

# SYLLABUS



Kinesiology/Point Loma Nazarene University

PED 144 Beginning Surfing

1 Unit

FALL 2018

<b>Meeting days:</b> Tuesday/Thursday	<b>Instructor title and name:</b> Rich Hills
<b>Meeting times:</b> 12:30-2:10	<b>Phone:</b> 619-849-2206
<b>Meeting location:</b> Tower 1	<b>E-mail:</b> rhills@pointloma.edu
<b>Final Exam:</b> as posted	<b>Office location and hours:</b> Kinesiology 3
<b>Additional info:</b>	<b>Additional info:</b>

## 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

Instruction and participation in the basic skills of surfing and rough water safety. Each student will demonstrate rough water swim, board control and an understanding of wave characteristics. Offered on a Quad basis.

## COURSE LEARNING OUTCOMES

Essential Learning Outcomes: The students will gain factual knowledge of the sport of surfing. They will develop skills in fundamental principles and applying course knowledge in both individual and teamwork settings.

Learning Outcomes:

- A) The student will state the terms of surfing, the aspects of rough water safety, care of equipment and skill knowledge.
- B) The student will demonstrate rough water swimming proficiency.
- C) The student will chart a weekly surfing workout.
- D) The student will demonstrate surfing skills of:

- 1. duck diving or turning turtle
- 4. pop-ups

2. paddling

3. dry land pop-ups

5. turning on board

### **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 \_\_unit class delivered over \_\_\_ weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

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### **COURSE SCHEDULE AND ASSIGNMENTS:**

- Tuesdays/Thursdays we meet together at the pier
- Students will chart additional surf sessions and exercises each week
- 10/18 final written exam and surf proficiencies, turn in charting

### **ASSESSMENT AND GRADING**

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Evaluation:

Written test (A)	30 pts.
Skills 1 - 6 (D)	150 pts
Rough water swim (B)	20 pts.
Charting (C)	50 pts.
Attendance/Participation	<u>100 pts.</u>
Total	350 pts.

### **GRADE SCALE**

90 - 100% = A

80 - 89% = B

70 - 79% = C

60 - 69% = D

### **INCOMPLETES AND LATE ASSIGNMENTS**

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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.

### **FINAL EXAMINATION POLICY**

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

NOTE: The following policies are to be used without changes:

### **PLNU COPYRIGHT POLICY**

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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**

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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](#) for definitions of kinds of academic dishonesty and for further policy information.

### **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at [DRC@pointloma.edu](mailto:DRC@pointloma.edu). See [Disability Resource Center](#) for additional information.

### **PLNU ATTENDANCE AND PARTICIPATION POLICY**

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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 Undergraduate Academic Catalog.