

# Course Syllabus

[Jump to Today](#)
 **Edit**

 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Kinesiology/Point Loma Nazarene University</b></p> <p><b>Beginning Surfing PED 1044</b></p> <p><b>1 Unit</b></p>
<p>Fall 2020</p>	

<p><b>Meeting days: Tuesday/Thursday</b></p>	<p><b>Instructor: Rich Hills</b></p>
<p><b>Meeting times: Sec. 1 - 12:30 - 2:10 pm</b></p> <p style="text-align: right;"><b>Sec. 2 - 2:15 - 3:50 pm</b></p> <p style="text-align: right;"><b>Sec. 3 - 4:00 - 5:40 pm</b></p>	<p><b>Phone: 619-849-2206</b></p>
<p><b>Meeting location: TBD</b></p>	<p><b>Email: rhills@pointloma.edu</b></p>
<p><b>Final Exam: TBD</b></p>	<p><b>Office: Kinesiology #2</b></p>
<p><b>Additional info:</b></p>	<p><b>Additional info:</b></p>

## 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.

## COURSE DESCRIPTION

Instruction and participation in the basic skills of surfing and rough water safety. Offered on a Quad basis.

## COURSE LEARNING OUTCOMES

- 1) You will participate in learning the sport of surfing and a lifetime activity
- 2) You will learn beach and ocean safety including tides, wave height, wave interval, water temperature, rip currents (both temporary and fixed), surf etiquette, surf boards, leashes, wax, wetsuits and stinrays. And how each of these inform surfing conditions and decisions.
- 3) You will participate in the skills of surfing including paddeling, board position, truning turtle, sitting on your board, turning your board, catching waves (both whitewater and unbroken) and popping up.
- 4) You will self video and practice each week

## 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 7 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

### Distribution of Student Learning Hours

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	4
Other Assignments & Learning Activities	28
Quizzes, Surveys	5
<b>Total Hours</b>	<b>37</b>

## COURSE SCHEDULE AND ASSIGNMENTS

- 1) Video of the Week
- 2) Submit self video each week
- 3) View 4 instructional videos
- 4) Participate in discussion board

- 5) Practice surfing in the water (or plan B)
- 6) Participate in conditioning outside of your surfing activity
- 7) Demonstrate surf knowledge and safety

### ASSESSMENT AND GRADING

- 1) Participation in the video of the week  
35 pts
- 2) Participate in surf conditioning  
35 pts
- 3) Submit self videos and practice sessions  
70 pts
- 4) Participate in discussion board  
25 pts
- 5) Demonstrate the knowledge and safety of surfing quiz  
40 pts

### Standard Grade Scale Based on Percentages

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

### 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](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (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 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](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) for definitions of kinds of academic dishonesty and for further policy information.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu>) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 drop date or, after that date, receive the appropriate grade for their work and participation. 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](#) (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### 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 students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#) (<https://www.pointloma.edu/offices/spiritual-development>).

### USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.

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

The table below lists our assignments and their due dates. Click on any assignment to review it.

## Course Summary:

Date	Details
Thu May 21, 2020	 <a href="#">Sample Zoom Session #1 Agenda page</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/511922">https://canvas.pointloma.edu/courses/52955/assignments/511922</a>
	due by 1pm

Date	Details	
Tue Aug 18, 2020	 <a href="#">PED1044-1 FA20 - Beginning Surfing Tuesday 12:30pm</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46969&amp;include_contexts=course_52955">https://canvas.pointloma.edu/calendar?event_id=46969&amp;include_contexts=course_52955</a>	12:30pm to 1:30pm
	 <a href="#">PED1044-1 FA20 - Beginning Surfing zoom meeting</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46986&amp;include_contexts=course_52955">https://canvas.pointloma.edu/calendar?event_id=46986&amp;include_contexts=course_52955</a>	2pm to 3pm
	 <a href="#">PED1044-1 FA20 - Beginning Surfing zoom meeting</a> <a href="https://canvas.pointloma.edu/calendar?event_id=46992&amp;include_contexts=course_52955">https://canvas.pointloma.edu/calendar?event_id=46992&amp;include_contexts=course_52955</a>	4pm to 5pm
	 <a href="#">Week 1 Overview</a>	to do: 11:59pm
 <a href="#">Week 1: Synchronous Session Agenda</a>	to do: 11:59pm	
Fri Aug 21, 2020	 <a href="#">Week 1 Discussion: Introduction</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/511917">https://canvas.pointloma.edu/courses/52955/assignments/511917</a>	due by 11:59pm
Sat Aug 22, 2020	 <a href="#">Week 1 Quiz</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/511914">https://canvas.pointloma.edu/courses/52955/assignments/511914</a>	due by 11:59pm
Sun Aug 23, 2020	 <a href="#">Week 1 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/511927">https://canvas.pointloma.edu/courses/52955/assignments/511927</a>	due by 11:59pm
Tue Aug 25, 2020	 <a href="#">Week 2 Overview</a>	to do: 11:59pm
Fri Aug 28, 2020	 <a href="#">Week 2 Discussion:</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547297">https://canvas.pointloma.edu/courses/52955/assignments/547297</a>	due by 11:59pm
Sun Aug 30, 2020	 <a href="#">Week 2 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547298">https://canvas.pointloma.edu/courses/52955/assignments/547298</a>	due by 11:59pm
Tue Sep 1, 2020	 <a href="#">Week 3 Discussion: Pop up and wave catch Copy</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547510">https://canvas.pointloma.edu/courses/52955/assignments/547510</a>	due by 11:59pm

Date	Details	
	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547515">Week 3 Discussion: Pop up and wave catch Copy 3</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547515">https://canvas.pointloma.edu/courses/52955/assignments/547515</a>	due by 11:59pm
	 <a href="#">Week 3 Overview</a>	to do: 11:59pm
Fri Sep 4, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547441">Week 3 Discussion: Pop up and wave catch</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547441">https://canvas.pointloma.edu/courses/52955/assignments/547441</a>	due by 11:59pm
Sun Sep 6, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547442">Week 3 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547442">https://canvas.pointloma.edu/courses/52955/assignments/547442</a>	due by 11:59pm
Tue Sep 8, 2020	 <a href="#">Week 4 Overview</a>	to do: 11:59pm
Sun Sep 13, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547511">Week 4 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547511">https://canvas.pointloma.edu/courses/52955/assignments/547511</a>	due by 11:59pm
Tue Sep 15, 2020	 <a href="#">Week 5 Overview -2</a>	to do: 11:59pm
Fri Sep 18, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547512">Week 5 Discussion: Progress</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547512">https://canvas.pointloma.edu/courses/52955/assignments/547512</a>	due by 11:59pm
Sun Sep 20, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547513">Week 5 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547513">https://canvas.pointloma.edu/courses/52955/assignments/547513</a>	due by 11:59pm
Tue Sep 22, 2020	 <a href="#">Week 6 Overview</a>	to do: 11:59pm
Sun Sep 27, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547516">Week 6 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547516">https://canvas.pointloma.edu/courses/52955/assignments/547516</a>	due by 11:59pm
Tue Sep 29, 2020	 <a href="#">Week 7 Overview</a>	to do: 11:59pm
Fri Oct 2, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547527">Week 7 Discussion: Conclusion</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547527">https://canvas.pointloma.edu/courses/52955/assignments/547527</a>	due by 11:59pm
Sun Oct 4, 2020	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/547528">Week 7 Assignment</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/547528">https://canvas.pointloma.edu/courses/52955/assignments/547528</a>	due by 11:59pm
	 <a href="https://canvas.pointloma.edu/courses/52955/assignments/511925">Week 1 Activity Log Minutes</a> <a href="https://canvas.pointloma.edu/courses/52955/assignments/511925">https://canvas.pointloma.edu/courses/52955/assignments/511925</a>	

**Date**

**Details**

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[Wellness Survey](#)

<https://canvas.pointloma.edu/courses/52955/assignments/511929>

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