



Department of Kinesiology and Health Sciences—College of Health Science

FALL 2026

KIN2020 (2 units): Team Sports Fundamentals and Strategies

[Download Course Syllabus Here](#)

Meeting Days:	Tuesdays & Thursdays	Instructor:	Alisa Ward
Meeting Times:	9:30-10:45 am	Office Phone:	619 849-2557
Meeting Location:	Kinesiology Classroom 3	Email:	alisaward@pointloma.edu
Final Exam:	<i>Tuesday, December 15th (not meeting together final exam week)</i>	Office Hours:	M: 10:30am-12:00pm + 2:30-4:30pm; W: 10:30-1:00pm; T/Th: 11:00am-1:15pm

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 life long 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 and practical application of skills, play, and strategy of team sports from participation and coaching perspectives. Content includes baseball/softball, basketball, football, soccer, volleyball. In addition to play, students will study coaching philosophies, tactical and technical instruction, game management, and understanding game officiating.

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/>

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 lead discussion topics on a rotating basis, will be expected to participate in class discussions, and will be asked to complete exercise requirements on their own during this semester.
- 3. Instructor role:** the professor will act as a guide and mediator as we move through the semester schedule.
- 4. Tips for success:**
 - a. Come prepared to be physically active all days (except the first day)
 - b. Be sure to make notes of your own personal due dates: they are strict and late assignments will not be accepted.

Course Learning Outcomes

- A. Students will be able to summarize how to teach general offense and defense team strategies of each of the various sports.
- B. Students will be able to articulate a glossary of terms associated with various sports.
- E. Students will be able to perform or explain how to perform fundamental skills in individual, team and competitive settings.
- F. Students will participate in role playing activities as hot topics are debated.

G. Students will facilitate discussions related to trends in the coaching profession.

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 two unit class delivered over one semester.

Semester Readings—no text book is necessary.

Course Requirements and Expectations

- Attendance is the top component necessary for learning to take place, and will be tracked each meeting.
- This course is a combination of lecture, discussion, and activity. Students unable to physically participate for any reason must attend class and learn and be as involved as possible. Prolonged non-participation will result in extra, out-of-class assignments.
- Physical activity time will be completed on the student's own time and will be recorded and submitted for participation points.

Come to class dressed to workout. Change at home or in the provided locker rooms before class begins, wearing athletic clothing (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!

Course Topics—Throughout the semester* address the following topics by engaging in current events, discussing articles, pondering and journaling and producing assignments of great value.

*See Canvas for a full semester schedule

Assignments Refer to the semester schedule for assignment due dates and see Canvas for instructions and rubrics for each assignment.

- a. Activity Log Assignments (due every third Friday)
- b. Sport Vocabulary Quizzes
- c. Team Building Activities
- d. Student Led Practices
- e. Student Led In-Class Discussions
- f. Sport Vocabulary (Final) Exam
- g. Coaching (*or Life*) Philosophy Paper

Assessment and Grading—Points per assignment can be found on Canvas.

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

Incomplete and Late Assignments

All assignments are to be submitted onto Canvas by their due date and time. Canvas assignments will cease to exist once the due date has expired. It is up to you to get your assignments in on time or ahead of time in the event of a conflict on your part. Incompletes will only be assigned in extremely unusual circumstances.

Final Examination Policy

Successful completion of this class requires taking the final examination. The final examination for this class does not take place in person. Instead, students will submit their final Coaching (Life) Philosophy Paper. 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.

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. Participation is a vital in this class as each of you must coach the class. You will be asked to participate in class discussions and in class activities.

Students will be given 5 points per class session for attendance as attendance is mandatory for this class to work. Students missing more than 3 class periods will lose attendance and participation points.

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 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 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.

Content Warning

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In KIN2020, all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include some of our hot topics discussed together as a class, such as racial issues in sport, issues related to gender and sex in sport and bias noted in sport. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of the fundamentals of team sports, and I will support you throughout your learning in this course.

Trigger Warning

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In KIN2020, we will cover a variety of topics, some of which you may find triggering. These topics include [list topics]. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of fundamentals of team sports, and I will support you throughout your learning in this course.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g., ChatGPT, Gemini Pro GrammarlyGo, Perplexity, etc.) in this course. Any work that utilizes AI-based tools must be clearly identified as such, including the specific tool(s) used. Please use this [Purdue resource](#) to guide your citations when using AI.

Sexual Misconduct and Discrimination

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the [Title IX Office](#).

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact [Counseling Services](#) or [consult the list of campus pastors](#).

If you (or someone you know) has experienced other forms of discrimination or bias, you can find more information on reporting and resources via the [Nondiscrimination and Anti-harassment Policy](#).