

## POINT LOMA NAZARENE UNIVERSITY

KIN2020 (2 units): Team Sports Fundamentals and Strategies

Meeting Days:	Tuesdays & Thursdays	Instructor:	Alisa Ward
Meeting Times:	9:30-10:45am	Office Phone:	619 849-2557
Meeting Location:	Kinesiology Classroom 3	Email:	<a href="mailto:alisaward@pointloma.edu">alisaward@pointloma.edu</a>
Final Exam:	<b>T 12/12 @ 10:30am</b>	Office Hours:	By appointment

### 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.

### Institutional Learning Outcomes

- 1. Learning, Informed by our Faith in Christ**—students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of mind that foster life long learning.
- 2. Growing, In a Christ-Centered Faith Community**—students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
- 3. Serving, In a Context of Christian Faith**—Students will serve locally and/or globally in vocational and social settings.

### Course Description

Development and practical application of skills, play, and strategy of team sports from participation and coaching perspectives. Content includes baseball/softball, basketball, football, soccer, volleyball. In addition to play, students will study coaching philosophies, tactical and technical instruction, game management, and understanding game officiating.

### Course Orientation

- 1. To get to know your professor better:** [Alisa Ward, Bio](#)
- 2. Student role:** to glean the best experiences out of this course, students will lead discussions topics on a rotating basis, will be expected to participate in class discussions, and will be asked to complete exercise requirements on their own during this semester.
- 3. Instructor role:** the professor will act as a guide and mediator as we move through the semester schedule.
- 4. Tips for success:**
  - a. Come prepared to be physically active all days (except the first day)
  - b. Be sure to make notes of your own personal due dates: they are strict and late assignments will not be accepted.

### Course Learning Outcomes

- A. Students will be able to summarize how to teach general offense and defense team strategies of each of the various sports.
- B. Students will be able to articulate a glossary of terms associated with various sports.
- E. Students will be able to perform or explain how to perform fundamental skills in individual, team and competitive settings.
- F. Students will participate in role playing activities as hot topics are debated.
- G. Students will facilitate discussions related to trends in the coaching profession.

### 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 two unit class delivered over one semester.

**Semester Readings**—no text book is necessary.

### Course Requirements and Expectations

- Attendance is the top component necessary for learning to take place, and will be tracked each meeting.
- This course is a combination of lecture, discussion, and activity. Students unable to physically participate for any reason must attend class and learn and be as involved as possible. Prolonged non-participation will result in extra, out-of-class assignments.
- Physical activity time will be completed on the student's own time and will be recorded and submitted for participation points.

**Course Topics**—Throughout the semester\* address the following topics by engaging in current events, discussing articles, pondering and journaling and producing assignments of great value.

\*See Canvas for a full semester schedule

**Assignments** Refer to the semester schedule for assignment due dates and see Canvas for instructions and rubrics for each assignment.

- a. Activity Log Assignments (due every third Friday)
- b. Sport Vocabulary Quizzes
- c. Team Building Activities
- d. Student Led Practices
- e. Student Led In-Class Discussions
- f. Sport Vocabulary (Final) Exam
- g. Coaching (*or Life*) Philosophy (Paper & Presentation)

**Assessment and Grading**—Points per assignment can be found on Canvas.

Grading Scale:	A = 93-100	B-=80-82	D+= 67-69
	A-= 92=90	C+=77-79	D = 63-66
	B+=87-89	C = 73-76	D-= 60-62
	B = 83-86	C-= 70-72	F = 0-59

### Incomplete and Late Assignments

All assignments are to be submitted onto Canvas by their due date and time. Canvas assignments will cease to exist once the due date has expired. It is up to you to get your assignments in on time or ahead of time in the event of a conflict on your part. Incompletes will only be assigned in extremely unusual circumstances.

### **PLNU Attendance and Participation Policy**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of the 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. If absences exceed these limits but are due to university excused health issues, an exception will be granted. Participation is a vital in this class as each of you must coach the class. You will be asked to participate in class discussions and in class activities.

Students will be given 5 points per class session for attendance as attendance is mandatory for this class to work. Students missing more than 3 class periods will lose attendance and participation points.

### **Course Closure: Final Examination Information**

The final examination for this class will take place during class on Thursday, 12/14 at 9:30am. On Tuesday, 12/12 your final presentation comments will be due along with your final coaching/life philosophy paper.

### **PLNU Academic Accommodations Policy**

If you have a diagnosed disability, please contact PLNU's Educational Access Center (EAC) 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 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.

### **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.

### **Content Warning**

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In [class name], all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include [list topics]. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of [subject/major], and I will support you throughout your learning in this course.

## Trigger Warning

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In [class name], we will cover a variety of topics, some of which you may find triggering. These topics include [list topics]. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of [subject/major], and I will support you throughout your learning in this course.

## Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski, etc.) in this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. For example, if you use ChatGPT, you must cite ChatGPT including the version number, year, month and day of the query and the statement "Generated using OpenAI. <https://chat.openai.com/>"

## Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix).