

Course Syllabus

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 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Foundational Explorations PED1055 - Weight Training 1 Unit</p>
<p>Fall 2020</p>	

<p>Meeting days: Monday/Wednesday Asynchronous first day of class</p>	<p>Instructor title and name: Professor Rich Hills</p>
<p>Meeting times: 1:30 - 2:25 pm</p>	<p>Phone: email or Zoom preferred</p>
<p>Meeting location: Online</p>	<p>Email: rhills@pointloma.edu (https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=jgoodin@pointloma.edu)</p>
<p>Final Exam: Due in Canvas by 12/4 @11:59p</p>	<p>Office location and hours: By appointment via Zoom</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.

FOUNDATIONAL EXPLORATIONS 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.

COURSE DESCRIPTION

This course meets one (1) unit of the Physical Fitness and Nutrition general education requirement. Through this course you will develop skills and knowledge pertaining to building strength, power, and speed through resistance training activities.

COURSE LEARNING OUTCOMES

Through successful completion of this course:

1. Students will learn and hone proper technical execution of a variety of weight training movements
2. Students will demonstrate basic knowledge of different resistance training programs
3. Students will develop and practice proper safety and spotting techniques while training
4. Students will identify the location of and which lifts use the major muscles of the human body
5. Students will participate in a personal weight training program administered by the instructor, and have the knowledge to develop a plan of their own upon completion of the course.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Recommended:

Stone, Stone, and Sands. (2007). *Principles and Practice of Resistance Training*. Champaign, IL: Human Kinetics.

Israetel, M., J. Hoffman, and C. W. Smith. (2016). *Scientific Principles of Strength Training*. Juggernaut Training Systems.

In addition to the above textbook, for this online course you will need access to the following:

- Zoom: <https://zoom.us/> (<https://zoom.us/>)
 - Sign up for a free account using your PLNU email address. Download the app to your laptop, phone, and/or tablet.
- Microsoft Excel
 - You will use this program to open the online exercise library and workout builder for the course.
- Google Chrome: <https://www.google.com/chrome/> (<https://www.google.com/chrome/>)
 - Google Chrome is the required
 - Laptop or desktop computer equipped with a microphone and webcam

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 15 weeks. For this course, students

will spend an estimated 37.5 total hours meeting the course learning outcomes (based on 37.5 hours of student engagement per credit hour). Specific details about how the class meets the credit hour requirement can be provided upon request.

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	20
Reading Assignments	5
Written Assignments	5
Other Assignments & Learning Activities	5
Quizzes, Surveys	5
Total Hours	40

COURSE SCHEDULE AND ASSIGNMENTS

1. Attendance and Participation

Because this class will meet online, attendance and participation points will be earned through a variety of other assignments. These assignments are crucial to your learning and also help the instructor to gauge your progress and guide your training program.

2. Movement Technique Video Discussions (8x10 pts/20%)

In any form of resistance training, movement technique is crucial to staying injury free and ensuring that you are activating the correct muscle groups. Regardless of the implement used (barbells, dumbbells, resistance bands, or body weight), almost all exercises can be categorized into 1 of 9 basic human movement patterns:

- Squat
- Hinge
- Lunge
- Vertical Push
- Horizontal Push
- Vertical Pull
- Horizontal Pull
- Core Stability
- Locomotion (loaded carry, walk, run, sprint)

Therefore, this class will teach correct movement pattern technique in these 9 patterns, and students will not only work on their own technique, but assess their peers in video format. This

assignment will take place in Canvas discussion boards every other week (see schedule).

3. **Training Journal Checks** (8x10 pts/20%)

It is impossible to improve on what you are not tracking. One of the most important aspects of any exercise program is tracking your progress! Students will track their workouts in a digital or handwritten training log and will submit it to Canvas every two weeks. Instruction will be given about specific components to include in your training journal.

4. **Live Workouts** (8x10 pts/20%)

In addition to your personal resistance training program, one of the PLNU weight training instructors will be leading a weekly workout on a YouTube live stream each week. There are two ways to attend. The first is to watch it live and use the chat feature to say hello at the beginning and end of the workout. The second way to attend is to watch the video and perform the workout at a later date, and to leave a comment letting the instructor know that you were there and how it went.

These workouts will be shared with multiple weight training classes, as well as other members of the PLNU community. This will aide in keeping us all engaged with one another while we are remote.

5. **1 Second Everyday Video Training Montage** (80 pts/20%)

As part of your participation in this class you will take a short video clip of yourself every time you train. You will then use the app 1 Second Everyday (1SE) or a similar video-maker app to compile a short montage of your training through the semester as evidence of your consistency. The 1SE app automatically grabs a 1-second clip will compile a video with a 1 second clip for each training session you completed. While the Training Journal Checks (see above) are biweekly, this assignment will be due at the end of the semester.

6. **Exam** (80 pts/20%)

The final exam will assess your understanding of the following concepts:

- The 9 fundamental movement patterns
- The various implements that can be used in weight training
- The appropriate set, rep, and rest intervals for achieving various training programs
- The muscle groups utilized during various movement patterns and their associated exercises
- Knowledge of safety and correct technique regarding the squat, bench press, and dead lift.

INHERENT RISK

There is an inherent risk involved in participation in a weight training program, however this risk is considerably lower than participation in team-sports when instruction is provided by a qualified strength and conditioning coach. Regardless, to minimize this risk it is essential that students adhere to the following safety standards:

1. Notify the instructor of any pre-existing condition that may affect your participation.

2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. Attention to technique and proper execution of the lifts at the assigned tempos is critical to both your safety and performance.
4. No "horseplay" will be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk. Loud cheering, high-fives, slaps on the back, and laughter is encouraged as long as it amplifies focus and effort. Off-task conversation, phones, or other disruptive behavior will result in a loss of participation points.
5. No sandals or bare feet. Shoes must be worn at all times.

ASSESSMENT AND GRADING

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	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 \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](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.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final exam on by 12/4 at 11:59 p.m.

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) [_ \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](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) [_ \(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=DRC@pointloma.edu\)](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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](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.

TUTORING

The PLNU Tutorial Center is available free of charge for all current, undergraduate PLNU students. It offers tutoring for most subjects, as well as for general help with paper editing, study skills, etc. The Tutorial Center is located on the south end of Bond Academic Center, next to the Study Abroad offices. Tutoring is available over the phone at (619) 849 2593, or via email at TutorialServices@pointloma.edu (<https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=TutorialServices@pointloma.edu>).

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) (<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) (<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.











OFFICE HOURS

It is important to me that I get to know each of you on an individual level, therefore I will be posting virtual office hours via the Zoom virtual conferencing app. I will send out more details on this soon. I have an open-door policy for questions, nerdy training theory discussions, or if you just need someone to listen and pray for you. I often won't have all the answers, but I'm positive we can figure it out together!

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	
Mon Aug 17, 2020	 PED1055-4 FA20 - Weight Training (https://canvas.pointloma.edu/calendar?event_id=52179&include_contexts=course_54075)	1:30pm to 2:15pm
	 Module 1 Overview	to do: 11:59pm
Tue Aug 18, 2020	 Synchronous Session Agenda (wk 1)	to do: 11:59pm
	 Week 1: Synchronous Session Agenda ORIG	to do: 11:59pm
Wed Aug 19, 2020	 Class Introduction Videos (wk 1) (https://canvas.pointloma.edu/courses/54075/assignments/548763)	due by 11:59pm
Sun Aug 30, 2020	 Live Workout 1 (wk 2) (https://canvas.pointloma.edu/courses/54075/assignments/548765)	due by 11:59pm
	 Training Journal Check 1 (wk 2) (https://canvas.pointloma.edu/courses/54075/assignments/548773)	due by 11:59pm
Mon Aug 31, 2020	 Module 2 Overview	to do: 11:59pm
Wed Sep 2, 2020	 Technique Critique: Squat Pattern Video Discussion (wk 3) (https://canvas.pointloma.edu/courses/54075/assignments/548762)	due by 11:59pm
Wed Sep 9, 2020	 Live Workout 3 (wk 6) (https://canvas.pointloma.edu/courses/54075/assignments/548767)	due by 11:59pm

