

**Department of Kinesiology PED 1055(1 unit of credit):**  
**Weight Training; Section 5 T-R 11:00-11:55**  
Fall 2020

**Professor:** Jerry Arvin     [jerryarvin@pointloma.edu](mailto:jerryarvin@pointloma.edu)     Office: 619-849-2588

Office Location Kinesiology Building Office #1 on campus daily as needed during the COVID pandemic if I am not in the office feel free to schedule a zoom appointment with me when we are both free.

## 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.

**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.

### The GELO met by PED 1000, PED 2000, and our Activity Offerings:

*Context #2: Growing, In a Christ-Centered Faith Community*

**ILO #2: Students will develop a deeper and more informed understanding of self and others as they negotiate complex environments.**

GELO 2a. Students will develop an understanding of self that fosters personal well-being.

**Textbook:** *None*

**Course Description:** Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights.

### IDEA Objectives:

- Gaining factual knowledge (terminology, methods) related to weight training for a healthy lifestyle.
- Developing a clearer understanding of, and commitment to, personal values

**Course Learning Outcomes:** At the successful completion of this course the student will be able to do the following:

1. Students will develop proper lifting techniques involved in weight training.
2. Students will develop and practice proper safety techniques while training.
3. Students will demonstrate knowledge of different training systems.
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 and be able to develop a plan of their own.

## EVALUATION:

### 1. PHYSICAL PERFORMANCE (50% of total points) 200 pts.

Be in attendance every day and be physically active with the intent to work different muscles groups so as to develop and tone the different muscles of the body.

Lifting points will be awarded at the end of semester on testing day according to number of crunches completed, amount of weight lifted on the bench press (85% of your body weight), leg-squats (133% of your body weight) and arm-curls (35% of your body weight) a possible of 10 points of the total in each of the bench, squats and arm curls will awarded for the correct use of form.

### 2. WRITTEN PERFORMANCE (27.5%of total points) 110 pts

A. Final Exam (110 points) Information from the assigned chart of muscle groups and the lifts used to work these groups, along with some basic concepts on weight lifting from notes.

### 3. PARTICIPATION (-4 points/abs.)(22.5% of total points) 90 pts

A. Participation is essential and is expected. Points will be deducted at the rate of four points per absence.

### 4. GRADING SCALE Total = 400 points

A = 90%, 360 B = 80%, 320 C = 70%, 280 D = 60%, 24

A- = 86%, 344 B- = 76%, 304 C- = 66%, 266 D- = 55%, 220

B+ = 83%, 332 C+ = 73%, 292 D+ = 63%, 254 F = 219

**Final Exam Scheduled: Section 5 Tuesday December 1st 2020 from 10:30 am – 1:00 pm**

## COURSE CREDIT HOUR INFORMATION

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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. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

## 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.

## RISK:

There is an inherent risk involved in participation in a weight training program. 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. "Control the weight," slow, smooth, controlled movements should be used while lifting. Avoid jerky, fast movements. Don't "throw" the weight.
4. No "horseplay" can be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk.
5. No sandals or bare feet. Shoes must be worn at all times.
6. Proper dress includes t-shirts, sweats or shorts. You cannot dress in street clothes and you must wear a shirt! If not you will forfeit the attendance points for the day.

**OVERLOAD PRINCIPLE (in most thought processes overloading is a negative, however in weight training it is a POSITIVE!):**

The only way in which you will increase your strength through lifting is to overload the muscles. This can be done by lifting more weight, increasing the number of repetitions in a set or increasing the number of sets. As this class progresses you need to look for opportunities to overload.

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**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.

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**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.

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**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) 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 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**

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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](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

## **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](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact [student-tech-request@pointloma.edu](mailto:student-tech-request@pointloma.edu).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

## **PLNU Tutorial Center**

“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. The Tutorial Center is open Monday-Thursday from 8:00 am until 9:00 pm and Friday from 8:00 am until 3:00 pm. Please note that the Tutorial Center is closed from 9:30-10:30 am, Monday, Wednesday and Friday, and 5:00-6:00 pm every evening. Tutoring is available by appointment only, and appointments must be made at least one day in advance. Appointments may be arranged in person at the Tutorial Center, over the phone at (619) 849 2593, or via email at [TutorialServices@pointloma.edu](mailto:TutorialServices@pointloma.edu).”