

Sport and Tactical Strength and Conditioning**Spring 2019**

Meeting days: M	Instructor: Brent A. Alvar, Ph.D., CSCS*D, TSAC-F, FNCSA, FACSM
Meeting times: 6:00pm – 8:30pm	Phone: 619-849-3007
Meeting location: : LBRT 204a	E-mail: balvar@pointloma.edu
Final Exam: N/A	Office location and hours: KIN #12; M & W; 9:00am – 11:00am or 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 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 course will expose students to various methods and strategies in both sport and tactical strength and conditioning. Students will examine research and practice of different methods currently in use in the field and discussed in the literature on selected topics and demonstrate appropriate implementation of advanced training methods. Additionally, this course will refine the students' ability to construct an advanced training program designed to enhance performance in specific ways. The student will demonstrate the ability to critically analyze and alter a training program using an evidence-based approach.

COURSE ORIENTATION

The growing emergence of the science of tactical sport conditioning, as an exclusive discipline in the field of Exercise Science, stems from the specific needs of competitive athletes and various tactical population. Effective conditioning protocols specific to the nature of tactical population, sport, and sport participants are paramount as scientists, coaches and tactical/sport athletes continue to identify and

specify auxiliary elements necessary to not only succeed, but may be related to morbidity and mortality. Exercise prescription for tactical as well as sport conditioning must therefore be a meticulous, systematic process that accounts for various components of program development.

The early part of the course is based on facilitating your learning about the background tenants of the needs analysis as well as testing and assessment battery; components of an evidence-based tactical and sport performance program. This 1st part of the course will require you do a fair amount of reading from one of the *The Essentials* texts, supplemented by readings and forum discussions. The forums are meant to facilitate self-reflection, discussion between peers, as well as be an early opportunity to get some faculty feedback.

COURSE LEARNING OUTCOMES

- Review the scientific basis of methods of programming for strength & conditioning
- Discuss the biomechanical (injury analysis) necessity in tactical and sport performance exercise prescription.
- Discuss the energy system needs relative to different tactical occupation as well as sports and their implications for exercise prescription.
- Discuss the test selection/administration, scoring and interpretation for various tactical occupations and sports
- Analyze and synthesize the components that make up programming strength & conditioning
- Review and discuss the different “styles” of periodization and how to utilize them for differential populations.
- Apply effective evidence-based methods and design principles for strength and conditioning (sport or occupation-specific) programs
- Design an evidence-based sport or occupational specific strength and conditioning program

COURSE SCHEDULE AND ASSIGNMENTS

Course Grading

- Forums = 6 @ 10 pts = 60 pts
- Peer evaluation = 2 @ 10 pts = 20
- Presentation = 50 pts
- Final paper = 100 pts

Total: 230 pts

Educational Opportunities

- **Tactical or Sport Population Presentation:** Student will create a Sport or Tactical Occupation specific strength presentation and include discussion of biomechanics (injury analysis), energy systems and testing. The presentation must be evidence-based and should last between 10 and 15 minutes The presentation is to include:
 - i. Biomechanical (Injury) Analysis of the Sport or Occupation
 - ii. Energy System Needs for the Sport or Occupation
 1. Phosphagen
 2. Glycolytic
 3. Oxydative
 - iii. Testing
 1. Explain the different tests that will be used and why they were chosen

2. Explain how the test will be administered
 3. Explain how the tests will be scored
 4. Explain the nuances of the interpretation for various sport or occupationally relevant tests
- 50 points

Final Paper – Sport or Tactical Strength and Conditioning Program

Your assignment is to develop a hypothetical physical-conditioning plan that incorporates the foremost variables of tactical - athletic preparation, for a given occupation/sport and individual within that occupation/sport. This plan must consist of

- (1) A thorough “Needs Analysis” where with your training prescriptions will be based upon
 - a. Biomechanical
 - b. Energy System
 - c. Injury Analysis
 - d. Testing (Fitness and Occupational Preparedness)
- (2) A periodized training *model* that is sensitive to seasonal constraints
 - a. A discussion of why this model was chose needs to be include (evidence-based)
 - b. A thorough explanation of the components of the model also needs to be included
 - c. These can be discussed independently or as a component of your literature review.
- (3) A divided collection of literature reviews and practical applications that serve to rationalize your entire plan, as well as each separate health/fitness component, and phases of training
- (4) A comprehensive program prescription, complete with numerous sample training protocols.

Start early. Be detailed. You might need this someday. Key words and/or Principles that should be incorporated and substantiated:

- Overload
 - Training Specificity
 - Periodization
 - Progression Models
 - Dose-Response relationship
- **100 points**

Tentative Course Schedule

Week 1: Jan 7 - 13. Introduction and Choice of Tactical Population or Sport

Face-To-Face Class on Monday January 7

Objective: The purpose of this week is to introduce the course and the idea of tactical or sport performance training.

Tasks: By the end of the week, students should choose a tactical population or individual/team sport that will serve as the medium for their discussion and assignments for the semester.

- **Readings:**
- *Essentials Chapter 1, 2 or Essentials of Tactical - Chapters 1, 2*
- *NBA Referee programming document.*

*****I would suggest you set up a reading schedule as there is a considerable amount of reading for this course. This is background information necessary for your growth as a scholar. Do not jeopardize your learning by not doing your assigned reading!!**

Forum:

- Forum #1: "Start new thread" with your name (Brent Alvar Forum #1) and Provide a short introduction of yourself, specifically discussing your role of strength and conditioning in your current professional practice/career, and what have you found to be your strengths and limitations in regards to knowledge and application to prescribing and instructing strength and conditioning principles. What expectations do you have of this course? Finally list your tactical population or sport and why you have chosen to use that population for your analysis.
 - Spend a bit of time reading and responding to your peers' posts.
- **Assignment:** Write the opening segment (introduction) to your individual paper. See example in NBA Referee programming document under the materials tab. This can be used a guide for each segment of the paper. This does not have to be turned in until the end of the semester.
 - Examples: Football, Basketball, Track and Field (thrower), Olympic lifter, structural fire fighter, wildland fire fighter, patrol police officer, SWAT police officer, Marine infantry, Marine Raider, Navy Seal, Air Force Pilot, ARMY Ranger.
- **Original Post Due: 11:59pm PST Sunday January 13.**

Week 2: Jan 14 - 20. Needs Analysis and Biomechanics

Face-To-Face Class on Monday January 14

Objective: The purpose of this week is to review the concept of biomechanics. However, the reading should be done in a way to prepare the student for application to a needs analysis/biomechanical (injury analysis) your tactical population or sport. You will have one chapter to read as well as 4 articles. The chapters should help you in preparation for your paper and the readings are in preparation for the time on site as well as the second

half of your paper. I found these articles to be good examples of biomechanical/injury analysis.

Tasks:

- **Readings:**

- ***Essentials – Chapter 2 or Essentials of Tactical – Chapter 3***

- **Articles**

- Abel MG, Palmer TG, and Trubee N. (2015). Exercise Program Design for Structural Firefighters. *Strength & Conditioning Journal* 37: 8-19.
- Brown, J., & Waller, M. (2014). Needs Analysis, Physiological Response, and Program Guidelines for Gaelic Football. *Strength & Conditioning Journal*, 36(2), 73-81. doi:10.1519/ssc.0000000000000045
- Conolly M, Elder C, and Dawes J. (2015). Needs Analysis for Mountain Search and Rescue. *Strength & Conditioning Journal* 37: 35-42.
- Rhea MR. Needs Analysis and Program Design for Police Officers. *Strength & Conditioning Journal* 37: 30-34, 2015.

- **Forum:**

Forum #2: "Start a new thread" with your name (Brent Alvar Forum #2) and based on the readings from last week, **Ask one question** that you have of the materials and attempt to answer at least one question of your colleagues. Alternately, share an article or topic that you found specifically interesting to your biomechanical/injury analysis background work.

Please remember: This course is designed to be collaborative. The forums are areas that you can have a free exchange of ideas in a safe non-threatening environment. Don't be shy! I will monitor the forum on a bi-weekly basis and will add my 2cents and questions when I feel it's indicated.

- **Assignment:** Begin working on the needs analysis - biomechanics and injury analysis section for your individual paper (this will guide your class presentation)

Original Post Due: 11:59pm PST Wednesday Jan 16

Peer Response Post Due: 11:59 PST Sunday Jan 20

Week 3: Jan 21 - 27. Energy Systems

Face-To-Face Class on Monday January 21

Objective: The purpose of this week is to continue formulating the rationale behind an evidence-based strength and conditioning program. The second component of the needs analysis is an evaluation of the energy system needs for the tactical population or sport. You will be exploring readings the discuss the three different energy systems and you will

utilize this information to formulate the rationale behind how and why you will train your athletes. You will have three chapters and 4 “classic” articles on energy systems research. I hope you enjoy them as much as I did the first time I read them.

