

Kinesiology Department

KIN1012 Yoga Sculpt

1 Unit

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Summer 2024

Fully Online

May 6 - June 7

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**Meeting Days/ Times:** Online Asynchronous

**Meeting Location:** Online Asynchronous

**Instructor:** Professor Ann Davis

**Email:** [andavis@pointloma.edu](mailto:andavis@pointloma.edu)

**Office Location and Hours:** By appointment

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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.

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## **GENERAL EDUCATION 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 cultures.

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## **COURSE DESCRIPTION**

The development of personal fitness through a variety of activities including yoga, pilates, core stability ball, light weights, resistance bands, and mat work.

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## **COURSE LEARNING OUTCOMES**

Students will learn appropriate and varied workouts targeted to improve muscular strength, endurance, flexibility, and body composition, including how to:

1. Understand proper, safe, effective workouts utilizing body weight, light weights, and mats.
2. Develop and tone major muscles in the body, including the core (chest, back, and abdominals), legs, shoulders, triceps, and biceps using body weight, resistance bands, and light weights.
3. Combine some yoga and Pilates techniques that emphasize numerous repetitions in several planes of motion.
4. Demonstrate a basic working knowledge of resistance training as well as an understanding theory behind the benefits associated with injury prevention.
5. Students will meet or show proficiency/progress toward basic or fundamental skill levels.

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## GENERAL EDUCATION LEARNING OUTCOMES

1. Students will develop an understanding of self that fosters personal well-being. (FELO 2a.)

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## REQUIRED TEXTS AND RECOMMENDED STUDY

## RESOURCES

### Required Resources

- Yoga Mat
- Water bottle
- Towel
- A set of dumbbells that weigh up to 5 lbs

### Recommended Resources

- Yoga Block - **Required** for those who will need support for yoga poses and those who have a limited range of flexibility.
- Bench
- Softball
- Resistance Bands with Handles
- Resistance Loop Bands
- [Dog Down App](#)
- [Links to an external site.](#)
- - An application that you can explore and use that provides additional yoga and pilates workouts.

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## 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 5 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.

Assignment Type	Total Time to Complete (Hours)
Assignments	12.5
Yoga Workouts	10
Fitness Assessment	7
Journal	7
Survey	1
<b>Total</b>	37.5

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## ASSESSMENT AND GRADING

Course assessment used in this course includes the following:

- **Exercise Consent Form** - Complete this consent form before beginning the course. Make sure to complete this assignment in week 1.
- **Journals** - Reflect on your weekly yoga exercises that you are required to complete twice a week.
- **Fitness Assessment** - There is a Fitness Preassessment and a Fitness Postassessment. In the preassessment, you will evaluate your fitness level and set goals. In the postassessment, you will reflect on your goals and results.

- **Padlets** - Starting on week 2, you will be posting weekly on a Padlet. The Padlet is a community space to share with your peers additional resources that can benefit your yoga sculpting practice.

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

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## 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 [Traditional Undergraduate Records: Final Exam 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.

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## 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.

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## **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.

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## **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.

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## **PLNU Recording Notification**

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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# 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. For all student appeals, faculty and students should follow the procedures outlined in the University Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

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# PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). 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 work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. The EAC makes accommodations available to professors at the student's request.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any special accommodations.

## 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 withdrawal date or, after that date, receive an “F” grade.

**Note:** The information below must be included under the “PLNU Attendance and Participation Policy” Section if you are teaching an Online or Hybrid course.

## PLNU Course Modality Definitions

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
  - a. Synchronous Courses: At least one class meeting takes place at a designated time.
  - b. Asynchronous Courses: All class meetings are asynchronous.
2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

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](#) in the Undergraduate Academic Catalog.

## 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.

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## SPIRITUAL CARE

Please be aware that PLNU strives to be a place where you grow as a whole person. 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 Life and Formation](#).

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## 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).

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias)

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## 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.

