

PLNU Department of Kinesiology

KIN 1055: WEIGHT TRAINING

Spring 2022 M - W 11:00am - 11:55am

Professor: Jake Portugal

PLNU Mission

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Office Hours: Upon Request

Final Exam: 5/2 10:30am-1pm

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 Note: for FE, formerly GE, courses only.

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.

CATALOG DESCRIPTION:

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

This is a 1 unit course. Two hours per week in class and 1 hour per week outside of scheduled class time is expected. This class may not be repeated for academic credit.

PHILOSOPHY:

Attendance - Activity courses are the ultimate participation courses. You must be present to participate. As you participate in physical activity your body will adapt and change.

Knowledge - This course is designed for you to learn basic knowledge necessary to be safe and effective while participating in weight training. Lectures, study guides, and handouts will explain human anatomy, proper form and technique, the muscles used in each exercise, and program design. Exams will measure your knowledge.

Competency and Form - During this course you will practice proper form while being critiqued by your instructor. You will show your competency by being able to perform exercises with proper form as well as being able to identify the necessary components of proper form.

Effort - Too heavy and/or too light resistance are both counterproductive. Maximum effort while maintaining perfect form is our goal.

CLASSROOM: This class will meet in the weight room which is located at the east end of the gym floor.

LOCKER ROOMS: Locker rooms are located outside the south side of the gym, overlooking the tennis courts and below the Kinesiology classrooms. Lockers and showers are available for student use. Changing before and after class should be done in the locker rooms (not in the bathrooms above the weight room).

TEXT: None required. Handouts and lectures will be used.

EVALUATION:

- Physical Performance (150 points)
 - Skill development on three lifts. Dead lift, Bench press and Squat. Each student will perform the three lifts according to the definitions provided. Each student will also critique each lift by their peers.
- Written Performance (100 points)
- Exams (150 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.
- Participation (500 points)
 - Performance points will be awarded at the end of semester. Improvement documented by the student's lifting logs kept throughout the semester. Positive changes in areas of weight, reps or form and or body composition are expected. Physical activity courses are the ultimate participation courses, as such, you are expected to be physically active each class meeting. Points will be deducted at the rate of four points per absence. Missing 10% of classes may result in being dropped from the course (see catalog).
- Wellness Survey (100 points)

Grading Scale Total = 1000 points

A = 90%, B = 80%, C = 70%, = 60%,

Student Learning Outcomes:

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.
6. Students will demonstrate three lifts and critique peers on these lifts.

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. Street clothes are not appropriate. Shirts are required at all times. Failure to wear proper clothing will result in loss of attendance points.

PLNU COPYRIGHT POLICY

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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.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, 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.