

POINT¹⁹  **LOMA**⁰²
NAZARENE UNIVERSITY
Department of Kinesiology and Health Sciences

Course Title:	Kinesiology-KIN 1030. Beginning Volleyball
Semester:	Spring 2026—1 unit
Location:	Athletic Facilities- Golden Gym
Day/Time:	Tuesday and Thursday 9:00am to 9:50am
Instructor:	Billy Perez
Contact Information:	Email: bperez@pointloma.edu
Phone:	619-849-2918
Final Exam:	5/5/26 10:30am
Office Hours:	Kinesiology office by appointment

[*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.

General Education 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 fundamental skills through participation in selected activities-Volleyball.

Course Objectives: This course will cover the basic beginning concepts of volleyball. It will also enhance the importance of healthy stewardship of personal health.

Course Learning Outcomes:

- a. To become acquainted with beginning basic terminology for understanding volleyball.
- b. To assess current personal lifestyle and develop your OWN personal plan for optimal lifelong wellness. (Personal and Confidential)

General Education Learning Outcomes: To assess current personal lifestyle and develop your OWN personal plan for optimal lifelong wellness. (Personal and Confidential)

Course Spirit: The nature of this class will allow us to participate in beginning volleyball/exercise activities that will be conducive to a better understanding of volleyball and personal health. This is intended to be a safe place and environment. Professor and students alike must respect and honor one another.

Required Texts and Recommended Study Resources:

Students are responsible for having the required course textbooks prior to the first day of class. There are no textbooks required for this course.

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. No final exam
- b. You will receive this Syllabus on Canvas also.
- c. You will need to dress out in PE clothing and closed toed athletic shoes.
- d. **Official Medical Excuses:** Must be in note form from your Doctor and the Wellness Center.

Assignments:

1. **Attendance/Participation:** A major piece for success in this class is showing up and participating. Each class session will be worth 10pts. This class will meet two days (Tues and Thurs) a week for the semester. You will be allowed two free misses. Any misses thereafter will result in a 5pt reduction. Please make sure to communicate with me in regards to any misses, or any emergencies that may arise.
2. **Final Exam and Kinesiology Survey:** 4/30-Last Class Meeting. You will take a test and survey at the end of the semester covering the basic volleyball terminology and concepts that we have learned during the semester—4/30-8am to 10am

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.

3. **Class Meetings:** Each class meeting will consist of playing volleyball as a health specific activity.

Assignment Points

Class Activities	Points
Attendance and Participation 28 meetings at 10pts each	280 pts
Final Exam—4/27-Last Class Meeting	25 pts
Kines Semester Wrap Up Survey	15 pts
Total Points	320 pts

Grading Scale

	A	93 to 100%	A-	90 to 92.99%	
B+	88 to 89.99%	B	84 to 87.99%	B-	80 to 83.99%
C+	78 to 79.99%	C	74 to 77.99%	C-	70 to 73.99%
D+	66 to 69.99%	D	60 to 65.99%	D-	50 to 59.99%
	F	0 to 49.99%			

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Whole Semester and Wrap up week Participation in Volleyball Related Activities	36.5
Test	.5
Total Hours	37

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 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.

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 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

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.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro 1.5, GrammarlyGo, Perplexity, etc) to generate ideas, but you are not allowed to use AI tools to generate content (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor.

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](#).