestyle.
- Developing a clearer understanding of, and commitment to, personal values

Course Learning Outcomes: At the successful completion of this course the student will be able to do the following:

1. Students will develop proper lifting techniques involved in weight training.
2. Students will develop and practice proper safety techniques while training.
3. Students will demonstrate knowledge of different training systems.
4. Students will identify the location of and which lifts use the major muscles of the human body.
5. Students will participate in a personal weight training program and be able to develop a plan of their own.

EVALUATION:

1. PHYSICAL PERFORMANCE (50% of total points) 200 pts.

Be in attendance every day and be physically active with the intent to work different muscles groups so as to develop and tone the different muscles of the body.

Lifting points will be awarded at the end of semester on testing day according to number of crunches completed, amount of weight lifted on the bench press (85% of your body weight), leg-squats (133% of your body weight) and arm-curls (35% of your body weight) a possible of 10 points of the total in each of the bench, squats and arm curls will awarded for the correct use of form.

2. WRITTEN PERFORMANCE (27.5%of total points) 110 pts

- A. Final Exam (110 points) Information from the assigned chart of muscle groups and the lifts used to work these groups, along with some basic concepts on weight lifting from notes.

3. PARTICIPATION (-4 points/abs.)(22.5% of total points) 90 pts

- A. Participation is essential and is expected. Points will be deducted at the rate of four points per absence.

4. GRADING SCALE Total = 400 points

A = 90%, 360 B = 80%, 320 C = 70%, 280 D = 60%, 240

A- = 86%, 344 B- = 76%, 304 C- = 66%, 266 D- = 55%, 220

B+ = 83%, 332 C+ = 73%, 292 D+ = 63%, 254 F = 50%, 200

Final Exam Scheduled: Section 1 Monday December 10th 2018 from 10:30 am – 1:00 pm

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

RISK:

There is an inherent risk involved in participation in a weight training program. To minimize this risk it is essential that students adhere to the following safety standards.

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. "Control the weight," slow, smooth, controlled movements should be used while lifting. Avoid jerky, fast movements. Don't "throw" the weight.
4. No "horseplay" can be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk.
5. No sandals or bare feet. Shoes must be worn at all times.
6. Proper dress includes t-shirts, sweats or shorts. You cannot dress in street clothes and you must wear a shirt! If not you will forfeit the attendance points for the day.

OVERLOAD PRINCIPLE (in most thought processes overloading is a negative, however in weight training it is a POSITIVE!):

The only way in which you will increase your strength through lifting is to overload the muscles. This can be done by lifting more weight, increasing the number of repetitions in a set or increasing the number of sets. As this class progresses you need to look for opportunities to overload.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. 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. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. The [Disability Resource Center](#) can provide additional information regarding available academic accommodations.

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 Undergraduate Academic Catalog

PLNU Tutorial Center

"The PLNU Tutorial Center is available free of charge for all current, **undergraduate** PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. The Tutorial Center is open Monday-Thursday from 8:00 am until 9:00 pm and Friday from 8:00 am until 3:00 pm. Please note that the Tutorial Center is closed from 9:30-10:30 am, Monday, Wednesday and Friday, and 5:00-6:00 pm every evening. Tutoring is available by appointment only, and appointments must be made at least one day in advance. Appointments may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu."