

**POINT LOMA NAZARENE UNIVERSITY
SAN DIEGO, CA**

Course Title: Kinesiology-KIN 4080 Leadership in Fitness Professions.
Semester: Fall, 2023
Location: Kinesiology 2
Day/Time: Tuesday 3pm to 5:40pm
Instructor: Dr. Tim Hall,
Contact Information: Email: timhall@pointloma.edu
Office: Salomon Hall 101

I have an open door policy. Whenever my office door is open, please feel free to come in. I will also schedule appointments when desired/necessary.

**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.

PLNU Foundational Exploration Mission Statement

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 cultures.

Required Texts and Materials

PLEASE MAKE SURE TO PURCHASE THE CLASS BOOKS

- a. Frankl, E.V. (1959). Man's Search for Meaning. MA: Beacon Press
- b. **(Not Required, I will supply copies in class)** Langley, D.L., Hawkins, J.D. (2003). Administration for Exercise-Related Professions. CA: Wadsworth.
- c. Palmer, J.P (2000). Let Your Life Speak. CA: Jossey-Bass.
- d. Peck, M.S. (1978). The Road Less Traveled. NY: Simon and Schuster.
- e. Wooden, J.R., Jamison, S. (2005) Wooden On Leadership. NY: McGraw-Hill
- f. Test and Assignments will be done via CANVAS.

Course Description: This course surveys general organizational leadership principles and their application to the organization and administration of the health/fitness, coaching and physical education professions. Emphasis is on business management principles and operational concepts, including organizational structure, facility management, industry

standards and guidelines, personnel management practices, and personal developmental leadership concepts.

Course Objectives: To investigate different practices and theories of leadership and management. To provide an opportunity to discuss and process leadership concepts both personal and administrative. This course will rely mostly on discussions and lectures. Discussions and lectures are intended to integrate and supplement the readings. Therefore, students are expected to complete readings prior to each class meeting. However, the success of the class will greatly rely on student participation in class discussion and exercises.

Course Learning/Foundational Exploration Outcomes:

- a. Articulate theories of administrative and personal/developmental Leadership.
- b. List traits and behaviors that influence leadership capability.
- c. Recognize and act upon opportunities for Leadership.
- d. To develop sensitivity to dilemmas in Leadership situations.
- e. To assist in developing deeper levels of interpersonal skills in and for leadership.
- f. To assist developing ways of thinking about yourself as a Leader.

Course Spirit: The nature of this class will allow us to discuss openly and freely the complexities of Leadership issues and Leadership principles. This is intended to be a safe place and environment to have open discussions that will challenge us to develop as leaders administratively and personally. Professor and students alike must respect and honor one another.

Policy on Electronic Devices: A student's classroom contribution is vital to the academic environment. Classroom contribution is more than just asking thoughtful questions, and making comments, it also involves respectful attention to what others are saying. Technology devices in this classes' context can detract from the classroom environment. So, in KIN 4080, I am asking that we refrain from using any of our technological devices during class, unless necessary and/or directed to do so. THANK YOU for respecting this request.

Assignments/Expectations:

1. **PRESENTATIONS:** Each student will give a 10-15-minute Power Point presentation on any leadership principle Administrative or Personal discussed this semester in class. You are free to share and be creative with your time in any way you would like. It must be a Leadership principle(s) that have had the most impact on you positively or negatively, or both. You can pick one area of Leadership or multiple. There is freedom in this exercise...don't give your freedom away. Be creative, thoughtful, and take advantage of it. This will be presented at the end of the semester.
2. **REFLECTIONS OF CLASS AND PARTICIPATION:** You will do a one-page (minimum) double spaced reflection paper of each class, due the next day after class by 5pm (Via Canvas). Your reflection will be based on any or all of the content that

resonated with you of what was discussed in that previous class period. You will also give yourself a score out of 10 as to how you perceived your engagement and participation during the class. A major component of Leadership is being able to honestly do a self-assessment of yourself.

