

## POINT LOMA NAZARENE UNIVERSITY

KIN1016 (1 unit—15 weeks): High Intensity Functional Training Tues/Thurs (8:30am-9:20am)

Meeting Requirements: Two workouts a week (Tues/Thurs) Instructor: Jordy Miranda

Meeting Location: Weight Shed Email: jmiranda@plnu.com

Class requirements: Student participation AND effort

Final Exam: Submit reflection paper Office Hours: By appointment  
Fitness testing

### 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.

### Institutional Learning Outcomes

- **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.
- **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.
- **Serving, In a Context of Christian Faith**—Students will serve locally and/or globally in vocational and social settings.

## Course Description

Development on building strength, endurance, and fitness knowledge through the use of body weight, weights, cardio and other implements.

## Course Orientation

- **To get to know your professor better:** ask me to grab coffee!
- **Student role:** to glean the best experiences out of this course, student workouts will be recorded and submitted monthly.
- 1. **Instructor role:** the professor will act as a guide, trainer, and mediator as we move through the semester's workouts.
- **Tips for success:** Bring water, show up on time, and come with a good attitude and mindset to push yourself to grow physically and mentally. Be ready to sweat and have fun while doing it!

## Course Learning Outcomes

- **Students will be able to identify, demonstrate and apply movement specific skills and strategies to designated physical activities.**
  1. Identify between sets and repetitions
  2. Identify various parts and their corresponding muscle or muscle groups (chest, arms, legs, stomach)
  
- 1. Match muscle/muscle groups to corresponding body movements as associated with weight training movements
- 2. Develop proper lifting techniques involved in movements done in the class
- **Students will be able to identify critical elements as they relate to specific weight training movements.**
  1. Explain the importance of cardiovascular fitness as it relates to weight training.
  2. Develop and practice proper safety techniques while training
- **Students will demonstrate strength and conditioning improvements related to specific program goals.**
  1. Show strength, repetition, cardio, or weight improvement on semester workouts from pre to post
  2. Participate in a personal training program and be able to develop a plan of their own

## 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 one unit class delivered over one semester. Class instructions will be posted weekly on individual Canvas modules.

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

**Course Requirements and Expectations**—This is an ACTIVITY class meaning participation and EFFORT is required to get a good grade.

- Participate in the class workouts for the week for proper attendance and participation points.
- Pre & Post-Fitness Testing: to receive full credit for participation, you must show some type of change, whether it is an increase in weight, reps or a decrease in time to complete workouts.
- Must give EFFORT in class as well as participate. Showing up is great, but you must participate and give effort if you would like an A in this course
- Show up on time, shoes on, ready to go!

Note: you don't have to be athletic or even "in-shape" to show effort. If you're trying and wanting to get better- that is all I ask for!

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

1. Pre-fitness testing worksheets (monthly)

**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 + PLNU Attendance and Participation Policy**

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.

Attendance will be recorded by teacher. After three “absences” (failing to submit your complete workout on time) your grade will go down with each further absence. 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 your 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.

**Risk**—there is an inherent risk involved in participation in an exercise and weight training program. To minimize this risk it is essential that students adhere to proper safety standards:

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any mid-semester conditions (sickness or injury) that may affect your participation.
3. Be sure you properly understand the movements required and can participate in a safe manner.
4. Wear proper workout gear (clothing that allows you to move freely, shoes that offer support) and also make sure your environment is safe (plenty of space to move around, stable ground and equipment, and more)

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

The final examination (post fitness test) for this class will take place the week before finals take place. There will be no class during finals week for this course!

### **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 you have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](#).

### **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](#) to view which states allow online (distance education) outside of California.

## **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**®

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 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.

## **Language and Belonging\***

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

## **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).