

[Download Course Syllabus Here](#)

 POINT LOMA NAZARENE UNIVERSITY	Department of Kinesiology and Health Sciences KIN1055 - Weight Training 1 Unit
Fall, 2026	

Meeting days/times: Monday, Wednesday 1:30-2:25pm	Instructor name: Rich Hills
	Phone: (619) 849-2206
Meeting location: Golden Gym Weight Room	Email: rhills@pointloma.edu
	Office location and hours: by 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 is an expression of faith. Being of Wesleyan heritage, we strive 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.

COURSE DESCRIPTION

Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights. This is a 1 unit course. Two hours per week in class and 1 hour per week outside of scheduled class time is expected. This class **may not be repeated** for academic credit.

COURSE LEARNING OUTCOMES

Through successful completion of this course:

1. Students will develop proper lifting techniques involved in weight training.
2. Students will develop and practice proper safety techniques while training.
3. Students will demonstrate knowledge of different training systems.
4. Students will identify the location of and which lifts use the major muscles of the human body.
5. Students will participate in a personal weight training program and be able to develop a plan of their own.
6. Students will demonstrate three lifts and critique peers on these lifts.

GENERAL EDUCATION LEARNING OUTCOMES

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/>
- Link to GELO's: <https://pointloma-public.courseleaf.com/tug-catalog/general-education/>

PHILOSOPHY

Attendance - Activity courses are the ultimate participation courses. You must be present to participate. As you participate in physical activity your body will adapt and change. 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!**

Knowledge - This course is designed for you to learn basic knowledge necessary to be safe and effective while participating in weight training. Lectures, study guides, and handouts will explain human anatomy, proper form and technique, the muscles used in each exercise, and program design. Exams will measure your knowledge.

Competency and Form - During this course you will practice proper form while being critiqued by your instructor. You will show your competency by being able to perform exercises with proper form as well as being able to identify the necessary components of proper form.

Effort - Too heavy and/or too light resistance are both counterproductive. Maximum effort while maintaining perfect form is our goal.

CLASSROOM

This class will meet in the weight room which is located at the east end of the gym floor.

LOCKER ROOMS

Locker rooms are located outside the south side of the gym, overlooking the tennis courts and below the Kinesiology classrooms. Lockers and showers are available for student use. Changing before and after class should be done in the locker rooms (not in the bathrooms above the weight room).

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

None required. Handouts and lectures will be used.

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.

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.

EVALUATION

Physical Performance: 70 pts

Skill development on three lifts. Dead lift, Bench press and Squat. Each student will perform the three lifts according to the definitions provided. Each student will also critique each lift by their peers.

Written Performance: 67 pts

Exams (110 points) Information from the assigned chart of muscle groups and the lifts used to work these groups, along with some basic concepts on weight lifting from notes.

Participation: 160 pts

Performance points will be awarded at the end of semester. Improvement documented by the student's lifting logs kept throughout the semester. Positive changes in areas of weight, reps or form and or body composition are expected. Physical activity courses are the ultimate

participation courses, as such, you are expected to be physically active each class meeting. Points will be deducted at the rate of four points per absence. Missing 10% of classes may result in being dropped from the course (see catalog).

Wellness Survey: 10 pts

Total: 307 pts

INHERENT RISK

There is an inherent risk involved in participation in a weight training program, however this risk is considerably lower than participation in team-sports when instruction is provided by a qualified strength and conditioning coach. Regardless, to minimize this risk it is essential that students adhere to the following safety standards:

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. Attention to technique and proper execution of the lifts at the assigned tempos is critical to both your safety and performance.
4. No "horseplay" will be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk. Loud cheering, high-fives, slaps on the back, and laughter is encouraged as long as it amplifies focus and effort. Off-task conversation, phones, or other disruptive behavior will result in a loss of participation points.
5. No sandals or bare feet. Shoes must be worn at all times.

ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

A	B	C	D
A 90-100	B 80-89	C 70-79	D 60-69

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.

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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

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 Behavior Policy

Both faculty and students at Point Loma Nazarene University have the right to expect a safe and ordered environment for learning. Students are expected to take the initiative to learn and conduct themselves in a mature and civil manner in the classroom environment. Any student behavior that is disruptive or threatening is a serious affront to Point Loma Nazarene University as a learning community. Students who fail to adhere to these behavioral standards may be subject to disciplinary action, including removal from class or further university sanctions. For a

full definition of disruptive behavior, response procedures, and the appeal process, please consult the [Academic Behavior Policy](#) in the [University Catalog](#).

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, [by email](#) or phone at 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 approved 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 approved accommodations in that particular course. Accommodations are not retroactive; as such, 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-related need should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. In accordance with ADA, accommodations cannot constitute a fundamental alteration to course outcomes; therefore, planning ahead is vital in establishing appropriate accommodations for equal access to this course. 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 eligibility 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.

PLNU Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
 - a. Synchronous Courses: At least one class meeting takes place at a designated time.
 - b. Asynchronous Courses: All class meetings are asynchronous.
2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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](#).

ARTIFICIAL INTELLIGENCE (AI) POLICY

The use of Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro, GrammarlyGo, Perplexity, etc.) is prohibited in this course for any aspect of your work, including idea generation, drafting, editing, or final submissions. This course is designed to assess your

independent critical thinking, writing, and research skills without the assistance of AI technologies. Any reliance on AI tools in this course is subject to an academic honesty violation.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the *Technology and System Requirements* information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

ASSIGNMENTS AT-A-GLANCE