

POINT LOMA NAZARENE UNIVERSITY

PED1016 (1 unit—15 weeks): High Intensity Functional Training

Meeting Requirements:	Two workouts a week	Instructor:	Alisa Ward
Workout Submissions:	Both workouts need to be submitted before midnight Friday	Discussion Board Submission:	Original post submitted by Friday & response to peers submitted by Monday before midnight
Meeting Location:	On-line (Zoom)	Email:	alisaward@pointloma.edu
Final Exam:	Submit reflection paper	Office 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 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.

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 of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of body weight, weights, and other implements.

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 be asked to complete their exercise requirements on their own during this time of virtual learning. Workouts will be recorded and submitted bi-weekly.
- 3. Instructor role:** the professor will act as a guide and mediator as we move through the semester's workouts.
- 4. Tips for success:** Be sure to make note of the weekly workouts ahead of time to ensure that you have a proper space, proper equipment and enough time to complete workouts.

Course Learning Outcomes

- A. Students will be able to identify, demonstrate and apply movement specific skills and strategies to designated physical activities.**
 - a. Identify between sets and repetitions

- b. Identify various parts and their corresponding muscle or muscle groups (chest, arms, legs, stomach)
 - c. Match muscle/muscle groups to corresponding body movements as associated with weight training movements
 - d. Develop proper lifting techniques involved in movements done in the class
- B. Students will be able to identify critical elements as they relate to specific weight training movements.**
- a. Explain the importance of cardiovascular fitness as it relates to weight training.
 - b. Reinforce the importance of including a stretching program with weight training for injury prevention and rehabilitation
 - c. Develop and practice proper safety techniques while training
- C. Students will demonstrate strength and conditioning improvements related to specific program goals.**
- a. Show strength, repetition, or weight improvement on semester workouts from pre to post
 - b. Identify their individual target heart rate zones for specific intensities
 - c. Participate in a personal training program and be able to develop a plan of their own

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 one unit class delivered over one semester. Class instructions will be posted weekly on individual Canvas modules.

Semester Readings—no text book is necessary.

Course Requirements and Expectations—This is an ACTIVITY class meaning participation is required to get a good grade.

- Physical activity time will be completed on the student’s own time and will be recorded and submitted for participation points.
- Bi-weekly workouts need to be recorded and submitted each week for proper attendance and participation points.
- Pre & Post-Fitness Testing: to receive full credit for participation, you must show some type of change, whether it is an increase in weight, reps or a decrease in time to complete workouts.

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

- a. Pre-fitness testing worksheet
- b. Post-fitness testing worksheet
- c. Muscles pre-quiz
- d. Muscles post-quiz
- e. Weekly submissions of workouts
- f. Regular participation in discussion boards

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 + PLNU Attendance and Participation Policy

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.

Attendance will be recorded via your bi-weekly workout submissions. After three “absences” (failing to submit your complete workout on time) your grade will go down with each further absence. 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 your work and participation. If absences exceed these limits but are due to university excused health issues, an exception will be granted. Participation is a vital in this class.

Risk—there is an inherent risk involved in participation in an exercise and weight training program. To minimize this risk it is essential that students adhere to proper safety standards:

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any mid-semester conditions (sickness or injury) that may affect your participation.
3. Be sure you properly understand the movements required and can participate in a safe manner.
4. Wear proper workout gear (clothing that allows you to move freely, shoes that offer support) and also make sure your environment is safe (plenty of space to move around, stable ground and equipment, and more)

Course Closure: Final Examination Information

The final examination for this class will take place the week before finals take place. Individual emails will be sent regarding the taking of the final muscles post-quiz. During the week of finals, students will write a reflection paper which will be submitted before midnight on Friday.

PLNU Academic Accommodations Policy

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. See [Disability Resource Center](#) for additional information.

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 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.