

## **POINT LOMA NAZARENE UNIVERSITY**

KIN1055 (1 unit—15 weeks): Weight Training

Instructor:	Alisa Ward	Office Hours:	By appointment
Meeting Days:	Monday/Wednesday	Meeting Times:	11:00-11:55am (section 4) 1:30-2:25pm (section 5)
Meeting Location:	Sport Performance Center (Gym)	Email:	<a href="mailto:alisaward@pointloma.edu">alisaward@pointloma.edu</a>
Final Exam:	Week 16	Content:	Muscles Exam

### **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.

### **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.

### **Institutional Learning Outcomes**

- 1. Learning, Informed by our Faith in Christ**—students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of mind that foster life long learning.
- 2. Growing, In a Christ-Centered Faith Community**—students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
- 3. Serving, In a Context of Christian Faith**—Students will serve locally and/or globally in vocational and social settings.

### **Course Description**

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

### **Course Orientation**

- 1. To get to know your professor better:** [Alisa Ward, Bio](#)
- 2. Student role:** to glean the best experiences out of this course, students be asked to utilize their time well during our sessions in an effective manner.
- 3. Instructor role:** the professor will act as a guide and mediator as we move through the semester's workouts.
- 4. Tips for success:** Arrive on-time, ready to go, and ready to move a lot.

### **Course Learning Outcomes**

- A. Students will be able to identify, demonstrate and apply movement specific skills and strategies to designated physical activities.**
  - a. Identify between sets and repetitions
  - b. Identify various parts and their corresponding muscle or muscle groups (chest, arms, legs, stomach)
  - c. Match muscle/muscle groups to corresponding body movements as associated with weight training movements

- d. Develop proper lifting techniques involved in movements done in the class
- B. Students will be able to identify critical elements as they relate to specific weight training movements.**
  - a. Explain the importance of cardiovascular fitness as it relates to weight training.
  - b. Reinforce the importance of including a stretching program with weight training for injury prevention and rehabilitation
  - c. Develop and practice proper safety techniques while training
- C. Students will demonstrate strength and conditioning improvements related to specific program goals.**
  - a. Show strength, repetition, or weight improvement on semester workouts from pre to post
  - b. Identify their individual target heart rate zones for specific intensities
  - c. Participate in a personal 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 one unit class delivered over one semester. Class instructions will be posted weekly on individual Canvas modules.

**Semester Readings**—no text book is necessary.

**Course Requirements and Expectations**—This is an ACTIVITY class meaning participation is required to get a good grade.

- Physical activity time will be completed during class sessions
- Attendance is necessary to pass this course
- Students will be given 5 points per day for their attendance
- Students who miss more than 3 days will be deducted attendance & participation points
- Pre & Post-Fitness Testing: to receive full credit for participation, you must show some type of change, whether it is an increase in weight, reps or a decrease in time to complete workouts.

**Assignments** Refer to the semester schedule for assignment due dates and see Canvas for instructions and rubrics for each assignment.

- a. Pre-fitness testing worksheet
- b. Post-fitness testing worksheet
- c. Muscles post-quiz

**Assessment and Grading**—Points per assignment can be found on Canvas.

Grading Scale:	A = 93-100	B = 80-82	D+ = 67-69
	A- = 92-90	C+ = 77-79	D = 63-66
	B+ = 87-89	C = 73-76	D- = 60-62
	B = 83-86	C- = 70-72	F = 0-59

**PLNU Attendance and Participation Policy**

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

**Risk**—there is an inherent risk involved in participation in an exercise and weight training program. To minimize this risk it is essential that students adhere to proper safety standards:

1. Notify the instructor of any pre-existing condition that may affect your participation.

2. Notify the instructor of any mid-semester conditions (sickness or injury) that may affect your participation.
3. Be sure you properly understand the movements required and can participate in a safe manner.
4. Wear proper workout gear (clothing that allows you to move freely, shoes that offer support) and also make sure your environment is safe (plenty of space to move around, stable ground and equipment, and more)

### **Diversity and Inclusion Statement**

It is my intent that students from all diverse backgrounds and perspectives be well-served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that the students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity: disability, age, socioeconomic status, ethnicity, race, nationality, religion, gender, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. To help accomplish this:

- A. If you have a name and/or set of pronouns that differ from those that appear in your official PLNU records, please let me know!
- B. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.
- C. I (like many people) am still in the process of learning about diverse perspectives and identities. If something was said in class (by anyone) that made you feel uncomfortable, please talk to me about it.

### **Course Closure: Final Examination Information**

The final examination for this class will take place the week before finals take place. Individual emails will be sent regarding the taking of the final muscles exam.

### **PLNU Academic Accommodations Policy**

If you have a diagnosed disability, please contact PLNU's Educational Access 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](mailto:DRC@pointloma.edu). See [Educational Access Center](#) for additional information.

### **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.

### **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.