Tasks:

- **Readings on Energy Systems:**

- ***Essentials – Chapters 3, 5, & 6 or Essentials of Tactical - Chapters 4, 5 & 6***

- **Articles**

- Coyle, E. F., Coggan, A. R., Hemmert, M. K., & Ivy, J. L. (1986). Muscle glycogen utilization during prolonged strenuous exercise when fed carbohydrate. *J Appl Physiol* (1985), 61(1), 165-172.
- Economos, C. D., Bortz, S. S., & Nelson, M. E. (1993). Nutritional practices of elite athletes. Practical recommendations. *Sports Med*, 16(6), 381-399.
- Romijn, J. A., Coyle, E. F., Sidossis, L. S., Gastaldelli, A., Horowitz, J. F., Endert, E., & Wolfe, R. R. (1993). Regulation of endogenous fat and carbohydrate metabolism in relation to exercise intensity and duration. *Am J Physiol*, 265(3 Pt 1), E380-391.
- Sherman, W. M., Costill, D. L., Fink, W. J., & Miller, J. M. (1981). Effect of exercise-diet manipulation on muscle glycogen and its subsequent utilization during performance. *Int J Sports Med*, 2(2), 114-118. doi:10.1055/s-2008-103459

- **Forum:**

Forum #3: “Start a new thread” with your name (Brent Alvar Forum #3) and based on the readings from last week, **Ask one question** that you have of the materials. Alternately, share information from an article or topic that you found specifically interesting to your energy system analysis background work and pose a question to your peers based on the reading. In addition to your original post, you will attempt to answer at least one question posed by your colleagues. You will also participate in the discussion of at least two other forums.

- **Assignment:** Begin working on the Energy System section for your individual paper (this will guide your class presentation)

Original Post Due: 11:59pm PST Wednesday Jan 23

Peer Response Post Due: 11:59 MT Sunday Jan 27

Week 4: Jan 28 – Feb 3. Testing

NO - Face-To-Face Class on Monday January 28

Objective: The purpose of this week is to explore the rationale sport/population based testing as well as legal defensibility of tactical strength and conditioning testing. There are various types of testing that should be considered. This includes baseline fitness (for program design and evaluation) and performance tests (related to sport or occupation specificity) as well as occupationally specific testing (for employment and continued employment) for the tactical populations. As such, you will need to incorporate this discussion into your paper.

Tasks:

- **Readings on Testing:**
- **Essentials – Chapter 12 & 13 or Essentials of Tactical – Chapter 8**
- **Articles**
 - Cone, J. R. (2012). Soccer-Specific Performance Testing of Fitness and Athleticism: The Development of a Comprehensive Player Profile. *Strength & Conditioning Journal*, 34(5), 11-19. doi:10.1519/SSC.0b013e3182575e8c
 - Crowder TA, Ferrara AL, and Levinbook MD. (2013). Creation of a criterion-referenced Military Optimal Performance Challenge. *Military Medicine* 178: 1085-1101.
 - Gutowski, A. E., & Rosene, J. M. (2011). Preseason Performance Testing Battery for Men's Lacrosse. *Strength & Conditioning Journal*, 33(2), 16-22. doi:10.1519/SSC.0b013e318208cb04
 - Nindl BC, Alvar BA, J RD, Favre MW, Martin GJ, Sharp MA, Warr BJ, Stephenson MD, and Kraemer WJ. (2015). Executive Summary From the National Strength and Conditioning Association's Second Blue Ribbon Panel on Military Physical Readiness: Military Physical Performance Testing. *Journal of Strength and Conditioning Research* 29 Suppl 11: S216-220.
 - Payne W and Harvey J. (2010). A framework for the design and development of physical employment tests and standards. *Ergonomics* 53: 858-871.
 - Petersen D, Wagner K, and Greener, T. (2011). Testing. *Strength & Conditioning Journal*. 33(2): 36-38.
- **Forum:**

Forum #4: "Start a new thread" with your name (Brent Alvar Forum #4) and based on the readings from last week, **Ask one question** that you have of the materials. Alternately, share information from an article or topic that you found specifically interesting to your testing analysis background work and pose a question to your peers based on the reading. In addition to your original post, you will attempt to answer at least one question posed by your colleagues. You will also participate in the discussion of at least two other forums.
- **Assignment:** Begin working on the Testing section for your individual paper (this will guide your class presentation)

Original Post Due: 11:59pm PST Wednesday Jan 30.

Peer Response Post Due: 11:59 PST Sunday Feb 3.

Week 5: Feb 4 - 10. Dose-Response to Resistance Training, Speed, Agility and Plyometrics

Face-To-Face Class on Monday February 4

Objective: The purpose of this week is begin looking at advanced programming. This week will focus on some alternative styles of training and exercise prescription. This is quite a bit of reading, but well worth the time and effort. Enjoy! There are 4 articles for your reading pleasure.

Tasks:

- **Readings on Dose-Reponse and Programming:**
- **Articles:**
 - Krieger, J. W. (2010). Single vs. multiple sets of resistance exercise for muscle hypertrophy: a meta-analysis. *J Strength Cond Res*, 24(4), 1150-1159. doi:10.1519/JSC.0b013e3181d4d436
 - Peterson, M. D., Rhea, M. R., & Alvar, B. A. (2005). Applications of the dose-response for muscular strength development: a review of meta-analytic efficacy and reliability for designing training prescription. *J Strength Cond Res*, 19(4), 950-958. doi:10.1519/r-16874.1
 - Ratamess, N.A., Alvar, B.A., Evetovich, T.K., Housh, T.J. Kibler, W.B., Kraemer, W.M., & Triplett, N.T. (2009). American College of Sports Medicine position stand. Progression models in resistance training for healthy adults. *Med Sci Sports Exerc*, 41(3), 687-708. doi: 10.1249/MSS.0b013e3181915670
 - Saez De Villarreal E, Requena B and Cronin JB. (2012). The effect of plyometric training on sprint performance: A meta-analysis. *J Strength Cond Res*, 26(2);575-584.
- **Assignment:** Begin working on the programming section for your individual paper.
- **Forum:**
- **Forum #5:** “Start a new thread” with your name (Brent Alvar Forum #5) and based on the readings from the week, **Ask one question** that you have of the materials and attempt to answer at least one question of your colleagues. Alternately, share information from an article or topic that you found specifically interesting to your programming and pose a question to your peers based on the reading.

Original Post Due: 11:59pm PST Wednesday Feb 6.

Peer Response Post Due: 11:59 PST Feb 10.

Week 6: Feb 11 - 17. Putting it All Together - Periodization

Face-To-Face Class on Monday February 11

Objective: The purpose of this week is to begin taking a look at advanced training philosophies and models. This week will focus on periodization. You will have one chapter and 6 articles on periodization. Again, quite a bit of reading, but well worth the time and effort.

Tasks:

- **Readings on Periodization:**
- **Essentials – Chapter 21 or Essentials of Tactical - Chapter 10**
- **Articles**
 - Bartolomei, S., Hoffman, J. R., Merni, F., & Stout, J. R. (2014). A comparison of traditional and block periodized strength training programs in trained athletes. *J Strength Cond Res*, 28(4), 990-997. doi:10.1519/jsc.0000000000000366
 - Bompa, T. O. (1996). Variations of Periodization of Strength. *Strength & Conditioning Journal*, 18(3), 58-61.
 - Issurin, V. B. (2016). Benefits and Limitations of Block Periodized Training Approaches to Athletes' Preparation: A Review. *Sports Med*, 46(3), 329-338. doi:10.1007/s40279-015-0425-5
 - Stone, M. H., O'Bryant, H., Garhammer, J., McMillan, J., & Rozenek, R. (1982). A Theoretical Model of Strength Training. *Strength & Conditioning Journal*, 4(4), 36-39.
 - Kraemer, W.J., Torien, J.C., Dudley, J. Gerard, J. (2015). Nonlinear Periodization: Insights for Use in Collegiate and Professional American Football Resistancne Training Programs. *Strength & Conditioning Journal*, 37(6), 17-36.
 - Rhea, M. R., Phillips, W. T., Burkett, L. N., Stone, W. J., Ball, S. D., Alvar, B. A., & Thomas, A. B. (2003). A comparison of linear and daily undulating periodized programs with equated volume and intensity for local muscular endurance. *J Strength Cond Res*, 17(1), 82-87.
- **Assignment:** Continue working on the Programming section for your individual paper.
- **Forum:**
- **Forum #6:** "Start a new thread" with your name (Brent Alvar Forum #6) and based on the readings from the week, **Ask one question** that you have of the materials and attempt to answer at least one question of your colleagues. Alternately, share information from an article or topic that you found specifically interesting to your programming and pose a question to your peers based on the reading.

