

# Course Syllabus

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## Course Information

 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Foundational Explorations</b> <b>KIN1055 - Weight Training</b> <b>1 Unit</b></p>
<p><b>Fall, 2023</b></p>	

## Instructor Contact Information

<p><b>Meeting days/times:</b> <b>Monday, Wednesday 1:30-2:25pm</b></p>	<p><b>Instructor name: Rich Hills</b></p>
	<p><b>Phone:</b> (619) 849-2206</p>
<p><b>Meeting location:</b> Golden Gym Weight Room</p>	<p><b>Email:</b> rhills@pointloma.edu</p>
	<p><b>Office location and hours:</b> Kinesiology 2; by appointment</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.

## 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 cultures.



## COURSE DESCRIPTION

Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights. This is a 1 unit course. Two hours per week in class and 1 hour per week outside of scheduled class time is expected. This class **may not be repeated** for academic credit.

## COURSE LEARNING OUTCOMES

Through successful completion of this course:

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.
6. Students will demonstrate three lifts and critique peers on these lifts.

## PHILOSOPHY

**Attendance** - Activity courses are the ultimate participation courses. You must be present to participate. As you participate in physical activity your body will adapt and change.

**Knowledge** - This course is designed for you to learn basic knowledge necessary to be safe and effective while participating in weight training. Lectures, study guides, and handouts will explain human anatomy, proper form and technique, the muscles used in each exercise, and program design. Exams will measure your knowledge.

**Competency and Form** - During this course you will practice proper form while being critiqued by your instructor. You will show your competency by being able to perform exercises with proper form as well as being able to identify the necessary components of proper form.

**Effort** - Too heavy and/or too light resistance are both counterproductive. Maximum effort while maintaining perfect form is our goal.

## CLASSROOM

This class will meet in the weight room which is located at the east end of the gym floor.

## LOCKER ROOMS

Locker rooms are located outside the south side of the gym, overlooking the tennis courts and below the Kinesiology classrooms. Lockers and showers are available for student use. Changing before and after class should be done in the locker rooms (not in the bathrooms above the weight room).

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES



None required. Handouts and lectures will be used.

## 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.

## EVALUATION

### **Physical Performance:** 70 pts

Skill development on three lifts. Dead lift, Bench press and Squat. Each student will perform the three lifts according to the definitions provided. Each student will also critique each lift by their peers.

### **Written Performance:** 67 pts

Exams (110 points) Information from the assigned chart of muscle groups and the lifts used to work these groups, along with some basic concepts on weight lifting from notes.

### **Participation:** 160 pts

Performance points will be awarded at the end of semester. Improvement documented by the student's lifting logs kept throughout the semester. Positive changes in areas of weight, reps or form and or body composition are expected. Physical activity courses are the ultimate participation courses, as such, you are expected to be physically active each class meeting. Points will be deducted at the rate of four points per absence. Missing 10% of classes may result in being dropped from the course (see catalog).

### **Wellness Survey:** 10 pts

**Total:** 307 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 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.

## 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

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

## 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 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) (<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.

## 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) (<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) (<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
Tue Feb 9, 2021	 <a href="#">Synchronous Session Agenda (wk 1)</a>	to do: 11:59pm
	 <a href="#">Week 1: Synchronous Session Agenda ORIG</a>	to do: 11:59pm
Wed Sep 1, 2021	 <a href="#">Class Introduction Videos (wk 1)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921558">https://canvas.pointloma.edu/courses/68914/assignments/921558</a>	due by 11:59pm
Sat Sep 11, 2021	 <a href="#">Training Journal Check 1 (wk 2)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921570">https://canvas.pointloma.edu/courses/68914/assignments/921570</a>	due by 11:59pm
Sat Sep 25, 2021	 <a href="#">Training Journal Check 2 (wk 4)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921571">https://canvas.pointloma.edu/courses/68914/assignments/921571</a>	due by 11:59pm
Sat Oct 9, 2021	 <a href="#">Training Journal Check 3 (wk 6)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921572">https://canvas.pointloma.edu/courses/68914/assignments/921572</a>	due by 11:59pm
Sat Oct 23, 2021	 <a href="#">Training Journal Check 4 (wk 8)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921573">https://canvas.pointloma.edu/courses/68914/assignments/921573</a>	due by 11:59pm
Sat Nov 6, 2021	 <a href="#">Training Journal Check 5 (wk 10)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921574">https://canvas.pointloma.edu/courses/68914/assignments/921574</a>	due by 11:59pm



Date	Details	Due
Sat Nov 20, 2021	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921575">Training Journal Check 6 (wk 12)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921575">https://canvas.pointloma.edu/courses/68914/assignments/921575</a>	due by 11:59pm
Sun Dec 4, 2022	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921587">Critique of Form</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921587">https://canvas.pointloma.edu/courses/68914/assignments/921587</a>	due by 11:59pm
Fri Dec 9, 2022	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921576">Wellness Survey</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921576">https://canvas.pointloma.edu/courses/68914/assignments/921576</a>	due by 11:59pm
Sun Sep 24, 2023	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921559">Technique Critique: Squat Pattern Video</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921559">https://canvas.pointloma.edu/courses/68914/assignments/921559</a>	due by 11:59pm
Sun Oct 8, 2023	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921560">Technique Critique: Hinge Pattern Video</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921560">https://canvas.pointloma.edu/courses/68914/assignments/921560</a>	due by 11:59pm
Sun Oct 22, 2023	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921561">Technique Critique: Horizontal Push Pattern Video</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921561">https://canvas.pointloma.edu/courses/68914/assignments/921561</a>	due by 11:59pm
Sun Nov 5, 2023	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921562">Technique Critique: Horizontal Pull Pattern Video</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921562">https://canvas.pointloma.edu/courses/68914/assignments/921562</a>	due by 11:59pm
Sun Nov 12, 2023	 <a href="https://canvas.pointloma.edu/courses/68914/assignments/921563">Technique Critique: Lunge Pattern Video</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921563">https://canvas.pointloma.edu/courses/68914/assignments/921563</a>	due by 11:59pm
Sun Nov 19, 2023	 <a href="#">Technique Critique: Vertical Push Pattern Video</a>	due by 11:59pm



Date	Details	Due
	<a href="https://canvas.pointloma.edu/courses/68914/assignments/921564">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921564">https://canvas.pointloma.edu/courses/68914/assignments/921564</a>)</a> 	
Sun Nov 26, 2023	 <a href="#">Technique Critique: Vertical Pull Pattern Video</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921565">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921565">https://canvas.pointloma.edu/courses/68914/assignments/921565</a>)</a> 	due by 11:59pm
	 <a href="#">Attendance/ Participation</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921566">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921566">https://canvas.pointloma.edu/courses/68914/assignments/921566</a>)</a> 	due by 11:59pm
Sun Dec 3, 2023	 <a href="#">Final</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921568">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921568">https://canvas.pointloma.edu/courses/68914/assignments/921568</a>)</a> 	due by 11:59pm
	 <a href="#">Student Critique Form</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921569">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921569">https://canvas.pointloma.edu/courses/68914/assignments/921569</a>)</a> 	due by 11:59pm
	 <a href="#">Final Exam (wk 16)</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921556">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921556">https://canvas.pointloma.edu/courses/68914/assignments/921556</a>)</a> 	
	 <a href="#">Final WIP</a> <a href="https://canvas.pointloma.edu/courses/68914/assignments/921557">(<a href="https://canvas.pointloma.edu/courses/68914/assignments/921557">https://canvas.pointloma.edu/courses/68914/assignments/921557</a>)</a> 	

