

Online Weight Training

Meeting Days:	Asynchronous (online)	Instructor:	Jacob R. Goodin, Ph.D., CSCS
Meeting Times:	Asynchronous (online)	Phone:	Email or Zoom preferred
Meeting Location(s):	Canvas, YouTube	Email:	jgoodin@pointloma.edu
Final Exam:	Due in Canvas 12/10 @ 11:59	Office Hours:	By appointment via Zoom

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.

FOUNDATIONAL EXPLORATIONS MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

COURSE DESCRIPTION

This course meets one (1) unit of the Physical Fitness and Nutrition general education requirement. Through this course you will develop skills and knowledge pertaining to building strength, power, and speed through resistance training activities.

COURSE LEARNING OUTCOMES

- Students will learn and hone proper technical execution of a variety of weight training movements
- Students will demonstrate basic knowledge of different resistance training concepts
- Students will develop and practice proper safety and spotting techniques while training
- Students will identify the location of and which lifts use the major muscles of the human body
- Students will participate in a personal weight training program administered by the instructor, and have the knowledge to develop a plan of their own upon completion of the course
- Students will calculate percent improvement in their 1-repetition maximums and in their pre- and post-semester performance assessments

YOUR TRAINING PROGRAM

In order to successfully participate in this course, you will need to resistance train at least 2x a week for 45-75 minutes at a time. The following activities are forms of resistance training:

- Free weights (barbells, dumbbells, kettlebells)
- Machines
- Bodyweight training or calisthenics
- High intensity interval training (HIIT) as long as it involves a weighted implement or your bodyweight (for example, you can do HIIT on a stationary bike but that is not technically resistance training)

The following activities—although good for you!—are *not* forms of resistance training and therefore will not count towards your 2x/week requirement:

- All forms of cardio (running, elliptical, biking, spin class, hiking, walking)
- Surfing
- Manual labor
- Sport practice or training

For those who have access to a gym, great! As long as you train twice a week, you are good to go. I will even hold Zoom calls to help you come up with a training program.

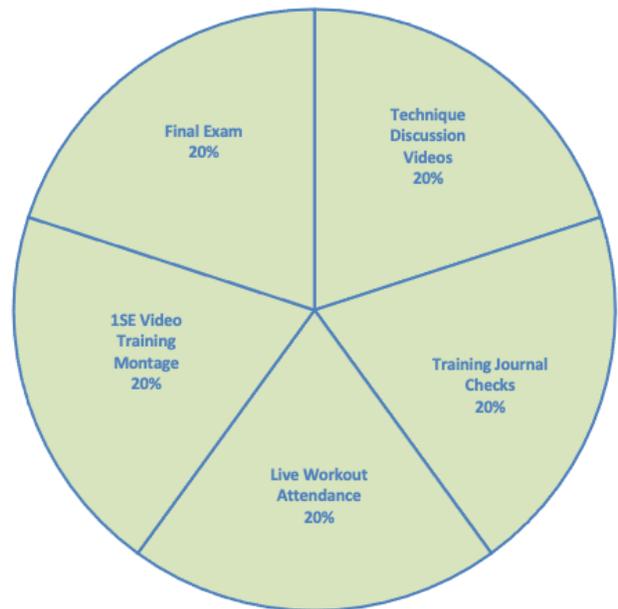
For those without gym access, I will provide you with tools to come up with an at-home workout plan. The details will be posted in Canvas.

COURSE GRADING AND ASSIGNMENTS

The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

Technique Discussion Videos	8x10 pts
Training Journal Checks	8x10 pts
Live Workout Attendance	8x10 pts
1SE Video Training Montage	80 pts
Final Exam	80 pts
Total:	400 pts



- **Attendance and Participation:**

- Because this class will meet online, attendance and participation points will be earned through a variety of other assignments. These assignments are crucial to your learning and also help the instructor to gauge your progress and guide your training program.

- **Movement Technique Video Discussions (8x10 pts):**

- In any form of resistance training, movement technique is crucial to staying injury free and ensuring that you are activating the correct muscle groups. Regardless of the implement used (barbells, dumbbells, resistance bands, or bodyweight), almost all exercises can be categorized into 1 of 9 basic human movement patterns:

- Squat
- Hinge
- Lunge
- Vertical Push
- Horizontal Push
- Vertical Pull
- Horizontal Pull
- Core Stability
- Locomotion (loaded carry, walk, run, sprint)

- Therefore, this class will teach correct movement pattern technique in these 9 patterns (only 5 of them will be discussed in detail in the technique critique discussions) and students will not only work on their own technique, but assess their peers in video format.

- **Training Journal Checks (8x10 pts):**

- It is impossible to improve on what you are not tracking. One of the most important aspects of any exercise program is tracking your progress! Students will track their workouts in a digital or handwritten training log and will submit it to Canvas every two weeks. Instruction will be given about specific components to include in your training journal.