Original Post Due: 11:59pm PST Wednesday Feb 13.

Peer Response Post Due: 11:59 PST Sunday Feb 17

Week 7: Feb 19 - 25. Final Draft of Paper and Preparation of In-Class Presentation

NO - Face-To-Face Class on Monday February 19

The purpose of this week is to finalize your paper draft and prepare your PowerPoint (or other medium) presentation to be given in class. The presentation should give an overview of your sport or tactical population and include discussion of biomechanics (injury analysis), energy systems and testing. The presentation must be evidence-based and should last between 10 and 15 minutes.

- **Forum:**

Forum #7: "Start a new thread" with your name (Brent Alvar Forum #7) and post the draft of your tactical or sport performance paper. I will assign the two papers to review via Canvas.

Provide Peer Review (via Forum): We learn by critiquing others work. Effective researchers need to be able to critically analyze the work of themselves and others. Science is founded on the concept of peer review. This is not a punitive process, rather it is a process designed to improve the final product by insure that threats to validity are accounted for.

Provide substantive feedback to the assigned 2 colleagues. Is the needs analysis (Bomechanical/Injury Analysis, Energy Systems and Testing) well written, developed and logical. Are the decisions made about the program supported by what you have learned from their needs analysis? What are the strengths and weaknesses of the draft program? What suggestions do you have to correct any flaws that you see? Are there grammar issues?

Initial post Due Feb 20 and Feedback Post to 2 Draft Papers Due by Feb 24. Feel free to post commentary on other student's forums. All feedback is welcome!!

Original Post Due: 11:59pm PST Wednesday Feb 20.

Peer Response Post Due: 11:59 PST Sunday Feb. 24.

Week 8: Feb 25 – March 3. Final Presentation and Paper Preparations

Face-To-Face Class on Monday February 25

Objective: The purpose of this week is to present your needs analysis and complete the writing of your final paper. These are considered the capstone projects for the class. Please make sure to read the description of the presentation and paper and grading rubric below.

Assignment:

Finalize your PowerPoint (or other medium) Presentation

- **Tactical or Sport Population Presentation:** Student will create a Sport or Tactical Occupation specific strength presentation and include discussion of biomechanics (injury analysis), energy systems and testing. The presentation must be evidence-based and should last between 10 and 15 minutes The presentation is to include:
 - i. Biomechanical (Injury) Analysis of the Sport or Occupation
 - ii. Energy System Needs for the Sport or Occupation
 1. Phosphagen
 2. Glycolytic
 3. Oxydative

iii. Testing

1. Explain the different tests that will be used and why they were chosen
2. Explain how the test will be administered
3. Explain how the tests will be scored
4. Explain the nuances of the interpretation for various sport or occupationally relevant tests

Tasks:

- **Write, write and more write!!!**

Due: 11:59 PST 11:59 PST Sunday February 25:

Final Paper – Sport or Tactical Strength and Conditioning Program

Your assignment is to develop a hypothetical physical-conditioning plan that incorporates the foremost variables of tactical - athletic preparation, for a given occupation/sport and individual within that occupation/sport. This plan must consist of

- (1) A thorough “Needs Analysis” where with your training prescriptions will be based upon
 - a. Biomechanical
 - b. Energy System
 - c. Injury Analysis
 - d. Testing (Fitness and Occupational Preparedness)
- (2) A periodized training *model* that is sensitive to seasonal constraints
 - a. A discussion of why this model was chose needs to be include (evidence-based)
 - b. A thorough explanation of the components of the model also needs to be included
 - c. These can be discussed independently or as a component of your literature review.
- (3) A divided collection of literature reviews and practical applications that serve to rationalize your entire plan, as well as each separate health/fitness component, and phases of training
- (4) A comprehensive program prescription, complete with numerous sample training protocols.

