

# Course Syllabus

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## Course Information

	<b>Kinesiology Department</b> <b>KIN1019 Core and Cardio Training</b> <b>Number of Units: 1</b>
<b>Fall, 2022</b>	

## Instructor Contact Information

<b>Meeting days: Monday/Wednesday</b>	<b>Instructor: Ann Davis</b>
<b>Meeting times: 1:30 p.m. - 2:25 p.m.</b>	<b>Phone: 619-889-7738</b>
<b>Meeting location: Golden Gym Main</b>	<b>Email: andavis@pointloma.edu</b>
<b>Final Exam: TBD</b>	<b>Office location and hours:</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 is an expression of faith. Being of Wesleyan heritage, we strive 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 a variety of workouts including: core stability balls, light weights, resistance bands, and mat work. Yoga and Pilates may be incorporated in some of the work

outs.

## COURSE LEARNING OUTCOMES

**Student Learning Outcomes:** Students will learn appropriate and varied workouts targeted to improve muscular strength, endurance, flexibility, and body composition, including how to:

1. Understand proper, safe, effective workout utilizing the core stability ball and mats.
2. Develop and tone major muscles in the body, including core (chest, back, and abdominals), legs, shoulders, triceps and biceps using resistance bands and light weights.
3. Combine some yoga and Pilates techniques that emphasize numerous repetitions in several planes of motion.
4. Demonstrate a basic working knowledge of resistance training as well as understanding theory behind the benefits associated with injury prevention.
5. Students will meet or show proficiency/progress toward basic or fundamental skill level.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

1. **Attendance:** Each student is expected to attend all class sessions. Each student is allowed 3 class absences only (see University policy). No excused absences except for university endorsed activities (see catalogue). 150 pts are given for roll.
2. **Participation:** Each student will be expected to work out during class and participate to the best of his/her ability. 5 pts. x 30 meetings = 150 pts.
3. **Grading:** 181 pts total 94-100% A 89-93% A- 84-88% B+ 80-83% B
4. **Equipment:** You will need a yoga mat and 3 or 5 lb dumbbells.

## 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. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

## COURSE SCHEDULE AND ASSIGNMENTS

- See Weekly agendas for specific assignments and due dates

## ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

### Standard Grade Scale Based on Percentages

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

## 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. Incompletes will only be assigned in extremely unusual circumstances.

## 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](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

## PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It

is the student's responsibility to make the first contact with the EAC.

## 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. See [Academic Policies](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) 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.

## 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](#) (<https://www.pointloma.edu/offices/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](#) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.



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

## ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.

## Course Summary:

Date	Details	Due
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Date	Details	Due
Mon Aug 29, 2022	 <a href="#"><u>Academic Honesty Verification Statement</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793779">https://canvas.pointloma.edu/courses/62516/assignments/793779</a>	due by 11:59pm
	 <a href="#"><u>Exercise Consent Form</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793782">https://canvas.pointloma.edu/courses/62516/assignments/793782</a>	due by 11:59pm
Wed Aug 31, 2022	 <a href="#"><u>Fitness Assessment Sheet- please print out and bring to class day 1.</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793783">https://canvas.pointloma.edu/courses/62516/assignments/793783</a>	due by 11:59pm
	 <a href="#"><u>Karvonen Formula bring printed copy to class day 1.</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793784">https://canvas.pointloma.edu/courses/62516/assignments/793784</a>	due by 11:59pm
Sun Oct 23, 2022	 <a href="#"><u>Mid-Course Survey</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793780">https://canvas.pointloma.edu/courses/62516/assignments/793780</a>	due by 11:59pm
Fri Dec 2, 2022	 <a href="#"><u>Post Fitness Assessments!</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793785">https://canvas.pointloma.edu/courses/62516/assignments/793785</a>	due by 11:59pm
Fri Dec 9, 2022	 <a href="#"><u>Wrap Up Week   Wellness Survey</u></a> <a href="https://canvas.pointloma.edu/courses/62516/assignments/793786">https://canvas.pointloma.edu/courses/62516/assignments/793786</a>	due by 11:59pm