

Point Loma Nazarene University
Department of Kinesiology
Spring 2017

<u>Course Information:</u>	<u>Instructor Information:</u>
Course Title: PED 155- Weight Training (section 5)	Instructor: Jessica Matthews, MS, E-RYT500
Units: 1.0	E-mail: jmatthew@pointloma.edu
Class Meets: M/W 12:15-1:10pm	Office Hours and Location: Kinesiology 11; <i>By appointment only</i>
Meeting Location: Outdoor weight room	Final Exam: Friday 5/5 at 10:30am

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 muscular strength, endurance, and flexibility through the use of bodyweight and load-based exercises.

Department Learning Outcome:

1. Students will meet or show progress towards basic/fundamental skill level.

Course Learning Outcomes (SLO):

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 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 1.0 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

Course Format:

This lab-based class offers a functional training focus through group-led and circuit style workouts. Regular attendance and active participation are imperative to success in the course. Students must arrive to each class meeting on-time and dressed appropriately to participate in this movement-oriented class.

Class Attire and Equipment:

For this activity course, students are expected to wear appropriate athletic attire to each class meeting, including proper footwear. The clothing worn should allow for the safe performance of physical movements without restriction. Students may choose to wear athletic clothing such as, but not limited to, shorts, capris, pants, tank tops, t-shirts or long-sleeved shirts, however all attire should be school appropriate and non-offensive to others in the course. Given that class meetings will be held outdoors students may also choose to layer athletic attire to ensure comfort throughout the entire class experience. Students are also strongly encouraged to bring a water bottle and towel with them to every class meeting.

Evaluation:

The total number of points accumulated based on active participation, assessments, and a final exam determine your final grade in this course. You may earn up to 250 points for active participation and skill development; 50 points for pre- and post-assessments; and 100 points for the final exam.

Pre-Assessment	25 pts.	Grades	
Post-Assessment	25 pts.		
Final Exam	100 pts.		A=90% (360) C=70% (280)
Skill Development and Active Participation (10 points per class)	250 pts.		A-=86% (344) C-=66% (266)
			B+=83% (332) D+=63% (254)
			B=80% (320) D=60% (240)
			B-=76% (304) D-=55% (220)
Total Points	400 pts.	C+=73% (292)	F=Below 55% (219 or less)

Class Attendance and Participation:

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 has the option of filing 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 section of the academic catalog.

Safety Considerations

Participation in any physical activity may involve risk or injury. Students are advised of the importance of carefully following the instructor's instructions regarding techniques and training requirements. In addition, to further minimize 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. Perform all movements in a slow, smooth, controlled fashion, especially when utilizing external load/resistance. Avoid jerky, fast movements.
4. No "horseplay" of any kind will be tolerated.
5. No sandals or bare feet. Appropriate athletic footwear and attire must be worn at all times.

Final Examination

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.

Email Etiquette:

When sending an email to the professor, students are expected to construct well-written, complete correspondence in which the **student's name and course number are noted in the subject line**. In addition, the body of the email should include an appropriate salutation as well as detailed information regarding the nature of the question or concern. The professor will respond to all emails *within 48 hours of receipt*.

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. See [Disability Resource Center](#) for additional information.

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. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU Copyright Policy

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“A determined mind and a strong will bear endless possibilities.”