- **Live Workouts (8x10 pts):**

- In addition to your personal resistance training program, one of the PLNU weight training instructors will be publish a follow-along style workout on YouTube for you to perform on your own time at home.
- These workouts will be shared with multiple weight training classes, as well as other members of the PLNU community. This will aide in keeping us all engaged with one another while we are remote.
- To participate, “like” the video and leave a comment about how hard it was, how many reps you got, or how you felt during or after the workout.
- **1 Second Everyday Video Training Montage (80 pts)**
 - As part of your participation in this class you will take a short video clip of yourself every time you train. You will then use the app 1 Second Everyday (1SE) or a similar video-maker app to compile a short montage of your training through the semester as evidence of your consistency. The 1SE app automatically grabs a 1-second clip will compile a video with a 1 second clip for each training session you completed. This can be free-weight, bodyweight, circuit, HIIT, change-of-direction, plyometric, or sprint training. During each session, record a short clip of yourself mid-lift, celebrating a PR, high-fiving your gym partner, or dancing between sets. While the Training Journal Checks (see above) are biweekly, this assignment will be due at the end of the semester.
- **Exam (80 pts):** The final exam will assess your understanding of the following concepts:
 - The 9 fundamental movement patterns
 - The various implements that can be used in weight training
 - The appropriate set, rep, and rest intervals for achieving various training goals
 - The muscle groups utilized during various movement patterns and their associated exercises
 - Knowledge of safety and correct technique regarding the squat, bench press, and deadlift.

Total: 400 pts

INHERENT RISK

There is an inherent risk involved in participation in a weight training program, however this risk is considerably lower than participation in team-sports when instruction is provided by a qualified strength and conditioning coach. Regardless, 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. Attention to technique and proper execution of the lifts at the assigned tempos is critical to both your safety and performance.
4. No "horseplay" will be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk. Loud cheering, high-fives, slaps on the back, and laughter is encouraged as long as it amplifies focus and effort. Off-task

conversation, phones, or other disruptive behavior will result in a loss of participation points.

5. No sandals or bare feet. Shoes must be worn at all times.

RECOMMENDED RESOURCES

Recommended:

Stone, Stone, and Sands. *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics, 2007

Israetel, M., J. Hoffman, and C. W. Smith. *Scientific Principles of Strength Training*. Juggernaut Training Systems (2016).

In addition to the above textbook, for this online course you will need access to the following:

- Zoom: <https://zoom.us/>
 - Sign up for a free account using your PLNU email address. Download the app to your laptop, phone, and/or tablet.
- Microsoft Excel
 - You will use this program to open the online exercise library and workout builder for the course.
- Google Chrome: <https://www.google.com/chrome/>
 - Google Chrome is the required browser for HonorLock, and must be downloaded and used on a laptop or desktop for the module quizzes, midterm, and final exam.
- Laptop or desktop computer equipped with a microphone and webcam

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 1-unit class delivered over 15 weeks. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day, with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final exam on by 12/4 at 11:59pm.

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

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of 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. In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the

posted due dates and accessing Canvas materials regularly. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

TUTORING

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. Tutoring is available over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#).

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, therefore I will be posting virtual office hours via the Zoom virtual conferencing app. I will send out more details on this soon. I have an open-door policy for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

Tentative Course Schedule

Tentative Schedule & Module Setup														
Module	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Weeks 1-2</u>	8/30	8/31	9/1	9/2	9/3	9/4	9/5	9/6	9/7	9/8	9/9	9/10	9/11	9/12
	Discussion 1: Class Introductions Follow Along workout 1						Rest	Training Journal Check 1						Rest
<u>Weeks 3-4</u>	9/13	9/14	9/15	9/16	9/17	9/18	9/19	9/20	9/21	9/22	9/23	9/24	9/25	9/26
	Discussion 2: Squat Pattern Videos Follow Along workout 2						Rest	Training Journal Check 2						Rest
<u>Weeks 5-6</u>	9/27	9/28	9/29	9/30	10/1	10/2	10/3	10/4	10/5	10/6	10/7	10/8	10/9	10/10
	Discussion 3: Hinge Pattern Videos Follow Along workout 3						Rest	Training Journal Check 3						Rest
<u>Weeks 7-8</u>	10/11	10/12	10/13	10/14	10/15	10/16	10/17	10/18	10/19	10/20	10/21	10/22	10/23	10/24
	Discussion 4: H. Push Pattern Videos Follow Along workout 4						Rest	Training Journal Check 4						Rest
<u>Weeks 9-10</u>	10/25	10/26	10/27	10/28	10/29	10/30	10/31	11/1	11/2	11/3	11/4	11/5	11/6	11/7
	Discussion 5: H. Pull Pattern Videos Follow Along workout 5						Rest	Training Journal Check 5						Rest
<u>Weeks 11-12</u>	11/8	11/9	11/10	11/11	11/12	11/13	11/14	11/15	11/16	11/17	11/18	11/19	11/20	11/21
	Discussion 6: Lunge Pattern Videos Follow Along workout 6						Rest	Training Journal Check 6						Rest
<u>Weeks 13-14</u>	11/22	11/23	11/24	11/25	11/26	11/27	11/28	11/29	11/30	12/1	12/2	12/3	12/4	12/5
	Discussion 7: V. Push Pattern Videos Follow Along workout 7						Rest	Training Journal Check 7						Rest
<u>Weeks 15-16</u>	12/6	12/7	12/8	12/9	12/10	12/11	12/12	12/13	12/14	12/15	12/16	12/17	12/18	12/19
	Discussion 8: V. Pull Pattern Videos Follow Along workout 8						Rest	Final Training Journal Check 8 1SE Video Training Montage Final Exam						Rest

Due Date: Saturdays
@11:59 pm

End of Semester: Final Exam,
Final Journal Check, & 1SE
Training Montage Due Fri,