



Spring 2019

Meeting days: MW	Instructor: Jordan Courneya
Meeting times: 11:00am – 11:55am	Phone: 619 849-2764
Meeting location: Weight Room	E-mail: jordancourneya@pointloma.edu
Additional info:	Office hours: MW 10am-11am
Final Exam: (day/time)	Additional info:

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

Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition, and stress management leading to a lifetime of fitness and desirable health practices.

STUDENT LEARNING OUTCOMES

1. Students will learn the basic principles, techniques, and mechanics of weightlifting;
2. Students will discuss different lifts associated with certain muscle groups
3. Students will show proper technique for each lift
4. Students will discuss effective workout plans for desired fitness goals.
5. Assess current personal lifestyle and develop a plan for optimal lifelong wellness.
6. Identify and explain how the health related components of physical fitness contribute to general health and wellness and apply to various exercise activities.
7. Identify potential risks as well as the benefits associated with exercise.
8. Demonstrate practical techniques for assessing one's own fitness status.

REQUIRED TEXTS AND RECOMMENDED RESOURCES

There is no textbook required for this class. Handouts will be given when needed. Journals and fitness magazines will be useful in finding articles for critiques.

ATTENDANCE AND PARTICIPATION

To be successful as a student in this class, you'll need to arrive on time and attend regularly. Learning to be dependable now will also help you in your life beyond PLNU. If you're absent more than 10% of the time, I may submit a report that could result in your being withdrawn from the class. If you're absent more than 20% of the time, you may be de-enrolled with or without further notice to you. Just as a point of information, if the date of de-enrollment is after the last day to withdraw from a class, you will be assigned a "W" if you were passing the class and a "WF" if you were not. See [Academic Policies](#) for full text.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas.

ACADEMIC DISHONESTY

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](#) in the undergrad student catalog.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

FERPA POLICY

In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad student catalog.

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.

USE OF TECHNOLOGY

Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. It is the responsibility...

ASSESSMENT AND GRADING

1. **Attendance** (150 points): Roll taken every day, 5 points deducted for each absence; 1 excused absence.
2. **Weekly Log** (25 points)
3. **4 Article Critiques** (100 points – 25 each)
4. **Final** (50 points)
5. **Participation** (100 points)

COURSE SCHEDULE AND ASSIGNMENTS

See Daily Schedule under Syllabus & Course Info in Canvas