

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

**Course Title:** Kinesiology-KIN 1030. Beginning Volleyball  
**Semester:** Spring 2024—1 unit  
**Location:** Athletic Facilities- Golden Gym  
**Day/Time:** Tuesday and Thursday 9am to 9:55am  
**Instructor:** Billy Perez  
**Contact Information:** Email: [bperez@pointloma.edu](mailto:bperez@pointloma.edu)

**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:**

- a. Test will be done via CANVAS.
- b. You will receive this Syllabus on Canvas also.
- c. You will need to dress out in PE clothing and closed toed athletic shoes.
- d. **Official Medical Excuses:** Must be in note form from your Doctor and the Wellness Center.

**Course Description:** Development of fundamental skills through participation in selected activities-Volleyball.

**Course Objectives:** This course will cover the basic beginning concepts of volleyball. It will also enhance the importance of healthy stewardship of personal health.

**Course Learning/Foundational Exploration Outcomes:**

- a. To become acquainted with the basic terminology for understanding volleyball.

- b. To assess current personal lifestyle and develop your OWN personal plan for optimal lifelong wellness. (Personal and Confidential)

**Course Spirit:** The nature of this class will allow us to participate in beginning volleyball/exercise activities that will be conducive to a better understanding of volleyball and personal health. This is intended to be a safe place and environment. Professor and students alike must respect and honor one another.

**Assignments:**

1. **Attendance/Participation:** A major piece for success in this class, is showing up and participating. Each class session will be worth 10pts. This class will meet two days (Tues and Thurs) a week for the semester. You will be allowed two free misses. Any misses thereafter will result in a 5pt reduction. Please make sure to communicate with me in regards to any misses, or any emergencies that may arise.
2. **Final Exam:** none
3. **Class Meetings:** Each class meeting will consist of playing volleyball as a health specific activity.

**Assignment Points**

Class Activities	Points
Attendance and Participation—meetings at each	
Semester Wrap Up Survey	
<b>Total Points</b>	

**Grading Scale**

	<b>A</b>	<b>93 to 100%</b>	<b>A-</b>	<b>90 to 92.99%</b>
<b>B+</b>	<b>B</b>	<b>84 to 87.99%</b>	<b>B-</b>	<b>80 to 83.99%</b>
<b>C+</b>	<b>C</b>	<b>74 to 77.99%</b>	<b>C-</b>	<b>70 to 73.99%</b>
<b>D+</b>	<b>D</b>	<b>60 to 65.99%</b>	<b>D-</b>	<b>50 to 59.99%</b>
	<b>F</b>	<b>0 to 49.99%</b>		

**Distribution of Student Learning Hours**

Category	Time Expectation in Hours
Whole Semester and Wrap up week Participation in Volleyball Related Activities	36.5

### Distribution of Student Learning Hours

Category	Time Expectation in Hours
<b>Total Hours</b>	<b>36.5</b>

---

## PLNU POLICIES PAGE

### 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 ☼

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](mailto: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 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 (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. 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.

### **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 Spiritual Development](#)