

# Kinesiology

## Weight Training KIN 1055 Section 4

1 Unit

*Fall 2023*

Class Meets T & R 10:00 am – 10:50 am

Meeting location (Performance center located on gym floor level at the northeast corner)

Final Exam: (Tuesday, 12/12, 10:30 am – 1:00 pm)



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### 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**

The purpose of general education is to provide a common educational experience, to develop essential skills, and to provide a broad cultural background for personal and professional growth. The general education curriculum is listed under a four-fold division. This structure provides continuity with the Wesleyan approach to knowledge by emphasizing the human response as foundational to the developing, exploring, and seeking aspects of education. The divisions, although not mutually exclusive or all-encompassing, organize similar themes relevant to faith and learning. Each complements the others, and, in each, conscious efforts are made to reveal connections, develop perspectives, and build synthetic thinking skills. These divisions are: Responding to the Sacred, Developing Cognitive Skills, Exploring an Interdependent World, and Seeking Cultural Perspectives.

**The GELO met by KIN 1000, KIN 2000, and our Activity Offerings:**

### **Foundational Explorations Learning Outcomes**

***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.**

### **Required Texts and Recommended Study Resources\***

**Textbook: *None***

**Weight Training 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.**

**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. 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.**

**Assessment and Grading**

**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 muscle 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%, 240

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

B+ = 83%, 332 C+= 73%, 292 D+ = 63%, 254 F < 220

**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. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

**Note:** This note is relevant to the following two sections: Content Warning and Trigger Warning. These sections provide suggested syllabus components for courses that may contain uncomfortable or potentially triggering content or discussions.

## **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.

## **Content Warning\***

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive various types of information. In [class name], all of the class content, including that which may be intellectually or emotionally challenging, has been intentionally curated to achieve the learning goals for this course. The decision to include such material is not taken lightly. These topics include [list topics]. If you encounter a topic that is intellectually challenging for you, it can manifest in feelings of discomfort and upset. In response, I encourage you to come talk to me or your friends or family about it. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of [subject/major], and I will support you throughout your learning in this course.

## **Trigger Warning\***

I acknowledge that each of you comes to PLNU with your own unique life experiences. This contributes to the way you perceive several types of information. In [class name], we will cover a variety of topics, some of which you may find triggering. These topics include [list topics]. Each time this topic appears in a reading or unit, it is marked on the syllabus. The experience of being triggered versus intellectually challenged are different. The main difference is that an individual must have experienced trauma to experience being triggered, whereas an intellectual challenge has nothing to do with trauma. If you are a trauma survivor and encounter a topic in this class that is triggering for you, you may feel overwhelmed or panicked and find it difficult to concentrate. In response, I encourage you to take the necessary steps for your emotional safety. This may include leaving class while the topic is discussed or talking to a therapist at the Counseling Center. Should you choose to sit out on discussion of a certain topic, know that you are still responsible for the material; but we can discuss if there are other methods for accessing that material, and for assessing your learning on that material. Class topics are discussed for the sole purpose of expanding your intellectual engagement in the area of [subject/major], and I will support you throughout your learning in this course.

## **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 your professor or the [Office of Spiritual Life and Formation](#).

## **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](#) to view which states allow online (distance education) outside of California.

## **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**

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](mailto: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.

## **Language and Belonging**

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#).

## **Sexual Misconduct and Discrimination\***

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at [pointloma.edu/Title-IX](http://pointloma.edu/Title-IX). Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at [counselingservices@pointloma.edu](mailto:counselingservices@pointloma.edu) or find a list of campus pastors at [pointloma.edu/title-ix](http://pointloma.edu/title-ix).

## **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 an "F" grade.