Date	Details	
Sun Sep 13, 2020	 Live Workout 2 (wk 4) https://canvas.pointloma.edu/courses/54075/assignments/548766	due by 11:59pm
	 Training Journal Check 2 (wk 4) https://canvas.pointloma.edu/courses/54075/assignments/548774	due by 11:59pm
Mon Sep 14, 2020	 Module 3 Overview	to do: 11:59pm
Wed Sep 16, 2020	 Technique Critique: Hinge Pattern Video Discussion (wk 5) https://canvas.pointloma.edu/courses/54075/assignments/548761	due by 11:59pm
Sun Sep 27, 2020	 Training Journal Check 3 (wk 6) https://canvas.pointloma.edu/courses/54075/assignments/548775	due by 11:59pm
Mon Sep 28, 2020	 Module 4 Overview	to do: 11:59pm
Wed Sep 30, 2020	 Technique Critique: Horizontal Push Pattern Video Discussion (wk 7) https://canvas.pointloma.edu/courses/54075/assignments/548760	due by 11:59pm
Sat Oct 10, 2020	 Live Workout 4 (wk 8) https://canvas.pointloma.edu/courses/54075/assignments/548768	due by 11:59pm
	 Training Journal Check 4 (wk 8) https://canvas.pointloma.edu/courses/54075/assignments/548776	due by 11:59pm
Mon Oct 12, 2020	 Module 5 Overview	to do: 11:59pm
Wed Oct 14, 2020	 Technique Critique: Horizontal Pull Pattern Video Discussion (wk 9) https://canvas.pointloma.edu/courses/54075/assignments/548759	due by 11:59pm
Sat Oct 24, 2020	 Live Workout 5 (wk 10) https://canvas.pointloma.edu/courses/54075/assignments/548769	due by 11:59pm
	 Training Journal Check 5 (wk 10) https://canvas.pointloma.edu/courses/54075/assignments/548777	due by 11:59pm
Mon Oct 26, 2020	 Module 6 Overview	to do: 11:59pm

Date	Details	
Wed Oct 28, 2020	 Technique Critique: Lunge Pattern Video Discussion (wk 11) https://canvas.pointloma.edu/courses/54075/assignments/548758	due by 11:59pm
Sat Nov 7, 2020	 Live Workout 6 (wk 12) https://canvas.pointloma.edu/courses/54075/assignments/548770	due by 11:59pm
	 Training Journal Check 6 (wk 12) https://canvas.pointloma.edu/courses/54075/assignments/548778	due by 11:59pm
Mon Nov 9, 2020	 Module 7 Overview	to do: 11:59pm
Wed Nov 11, 2020	 Technique Critique: Vertical Push Pattern Video Discussion (wk 13) https://canvas.pointloma.edu/courses/54075/assignments/548757	due by 11:59pm
Sat Nov 21, 2020	 Live Workout 7 (wk 14) https://canvas.pointloma.edu/courses/54075/assignments/548771	due by 11:59pm
	 Training Journal Check 7 (wk14) https://canvas.pointloma.edu/courses/54075/assignments/548779	due by 11:59pm
Mon Nov 23, 2020	 Module 8 Overview	to do: 11:59pm
Wed Nov 25, 2020	 Technique Critique: Vertical Push Pattern Video Discussion (wk 15) https://canvas.pointloma.edu/courses/54075/assignments/548756	due by 11:59pm
Fri Dec 4, 2020	 1SE Video Training Montage https://canvas.pointloma.edu/courses/54075/assignments/548764	due by 11:59pm
	 Final Exam (wk 16) https://canvas.pointloma.edu/courses/54075/assignments/548755	due by 11:59pm
Sat Dec 5, 2020	 Live Workout 8 (wk 16) https://canvas.pointloma.edu/courses/54075/assignments/548772	due by 11:59pm
	 Training Journal Check 8 (wk 16) https://canvas.pointloma.edu/courses/54075/assignments/548780	due by 11:59pm

Date	Details
	<p data-bbox="456 163 1256 237"> Wellness Survey (https://canvas.pointloma.edu/courses/54075/assignments/548781)</p> <p data-bbox="1333 184 1536 218">due by 11:59pm</p>