



# POINT LOMA NAZARENE UNIVERSITY

## SAN DIEGO, CA

Department of Kinesiology and Health Sciences

**Course Title:** Kinesiology-KIN 4080 Leadership in Fitness Professions  
**Semester:** Fall, 2025  
**Location:** Kinesiology 2  
**Day/Time:** Monday 3pm to 5:40pm  
**Final Exam:** Wednesday December 17th. Online-8am-11:59pm  
**Instructor:** Dr. Tim Hall,  
**Contact Information:** Email: [timhall@pointloma.edu](mailto:timhall@pointloma.edu)  
Office: Salomon Hall 101

*I have an open door policy. Whenever my office door is open, please feel free to come in. I will also schedule appointments when desired/necessary.*

[Download Course Syllabus Here](#)

### 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.

**Required Texts and Recommended Study Resources**

**PLEASE MAKE SURE TO PURCHASE THE CLASS BOOKS YOU WILL NEED ALL OF THEM**

Students are responsible for having the required course textbooks prior to the first day of class.

All supplemental materials posted on this course site (including articles, book excerpts, or other documents) are provided for your personal academic use. These materials may be protected by copyright law and should not be duplicated or distributed without permission of the copyright owner.

- a. Frankl, E.V. (1959). *Man's Search for Meaning*. MA: Beacon Press
- b. **(Not Required, I will supply copies in class)** Langley, D.L., Hawkins, J.D. (2003). *Administration for Exercise-Related Professions*. CA: Wadsworth.
- c. Palmer, J.P (2000). *Let Your Life Speak*. CA: Jossey-Bass.
- d. Peck, M.S. (1978). *The Road Less Traveled*. NY: Simon and Schuster.
- e. Wooden, J.R., Jamison, S. (2005) *Wooden On Leadership*. NY: McGraw-Hill
- f. Test and Assignments will be done via CANVAS.

## **Course Description**

This course surveys general organizational leadership principles and their application to the organization and administration of the health/fitness, coaching and physical education professions. Emphasis is on business management principles and operational concepts, including organizational structure, facility management, industry standards and guidelines, personnel management practices, and personal developmental leadership concepts.

## **Course Objectives**

To investigate different practices and theories of leadership and management. To provide an opportunity to discuss and process leadership concepts both personal and administrative. This course will rely mostly on discussions and lectures.

Discussions and lectures are intended to integrate and supplement the readings. Therefore, students are expected to complete readings prior to each class meeting. However, the success of the class will greatly rely on student participation in class discussion and exercises.

## **Course Learning Outcomes**

- a. Articulate theories of administrative and personal/developmental Leadership.
- b. List traits and behaviors that influence leadership capability.
- c. Recognize and act upon opportunities for Leadership.
- d. To develop sensitivity to dilemmas in Leadership situations.

- e. To assist in developing deeper levels of interpersonal skills in and for leadership.
- f. To assist developing ways of thinking about yourself as a Leader.

## **Course Spirit**

The nature of this class will allow us to discuss openly and freely the complexities of Leadership issues and Leadership principles. This is intended to be a safe place and environment to have open discussions that will challenge us to develop as leaders administratively and personally. Professor and students alike must respect and honor one another.

## **Policy on Electronic Devices**

A student's classroom contribution is vital to the academic environment. Classroom contribution is more than just asking thoughtful questions, and making comments, it also involves respectful attention to what others are saying.

Technology devices in this classes' context can detract from the classroom environment. So, in KIN 4080, I am asking that we refrain from using any of our technological devices during class, unless necessary and/or directed to do so. THANK YOU for respecting this request.

## **Assignments/Expectations**

1. **PRESENTATIONS:** Each student will give a 10-minute PowerPoint presentation on any leadership principle Administrative or Personal discussed this semester in class. You are free to share and be creative with your time in any way you would like. It must be a Leadership principle(s) that have had the most impact on you positively or negatively, or both. You can pick one area of Leadership or multiple. There is freedom in this exercise...don't give your freedom away. Be creative, thoughtful, and take advantage of it. This will be presented at the end of the semester.
2. **REFLECTIONS OF CLASS AND PARTICIPATION:** You will do a one-page (minimum) double spaced reflection paper of each class, due the next day after class by 5pm (Via Canvas). Your reflection will be based on any or all of the content that resonated with you of what was discussed in that previous class period. You will also give yourself a score out of 10 as to how you perceived your engagement and participation during the class. A major component of Leadership is being able to honestly do a self-assessment of yourself.
3. **ATTENDANCE:** A major piece of Leadership is showing up. This class will meet one day a week for the semester. You will be allowed one free miss. Any misses thereafter will result in a 10pt reduction. Please make sure to communicate with me in regards to any misses, or any emergencies that may arise. Institutional excused absences will be honored.
4. **FINAL EXAM:** You will take a test at the end of the semester. I will have a thorough study guide to assist you.

