

SYLLABUS



Kinesiology/Point Loma Nazarene University

KIN 2025 INDIVIDUAL AND DUEL SPORTS

2 Units

SPRING 2020

Meeting days: Monday - Wed	Instructor title and name: Rich Hills
Meeting times: 1:30 – 2:35 pm	Phone: 619-849-2206
Meeting location: Tennis Courts	E-mail: rhills@pointloma.edu
Final Exam: (day/time)As Posted	Office location and hours: Kin 2
Additional info:	Additional info:

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.

COURSE DESCRIPTION

An introduction to the knowledge, skills, and progressions involved in teaching and participating in functional fitness activities. Emphasis will be placed on teaching and assessing movement progressions involved with individual and dual sports.

COURSE LEARNING OUTCOMES : At the successful conclusion of this course the student will be able to do the following:

- a. Demonstrate skills in the following sports:
 1. Tennis – forehand, backhand, serve and doubles play
 2. Pickleball – forehand, backhand, serves and play
 3. Badminton – forehand, backhand, lob, smash, serves and both singles and doubles play
 4. Dance – linde, ballroom, salsa and country line and 2 step
 5. Golf – Putting, chipping, short and long irons
- b. Lesson plans for two sports of students choice
- c. State the rules and scoring (where appropriate) of each sport

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 __ unit class delivered over ___ weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

ASSESSMENT AND GRADING

a. Participation 5 pts. @ 28 classes	140 pts.
b. Skills 25 pts. @ 5 sports	125 pts.
c. Lesson plans 50 pts. @ 2 sports	100 pts.
d. Written tests 25 pts. @ 4 sports	<u>100 pts.</u>
e. Total	465 pts.

465 – 395 = A; 394 - 348 = B; 347 - 302 = C; 301 – 255 = D

NCOMPLETES 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 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.

NOTE: The following policies are to be used without changes:

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](#) for definitions of kinds of academic dishonesty and for further policy information.

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 ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in 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. See [Academic Policies](#) in the Undergraduate Academic Catalog.