

# SYLLABUS



Kinesiology/Point Loma Nazarene University

**PED 225 INDIVIDUAL AND DUEL SPORTS**

**2 Units**

**SPRING 2019**

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| <b>Meeting days:</b> Monday/Wednesday   | <b>Instructor title and name:</b> Rich Hills |
| <b>Meeting times:</b> 1:30 – 2:35 pm    | <b>Phone:</b> 619-849-2206                   |
| <b>Meeting location:</b> PE1            | <b>E-mail:</b> rhills@pointloma.edu          |
| <b>Final Exam:</b> (day/time) As Posted | <b>Office location and hours:</b> Kin 2      |
| <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

An introduction to the knowledge, skills, and progressions involved in teaching and participating in functional fitness activities. Emphasis will be placed on teaching and assessing movement progressions involved with individual and dual sports.

**COURSE LEARNING OUTCOMES :** At the successful conclusion of this course the student will be able to do the following:

- a. Demonstrate skills in the following sports:
  1. Tennis – forehand, backhand, serve and doubles play
  2. Racquetball – forehand, backhand, kills, serves and play
  3. Badminton – forehand, backhand, lob, smash, serves and both singles and doubles play
  4. Dance – linde, ballroom, salsa and country line and 2 step
  5. Golf – Putting, chipping, short and long irons
- b. Lesson plans for each sport
- c. State the rules and scoring (where appropriate) of each sport

## 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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|                                      |                 |
|--------------------------------------|-----------------|
| a. Participation 5 pts. @ 28 classes | 140 pts.        |
| b. Skills 25 pts. @ 5 sports         | 125 pts.        |
| c. Lesson plans 50 pts. @ 2 sports   | 100 pts.        |
| d. Written tests 20 pts. @ 5 sports  | <u>100 pts.</u> |
| e. Total                             | 465 pts.        |

465 – 395 = A; 394 - 348 = B; 347 - 302 = C; 301 – 255 = D

### **NCOMPLETES 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.

### **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.