


Course Syllabus

[Jump to Today](#)
 Edit

 <p>POINT LOMA NAZARENE UNIVERSITY</p>	<p>Kinesiology/Point Loma Nazarene</p> <p>PED 2025 INDIVIDUAL AND DUAL SPORTS</p> <p>2 Units</p>
<p>Spring 2021</p>	

Meeting days: Monday/Wednesday	Instructor: Rich Hills
Meeting times: 1:30 – 2:35 pm	Phone: 619-849-2206
Meeting location: PE1	Email: rhills@pointloma.edu
Final Exam: As Posted	Office location and hours: Kinesiology Office #2; Hours TBA

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.

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:

1. Demonstrate skills in the following sports:
 - A. Tennis – forehand, backhand, serve and doubles play
 - B. Pickleball – forehand, backhand, serves and play
 - C. Badminton – forehand, backhand, lob, smash, serves and both singles and doubles play
 - D. Dance – linde, ballroom, salsa and country line and 2 step
 - E. Golf – Putting, chipping, short and long irons
2. Lesson plans for two sports of students choice
3. 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 2 unit class delivered over 14 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

COURSE ASSIGNMENTS

Assignment	Points
Participation 5 pts. @ 28 classes	140 pts
Skills 25 pts. @ 5 sports	125 pts
Lesson plans 50 pts. @ 2 sports	100 pts
Written tests 25 pts. @ 4 sports	100 pts
Total	465 pts

ASSESSMENT AND GRADING

Standard Grade Scale Based on Percentages

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

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** (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

INCOMPLETES 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.

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** (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) 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 Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu (<mailto:DRC@pointloma.edu>) or 619-849-2486). The DRC'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 DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC 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 DRC students speak with their professors during the first two weeks of each semester about the app



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 synchronous 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. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See **Academic Policies** (<http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278>) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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** (<https://www.pointloma.edu/offices/spiritual-development>).

USE OF TECHNOLOGY


In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the ***Technology and System Requirements*** (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.






















ASSIGNMENTS AT-A-GLANCE

The table below lists our assignments and their due dates. Click on any assignment to review it.






















Course Summary:

Date	Details	Due
Sun Feb 14, 2021	 Tennis exam https://canvas.pointloma.edu/courses/71830/assignments/995875 due by 11:50pm	








Date	Details	Due
Mon Mar 1, 2021	 COVID-19 Preparedness https://canvas.pointloma.edu/courses/71830/assignments/995873 due by 11:59pm 	
Sun Mar 14, 2021	 Tennis Quiz https://canvas.pointloma.edu/courses/71830/assignments/995874 due by 11:59pm 	
Wed Mar 31, 2021	 Week 5 Videos of the week https://canvas.pointloma.edu/courses/71830/assignments/995885 due by 11:59pm 	
Wed Apr 14, 2021	 Week 6 Videos of the Week https://canvas.pointloma.edu/courses/71830/assignments/995886 due by 11:59pm 	
Sun Apr 25, 2021	 Mid-Course Survey https://canvas.pointloma.edu/courses/71830/assignments/995871 due by 11:59pm 	
Sun Jan 14, 2024	 Week 1 Videos of the week https://canvas.pointloma.edu/courses/71830/assignments/995876 due by 11:59pm 	
Sun Jan 21, 2024	 Week 2 Videos of the Week https://canvas.pointloma.edu/courses/71830/assignments/995880 due by 11:59pm 	
Fri Jan 26, 2024	 Beginning Tennis Exam https://canvas.pointloma.edu/courses/71830/assignments/995868 due by 11:59pm 	
Sun Jan 28, 2024	 Week 3 Videos of the week https://canvas.pointloma.edu/courses/71830/assignments/995882 due by 11:59pm 	
Fri Feb 2, 2024	 Week 4 Videos of the week https://canvas.pointloma.edu/courses/71830/assignments/995884 due by 11:59pm 	
Wed Feb 14, 2024	 Types of Serves https://canvas.pointloma.edu/courses/71830/assignments/1018180	due by 11:59pm



Date	Details	Due
		
	 <u>Week 5 Videos of the week</u> (https://canvas.pointloma.edu/courses/71830/assignments/995887) due by 11:59pm	
		
Sun Feb 18, 2024	 <u>Week 6 Videos of the Week</u> (https://canvas.pointloma.edu/courses/71830/assignments/995888) due by 11:59pm	
		
Sun Feb 25, 2024	 <u>Week 7 Quiz</u> (https://canvas.pointloma.edu/courses/71830/assignments/995867) due by 11:59pm	
		
Sun Mar 3, 2024	 <u>Week 8 Videos of the Week</u> (https://canvas.pointloma.edu/courses/71830/assignments/995889) due by 11:59pm	
		
Sun Mar 17, 2024	 <u>Badminton Quiz</u> (https://canvas.pointloma.edu/courses/71830/assignments/995870) due by 11:59pm	
		
	 <u>Week 9 Videos of the Week</u> (https://canvas.pointloma.edu/courses/71830/assignments/995877) due by 11:59pm	
		
Wed Apr 3, 2024	 <u>Week 12 Dance</u> (https://canvas.pointloma.edu/courses/71830/assignments/995881) due by 11:59pm	
		
Sun Apr 7, 2024	 <u>Week 11 Videos of the Week</u> (https://canvas.pointloma.edu/courses/71830/assignments/995878) due by 11:59pm	
		
Wed Apr 10, 2024	 <u>Week 13 DANCE</u> (https://canvas.pointloma.edu/courses/71830/assignments/995883) due by 11:59pm	
		
Sun Apr 14, 2024	 <u>Week 13 Videos of the Week</u> (https://canvas.pointloma.edu/courses/71830/assignments/995879) due by 11:59pm	
		



Date	Details	Due
Sun Apr 21, 2024	 Golf Quiz (https://canvas.pointloma.edu/courses/71830/assignments/995869) due by 11:59pm 	
Wed Apr 24, 2024	 Attendance/ Participation (https://canvas.pointloma.edu/courses/71830/assignments/995872) due by 11:59pm 	
	 The Kitchen Rules & Dinking (https://canvas.pointloma.edu/courses/71830/assignments/1018619) 