Start early. Be detailed. You might need this someday. Key words and/or Principles that should be incorporated and substantiated:

- Overload
 - Training Specificity
 - Periodization
 - Progression Models
 - Dose-Response relationship
- **100 points**
-

Class Presentation on Need Analysis

Class Presentation

Student's Name _____ Final Score _____

Components	Dimension	Needs Work	Competent	Meritorious
Overview of the Sport or Tactical Population 5pts	Student give a brief background of the sport or tactical population to be examined			
Biomechanics (injury analysis) 15 pts	Briefly describes the biomechanical (injury analysis needs of the population			
Energy Systems 15 pts	Briefly describes the energy systems needs for the given population. Specifies the differential energy systems and explains why the population does or does not fit within each of the different energy systems.			
Testing 15 pts	Describes the rationale for the sport/population based testing. If this is a tactical environment, explains the legal defensibility of the testing.			
Final Judgement				

Sport Specific Strength and Conditioning Program Rubric

Final Paper

Student's Name _____ Final Score _____

Components	Dimension	Needs Work	Competent	Meritorious
Preparation and Organization (10 pts)	Are the mechanics of good writing employed? Is the material presented in a clear and logical order?			
Knowledge and Comprehension (20 pts)	Has the writer sufficiently gathered the information available on the topic? E.g. bibliography Does the writer give evidence of fully understanding the material?			
Application and Analysis (30 pts)	Is the student able to apply the evidence to the appropriate situations? Is the student able to discern varying aspects of the problem			
Synthesis and evaluation (40 pts)	Is the student able to unify the various aspects of the problem? Does the student draw conclusions on the basis of a critical view of the evidence?			
Final Judgement				

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Alvar, B.A., Sell, K., Deuster, P.A. (2017). *Essentials of Tactical Strength Training and Conditioning*. Champaign, IL: Human Kinetics.

Or

Haff, G.G., & Triplett, N.T. (2015). *Essentials of Strength Training and Conditioning (4th ed.)*. Champaign, IL: Human Kinetics.

ASSESSMENT AND GRADING

Grade scale:

A=93-100	C=73-76
A-=92-90	C-=70-72
B+=87-89	D+=67-69
B=83-86	D=63-66
B-=80-82	D-=60-62
C+=77-79	F=0-59

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by their assigned dates (midnight). Incompletes will only be assigned under extremely unusual circumstances.

A 20% reduction in grade will be assessed for all late assignments.

SPIRITUAL CARE

PLNU Liberty Station Campus:

PLNU strives to be a place where you grow as whole persons. To this end we provide resources for our graduate students to encounter God and grow in their Christian faith. At the Liberty Station campus we have an onsite chaplain, Rev. Wil Ryland who is available during class break times across the week. If you have questions, desire to meet with Rev Ryland or prayer requests you can contact him directly at gradchaplainlibertystation@pointloma.edu. In addition there are resources for your Christian faith journey available at <http://www.pointloma.edu/experience/faith/graduate-student-spiritual-life>

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 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. Faculty should follow and students may appeal using the procedure in the university Catalog. See Academic Policies in the Graduate and Professional Studies Catalog for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact Jean Moncada in the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at (619) 563-2849 or by e-mail at jmoncada@pointloma.edu. Ask your academic advisor or program director for any additional accommodation information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the Graduate and Professional Studies Catalog for additional detail.

Attendance Policy for Fully Online Courses

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

Attendance Policy for Hybrid/Blended Courses

Students taking hybrid/blended courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course and attending face-to-face class meetings. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.)

Students who do not attend at least once in any 3 consecutive days in the online course will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days in the online course or face-to-face sessions will be dropped from the course retroactive to the last date of recorded attendance.

ACADEMIC STANDING

Graduate students at Point Loma must obtain a 3.0 GPA to remain in good standing in the MS Kinesiology program:

http://catalog.pointloma.edu/content.php?catoid=20&navoid=1403#Academic_Standing.

Additionally, all graduate students need to earn a C or higher in all graduate courses according to the catalog grading policy:

Grading System

Traditional letter grades (A, B, C, D, F) including plus and minus grades are used to indicate the level of scholarship earned for each course. Except for the correction of an error, all traditional letter grades are final at the conclusion of the academic term. Once the degree has been posted on the student's official transcript, no change of grade action is allowed for courses leading to the degree. The grade of C is the lowest grade acceptable for graduate credit.
