

# SYLLABUS



Kinesiology/Point Loma Nazarene University

PED 155 Weight Training

1 Unit

FALL 2018

<b>Meeting days:</b> Monday/Wednesday	<b>Instructor title and name:</b> Rich Hills
<b>Meeting times:</b> 1:30-2:25 pm	<b>Phone:</b> 619-849-2206
<b>Meeting location:</b>	<b>E-mail:</b> rhills@pointloma.edu
<b>Final Exam:</b> as posted	<b>Office location and hours:</b> Kinesiology 3
<b>Additional info:</b>	<b>Additional info:</b>

## 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 skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights. Each student will develop and work a system of weight training for specific outcomes.

### Philosophy:

**Attendance** - Activity courses are the ultimate participation courses. You must be present to participate. As you participate in physical activity your body will adapt and change.

**Knowledge** - This course is designed for you to learn basic knowledge necessary to be safe and effective while participating in weight training. Lectures, study guides, and handouts will explain human anatomy, proper form and technique, the muscles used in each exercise, and program design. Exams will measure your knowledge.

**Competency and Form** - During this course you will practice proper form while being critiqued by your instructor. You will show your competency by being able to perform exercises with proper form as well as being able to identify the necessary components of proper form.

**Effort** - Too heavy and/or too light resistance are both counterproductive. Maximum effort while maintaining perfect form is our goal.

## **COURSE LEARNING OUTCOMES**

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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.

## **COURSE CREDIT HOUR INFORMATION**

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a \_\_unit class delivered over \_\_\_\_ weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

## **ASSESSMENT AND GRADING**

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### **Evaluation:**

**Physical Performance** (23%) 90 pts.

Performance points will be awarded at the end of semester. Improvement documented by the student's lifting logs kept throughout the semester. Positive changes in areas of weight, reps or form and or body composition are expected.

**Written Performance** (17%of total points) 67 pts

Exams - 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.

**Participation** (40% of total points) (-1% per absence after 3 absences) 160 pts

Physical activity courses are the ultimate participation courses, as such, you are expected to be physically active each class meeting. Points will be deducted at the rate of four points per absence. Missing 10% of classes may result in being dropped from the course (see catalog).

**Lifting Form** (20% of total points)

Deadlift, Bench Press, Clean and Squat 80pts

**Grading Scale:** Total = 397 pts.

A = 90%,

B = 80%

C = 70%

D = 60%

F = 50%

### **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. Street clothes are not appropriate. Shirts are required at all times. Failure to wear proper clothing will result in loss of attendance points.

### **INCOMPLETES AND LATE ASSIGNMENTS**

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All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

### **FINAL EXAMINATION POLICY**

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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.

NOTE: The following policies are to be used without changes:

### **PLNU COPYRIGHT POLICY**

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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** ★

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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** ★

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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](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY** ★

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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.