



Department of Kinesiology and Health Sciences
Spring 2026
KIN1055 (1 unit—15 weeks): Weight Training

Instructor: Alisa Ward		Office Hours: By appointment	
Meeting Days:	Monday/Wednesday	Meeting Times:	1:30-2:25pm (section 4)
Meeting Location:	Sport Performance Center (Gym)	Email:	alisaward@pointloma.edu
		Phone:	619-849-2557
Final Exam:	Monday, April 27, 2026	Content:	Muscles Exam

[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 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 lifelong 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 of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of body weight, weights, and other implements.

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 be asked to utilize their time well during our sessions in an effective manner.
3. **Instructor role:** the professor will act as a guide and mediator as we move through the semester’s workouts.
4. **Tips for success:** Arrive on-time, ready to go, and ready to move a lot.

Course Learning Outcomes

- A. **Students will be able to identify, demonstrate and apply movement specific skills and strategies to designated physical activities.**

- a. Identify between sets and repetitions
 - b. Identify various parts and their corresponding muscle or muscle groups (chest, arms, legs, stomach)
 - c. Match muscle/muscle groups to corresponding body movements as associated with weight training movements
 - d. Develop proper lifting techniques involved in movements done in the class
- B. Students will be able to identify critical elements as they relate to specific weight training movements.**
- a. Explain the importance of cardiovascular fitness as it relates to weight training.
 - b. Reinforce the importance of including a stretching program with weight training for injury prevention and rehabilitation
 - c. Develop and practice proper safety techniques while training
- C. Students will demonstrate strength and conditioning improvements related to specific program goals.**
- a. Show strength, repetition, or weight improvement on semester workouts from pre to post
 - b. Identify their individual target heart rate zones for specific intensities
 - c. Participate in a personal training program and be able to develop a plan of their own

General Education Learning Outcome

Students will develop an understanding of self that fosters personal well-being.

- Link to GE courses and assessment plan:
<https://assessment.pointloma.edu/academic-assessment/general-education/assessment-plan/>
- A. Link to GELO's: <https://pointloma-public.courseleaf.com/tug-catalog/general-education/>

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 is required to get a good grade.

- Physical activity time will be completed during class sessions
- Attendance is necessary to pass this course
- Students will be given 5 points per day for their attendance
- Students who miss more than 3 days will be deducted attendance & 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.
- Come to class dressed to workout. Change at home or in the provided locker rooms. Do not dress in the restrooms. Wear athletic clothing. Students should wear comfortable clothing that allows them to move freely and without restrictions. Clothing should be appropriate for safe movement and engagement in physical activities. **YOU MUST WEAR CLOSED TOED SHOES!**

Assignment and Grading: 300 points total

1. Attendance: 150 points
2. Participation: 50 points
3. Muscles Exam: 50 points
4. Positive Change: 50 points

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

PLNU Attendance and Participation Policy—Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. *Students who miss three classes or more will be docked 5 points for every additional absence (excused or unexcused).* Three tardies will count as one absence. 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.

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)

Diversity and Inclusion Statement

It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity: disability, age, socioeconomic status, ethnicity, race, nationality, religion, gender, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. To help accomplish this:

- A. If you have a name and/or set of pronouns that differ from those that appear in your official PLNU records, please let me know!
- B. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.
- C. I (like many people) am still in the process of learning about diverse perspectives and identities. If something was said in class (by anyone) that made you feel uncomfortable, please talk to me about it.

Final Examination Policy

The make-up muscles exam will take place final exam week. Otherwise we do not meet together the week of final exams. Please see the posted Semester Schedule on the first module of Canvas.

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 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 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.

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.]

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.

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.