3. **ATTENDANCE:** A major piece of Leadership, is showing up. This class will meet one day a week for the semester. You will be allowed one free miss. Any misses thereafter will result in a 10pt reduction. Please make sure to communicate with me in regards to any misses, or any emergencies that may arise. Institutional excused absences will be honored.
4. **FINAL EXAM:** You will take a test at the end of the semester. I will have a thorough study guide to assist you.

Assignment Points

Assignments	Points
Presentations	100 pts
Reflections and Participation	15 reflections at 10 pts each = 150 pts
Attendance	15 Class Sessions at 10pts each = 150pts
Final Exam	35 pts
	Total Points 435

Grading Scale

		A	93 to 100%	A-	90 to 92.99%
B+	88 to 89.99%	B	84 to 87.99%	B-	80 to 83.99%
C +	78 to 79.99%	C	74 to 77.99%	C-	70 to 73.99%
D +	66 to 69.99%	D	60 to 65.99%	D-	50 to 59.99%
		F	1 to 49.99%		

SEMESTER SCHEDULE
(May be slightly shifted due to guest speakers schedules)

<i>Book</i>	<i>Date</i>	<i>Readings</i>	<i>Special Notes</i>
WK1 Syllabus	8/29	Discuss Syllabus	Introductions
WK2 Palmer	9/5	Palmer chapter-1	
WK3 Palmer	9/12	Palmer-chapter-5. Administration/Langley Chapter 3	
WK4 PLNU & Langley- Hawkins	9/19	Title IX Guest Speaker--Officer at PLNU—Danielle Brown Friberg. Administration/Langley Chapter-7	
WK5 PLNU & Langley- Hawkins	9/26	Guest Speaker—Erik Pedersen—Director of Sports Performance Admin Chapter-8	
WK6 Langley- Hawkins	10/3	Admin Chapter's 9 & 16	
WK7 Langley- Hawkins & Wooden Intro	10/10	Ethan Hamilton—PLNU Athletic Director Wooden Introduction.	
WK8 Wooden	10/17	Pyramid of Success	
WK9 Wooden	10/24	JJ Reading—Leadership with a Chick-fil-A Executive Pyramid of Success	
WK10 Peck	10/31	Discipline	
WK11 Peck	11/7	Love	
WK12 Frankl	11/14	Man's Search for Meaning	
WK13 Frankl	11/21	Man's Search for Meaning	
WK14	11/28	Presentations	
WK15	12/5	Presentations	Last Class and Final

			Reflection and Class Dinner
Final	12/5	Final on own	5:30pm to 11:59pm

Distribution of Student Learning Hours

Category	Time Expectation in Hours
Class room/Online Participation in Discussions, Groups, etc.	50
Reading Assignments	30
Reflections	15
Preparation and delivery of Leadership Powerpoint Presentations	15
Test	2.5
Total Hours	112.5

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 Educational Assistance Center (EAC), located in the Bond Academic Center. (EAC@pointloma.edu or 619-849-2486). The EAC'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 EAC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The EAC 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 EAC 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 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. 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.

Policy on Electronic Devices: A student's classroom contribution is vital to the academic environment at Point Loma. Classroom contribution is more than just asking thoughtful questions, it also involves respectful attention to what others are saying. This is not only a good idea, but it is also just a common courtesy. Although it does not need to be said to most college students, technology devices in this classes' context can detract from the classroom environment. THANK YOU for respecting this policy.

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 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 Student Life and Formation-(see me if you have any questions)

PLNU POLICIES

PLNU 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 Schedule** site. No requests for early examinations or alternative days will be approved.

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. Academically 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 ACCOMODATIONS POLICY-See Above

If you have a diagnosed disability, please contact PLNU's Educational Assistance Center (EAC) within the first two weeks of class to demonstrate need and to register for accommodations by phone at **619-849-2486** or by email at **EAC@pointloma.edu**. See **Educational Assistance Center** for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY-See Above

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.