

Course Syllabus

[Jump to Today](#)
 **Edit**

Course Information

 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Kinesiology/Point Loma Nazarene University</p> <p>Beginning Surfing KIN 1044</p> <p>1 Unit</p>
<p>Fall 2023</p>	

Meeting Times and Contact Information

<p>Meeting days: Tuesday/Thursday</p>	<p>Instructor: Rich Hills</p>
<p>Meeting times:</p> <p>Sec. 1 - 12:30 - 2:10 pm</p> <p>Sec. 2 - 2:15 - 3:55 pm</p> <p>Sec. 3 - 4:00 - 5:40 pm</p>	<p>Phone: 619-849-2206</p>
<p>Meeting location: Tower 1</p>	<p>Email: rhills@pointloma.edu</p>
<p>Final Exam: As posted</p>	<p>Office: Kinesiology #3</p>

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

Instruction and participation in the basic skills of surfing and rough water safety. Each student will demonstrate rough water swim, board control and an understanding of wave characteristics. Offered on a Quad basis.

COURSE LEARNING OUTCOMES

1. The student will state the terms of surfing, the aspects of rough water safety, care of equipment and skill knowledge.
2. The student will chart a weekly surfing workout.
3. The student will demonstrate surfing skills of:
 - A. duck diving or turning turtle
 - B. paddling
 - C. dry land pop-ups
 - D. Sitting and turning on the board
 - E. Catching waves
 - F. pop-ups

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 7 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

1. Tuesdays/Thursdays we meet together at the pier
2. Students will chart additional surf sessions and exercises each week
3. 10/18 final written exam and surf proficiencies, turn in charting

ASSESSMENT AND GRADING

Assignment and Points

Written Test	30 points
Skills	150 points
Charting	50 points
Attendance/Participation	100 points
Total	330 points

Standard Grade Scale Based on Percentages

A	B	C	D
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A	B	C	D
A 90-100	B 80-89	C 70-79	D 60-69

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

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>) 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>) or 619-849-2486). Once a student's eligibility for an accommodation



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 withdrawal 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.



FINAL EXAM

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](http://www.pointloma.edu/experience/academics/class-schedules) (<http://www.pointloma.edu/experience/academics/class-schedules>) site. No requests for early examinations or alternative days will be approved.

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
Mon Sep 27, 2021	 Week 5 Video wave catching Copy https://canvas.pointloma.edu/courses/68901/assignments/921543	due by 11:59pm
		
	 Week 5 Video wave catching Copy 2 https://canvas.pointloma.edu/courses/68901/assignments/921535	due by 11:59pm
		
Sun Oct 17, 2021	 Week 2 Quiz https://canvas.pointloma.edu/courses/68901/assignments/921534	due by 11:59pm
		
Sun Sep 11, 2022	 Week 2 Assignment https://canvas.pointloma.edu/courses/68901/assignments/921547	due by 11:59pm
		
Sun Sep 3, 2023	 Week 1 Assignment https://canvas.pointloma.edu/courses/68901/assignments/921546	due by 11:59pm
		
Sun Sep 10, 2023	 Week 2 Video https://canvas.pointloma.edu/courses/68901/assignments/921541	due by 11:59pm
		
Sun Sep 17, 2023	 Week 3 : Video Pop up and wave catch	due by 11:59pm



Date	Details	Due
	(https://canvas.pointloma.edu/courses/68901/assignments/921540) 	
	 Week 3 Assignment (https://canvas.pointloma.edu/courses/68901/assignments/921548)	due by 11:59pm 
Sun Sep 24, 2023	 Week 4 Assignment (https://canvas.pointloma.edu/courses/68901/assignments/921549)	due by 11:59pm 
Sun Oct 1, 2023	 Week 5 Video wave catching (https://canvas.pointloma.edu/courses/68901/assignments/921538)	due by 11:59pm 
	 Week 5 Assignment (https://canvas.pointloma.edu/courses/68901/assignments/921550)	due by 11:59pm 
Sun Oct 8, 2023	 Week 6 Assignment (https://canvas.pointloma.edu/courses/68901/assignments/921551)	due by 11:59pm 
	 Week 6 Video Assignment (https://canvas.pointloma.edu/courses/68901/assignments/921552)	due by 11:59pm 
Sun Oct 15, 2023	 Week 7 Assignment (https://canvas.pointloma.edu/courses/68901/assignments/921553)	due by 11:59pm 
Sun Oct 22, 2023	 Attendance/ Participation (https://canvas.pointloma.edu/courses/68901/assignments/921544)	due by 11:59pm 
	 Week 7 Surf Skills test (https://canvas.pointloma.edu/courses/68901/assignments/921554)	due by 11:59pm 
	 Wellness Survey (https://canvas.pointloma.edu/courses/68901/assignments/921555)	due by  n

Date	Details	Due
		
	 Unnamed Quiz (https://canvas.pointloma.edu/courses/68901/assignments/921533) 	
	 Week 1 Activity Log Minutes (https://canvas.pointloma.edu/courses/68901/assignments/921545) 	
	 Week 1 Discussion: Introduction (https://canvas.pointloma.edu/courses/68901/assignments/921542) 	
	 Week 3 Discussion: Pop up and wave catch Copy (https://canvas.pointloma.edu/courses/68901/assignments/921539) 	
	 Week 3 Discussion: Pop up and wave catch Copy 3 (https://canvas.pointloma.edu/courses/68901/assignments/921537) 	
	 Week 7 Discussion: Conclusion (https://canvas.pointloma.edu/courses/68901/assignments/921536) 	

