Praxis of Strength Training and Conditioning Lab

Meeting Days:	F	Instructor:	Jacob R. Goodin, PhD, CSCS
Meeting Times:	12:30 pm to 2:00 pm	Phone:	Click to set up an appointment
Classroom	Weight room	Email:	jgoodin@pointloma.edu
Final Exam:	None	Office Hours:	Click to set up an 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.

COURSE DESCRIPTION

This laboratory course provides structured, coach-led practical experience in strength training and conditioning. Students will participate in a supervised 90-minute training session each week designed to:

- Develop technical proficiency in foundational and advanced lifts

- Experience structured program design in real time

- Apply exercise science concepts from the companion lecture course

- Learn coaching cues, corrections, and training organization through lived experience

Students will train under direct instruction and receive individualized coaching. Emphasis is placed on movement quality, effort, training structure, and professional coaching standards.

In addition to weekly lab sessions, students will complete one independent resistance training session per week to reinforce skill development and promote training consistency.

This course complements the Strength and Conditioning lecture course and emphasizes application over theory.

Prerequisite or Corequisite: KIN 3070.

COURSE LEARNING OUTCOMES

- Demonstrate technically sound execution of foundational strength, power, and conditioning movements.
- Apply appropriate coaching cues to improve lifting mechanics.
- Execute structured training sessions that reflect proper sequencing, volume, intensity, and rest.
- Experience and reflect on different coaching styles and training modalities.
  Maintain a consistent training journal documenting progression and effort.
  Exhibit professionalism, preparedness, and effort in a training environment.

COURSE GRADING AND ASSIGNMENTS

The assignment types are weighted as follows:

Attendance	40%
Effort and Engagement	30%
Independent Training Journal Assignment	30%

The final grade percentage will be rounded to the nearest percent with grades being recorded as follows:

Grade	Percent	Grade	Percent	Grade	Percent
A	93 - 100	B-	80 - 82.9	D+	67 - 69.9
A-	90 - 92.9	C+	77 - 79.9	D	63 - 66.9
B+	87 - 89.9	C	73 - 76.9	D-	60 - 62.9
B	83 - 86.9	C-	70 - 72.9	F	0 - 59.9

EDUCATIONAL OPPORTUNITIES

1. Attendance

Attendance is mandatory. This course is experiential and cannot be replicated through make-up work.

- Arrive on time, dressed appropriately for training.
- Late arrivals may result in partial credit.
- Unexcused absences result in loss of attendance points.

● Excessive absences may result in course failure.

2. Effort and Engagement

Students are expected to:

● Train with appropriate intensity.
● Apply coaching feedback.
● Demonstrate professionalism and respect for peers.
● Contribute to a focused training environment.

Effort is evaluated on observable engagement, not performance level. Strength or athletic background is irrelevant. Commitment and coachability are central.

3. Independent Training Requirement

Each week students must:

● Complete one additional resistance training session outside of lab.
● Record the session in a written or digital training journal.
● Capture one 3–5 second video clip from that session.

The journal must include:

● Exercises performed
● Sets and reps
● Load (if applicable)
● Brief reflection (1–2 sentences on performance, difficulty, or technical focus)

At the end of the semester, students will submit:

● Their complete training journal
● A compiled video containing 30 total clips (15 lab + 15 independent)

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

None

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 1-unit class delivered over 15 weeks. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

LATE AND INCOMPLETE ASSIGNMENTS

All assignments are to be submitted/turned in according to the specified time in Canvas. Late assignments/quizzes will be docked 20% per day with assignments/quizzes submitted over 5 days late receiving a 0. Completes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

There is no final exam for this course

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.

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 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.

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.

OFFICE HOURS

It is important to me that I get to know each of you on an individual level, therefore I will be posting virtual office hours via the Zoom virtual conferencing app. I will send out more details on this soon. I have an open-door policy for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!