## Assignment Points

<b>Assignments</b>	<b>Points</b>
<b>Presentations</b>	<b>100 pts</b>
<b>Reflections and Participation</b>	<b>14 reflections at 10 pts each = 140 pts</b>
<b>Attendance</b>	<b>14 Class Sessions at 10pts each = 140pts</b>
<b>Final Exam</b>	<b>35 pts</b>
	<b>Total Points 415</b>

## Grading Scale

		<b>A</b>	<b>93 to 100%</b>	<b>A-</b>	<b>90 to 92.99%</b>
<b>B+</b>	<b>88 to 89.99%</b>	<b>B</b>	<b>84 to 87.99%</b>	<b>B-</b>	<b>80 to 83.99%</b>
<b>C+</b>	<b>78 to 79.99%</b>	<b>C</b>	<b>74 to 77.99%</b>	<b>C-</b>	<b>70 to 73.99%</b>
<b>D+</b>	<b>66 to 69.99%</b>	<b>D</b>	<b>60 to 65.99%</b>	<b>D-</b>	<b>50 to 59.99%</b>
		<b>F</b>	<b>1 to 49.99%</b>		

# SEMESTER SCHEDULE

(May be slightly shifted due to guest speakers schedules)

<b>WK1</b> <b>Syllabus</b>	<b>9/8</b>	<b>Discuss Syllabus/Introductions</b>	<b>Reflection</b>
<b>WK2</b> <b>Palmer</b>	<b>9/15</b>	<b>Palmer chapter-1</b> <b>Guest Speaker Professor Nick Wolf-Leadership</b>	<b>Reflection</b>
<b>WK3</b> <b>Palmer</b>	<b>9/22</b>	<b>Palmer- Chapter-5.</b> <b>Administration/Langley Chapter 3</b>	<b>Reflection</b>
<b>WK4</b> <b>PLNU &amp;</b> <b>Langley-</b> <b>Hawkins</b>	<b>9/29</b>	<b>Guest Speaker Professor Nick Wolf-Leadership cont.</b> <b>Administration/Langley Chapter-7</b>	<b>Reflection</b>
<b>WK5</b> <b>PLNU &amp;</b> <b>Langley-</b> <b>Hawkins</b>	<b>10/6</b>	<b>Guest Speaker-James Kinzler. Pastor of on campus church. San Diego First Church</b> <b>Admin/Langley Chapter-8</b>	<b>Reflection</b>
<b>WK6</b> <b>Langley</b>	<b>10/13</b>	<b>Admin Chapter's 9 &amp; 16</b>	<b>Reflection</b>

<b>WK7</b> <b>Langley- Hawkins &amp; Wooden</b>	<b>10/20</b>	<b>Dr. Jeff Sullivan Dean of The College of Health Sciences</b>  <b>Wooden Introduction.</b>	<b>Reflection</b>
<b>WK8</b> <b>Wooden</b>	<b>10/27</b>	<b>Pyramid of Success</b>	<b>Reflection</b>
<b>WK9</b> <b>Wooden</b>	<b>11/3</b>	<b>PLNU Alumni-JJ Reading—Leadership with a Chick-fil-A Executive</b>  <b>Pyramid of Success</b>	<b>Reflection</b>
<b>WK10</b> <b>Peck</b>	<b>11/10</b>	<b>Discipline and Love</b>	<b>Reflection</b>
<b>WK11</b> <b>Peck</b>	<b>11/17</b>	<b>Man’s Search for Meaning</b>	<b>Reflection</b>
<b>WK12</b> <b>Frankl</b>	<b>11/24</b>	<b>Man’s Search for Meaning</b>  <b>Presentations</b>	<b>Reflection</b>
<b>WK13</b> <b>Frankl</b>	<b>12/1</b>	<b>Presentations</b>	<b>Reflection</b>
<b>WK14</b>	<b>12/8</b>	<b>Presentations</b>  <b>Last Class and Food</b>	<b>Reflection</b>

<b>WK 15</b>	<b>12/17</b>	<b>Test on Own</b>	<b>On Own 8am to 11:59pm</b>
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### **Distribution of Student Learning Hours**

<b>Category</b>	<b>Time Expectation in Hours</b>
<b>Class room/Online Participation in Discussions, Groups, etc.</b>	<b>50</b>
<b>Reading Assignments</b>	<b>30</b>
<b>Reflections</b>	<b>15</b>
<b>Preparation and delivery of Leadership Powerpoint Presentations</b>	<b>15</b>
<b>Test</b>	<b>2.5</b>
<b>Total Hours</b>	<b>112.5</b>

### **Final Examination Policy**

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam Schedules](#) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

### **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 Recording Notification**

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

## **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 distance education outside of California.

## **PLNU 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](#).

## **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. For all student appeals, faculty and students should follow the procedures outlined 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 in accordance with the Americans with Disabilities Act (ADA). 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 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

### **PLNU Attendance and Participation Policy-See Above**

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 class sessions, 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 an "F" grade.

### **LOMABOOKS INSTRUCTIONS FOR STUDENTS**

*This course is part of our course material delivery program, **LomaBooks**. The bookstore will provide each student with a convenient package containing all required physical materials; all digitally delivered materials will be integrated into Canvas.*

*You should have received an email from the bookstore confirming the list of materials that will be provided for each of your courses and asking you to select how you would like to receive any printed components (in-store pick up or home delivery). If you have not done so already, please confirm your fulfillment preference so the bookstore can prepare your materials.*

*For more information about **LomaBooks**, please go: [HERE](#)*