If you (or someone you know) have experienced a bias incident regarding language, you can find more information on reporting and resources at [www.pointloma.edu/bias](http://www.pointloma.edu/bias).

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## USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible nor allowable) to complete exams online.

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

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## ARTIFICIAL INTELLIGENCE (AI) POLICY

Use of Artificial Intelligence (AI) tools (e.g., ChatGPT, iA Writer, Marmot, Botowski) is not permitted, and the use of these tools will be treated as plagiarism.

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## ASSIGNMENTS AT-A-GLANCE

# Course Summary:

Date	Details	Due
Mon May 6, 2024	Quiz <a href="#">Academic Honesty Verification Statement</a>	due by 11:59pm
	Page <a href="#">Week 1   Overview</a>	to do: 11:59pm
Tue May 7, 2024	Assignment <a href="#">WK 1   Exercise Consent Form</a>	due by 11:59pm
	Discussion Topic <a href="#">WK 1   Introduction Discussion</a>	due by 11:59pm
Thu May 9, 2024	Page <a href="#">WK 1   Dynamic Warm-Up &amp; Sun A Salutation Yoga Workout</a>	to do: 11:59pm

Fri May 10, 2024	Page <a href="#">WK 1   Yoga and Redefine #1 Workout</a>	to do: 11:59pm
	Assignment <a href="#">WK 1   Weekly Journal #1</a>	due by 11:59pm
Sun May 12, 2024	Assignment <a href="#">WK 1   Fitness Pre-Assessment</a>	due by 11:59pm
Mon May 13, 2024	Page <a href="#">Week 2 Overview</a>	to do: 11:59pm
Wed May 15, 2024	Assignment <a href="#">WK 2   Weekly Yoga Shareout #1 Padlet</a>	due by 11:59pm
Thu May 16, 2024	Page <a href="#">WK 2   Sun B Salutation Yoga Workout</a>	to do: 11:59pm
Fri May 17, 2024	Page <a href="#">WK 2   Yoga and Redefine #2 Workout</a>	to do: 11:59pm

	Assignment <a href="#">WK 2   Weekly Journal #2</a>	due by 11:59pm
Mon May 20, 2024	Page <a href="#">Week 3 Overview</a>	to do: 11:59pm
Wed May 22, 2024	Assignment <a href="#">WK 3   Weekly Yoga Shareout #2 Padlet</a>	due by 11:59pm
Thu May 23, 2024	Page <a href="#">WK 3   Yoga Sculpting with Resistance Bands and Weights</a>	to do: 11:59pm
Fri May 24, 2024	Page <a href="#">WK 3   Yoga and Redefine #3 Workout</a>	to do: 11:59pm
	Assignment <a href="#">WK 3   Weekly Journal #3</a>	due by 11:59pm
Tue May 28, 2024	Page <a href="#">Week 4 Overview</a>	to do: 11:59pm

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Wed May 29, 2024	Assignment <a href="#">WK 4   Weekly Yoga Shareout #3 Padlet</a>	due by 11:59pm
Thu May 30, 2024	Page <a href="#">WK 4   Yoga Sculpting Poses for Balance</a>	to do: 11:59pm
Fri May 31, 2024	Page <a href="#">WK 4   Yoga and Redefine #4 Workout</a>	to do: 11:59pm
	Assignment <a href="#">WK 4   Weekly Journal #4</a>	due by 11:59pm
Mon Jun 3, 2024	Page <a href="#">Week 5 Overview</a>	to do: 11:59pm
Wed Jun 5, 2024	Assignment <a href="#">WK 5   Weekly Yoga Shareout #4 Padlet</a>	due by 11:59pm
Thu Jun 6, 2024	Page <a href="#">WK 5   Yoga Sculpting</a>	to do: 11:59pm

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	Page	
	<a href="#">WK 5   Yoga and Redefine #5 Workout</a>	to do: 11:59pm
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Fri Jun 7, 2024	Assignment	
	<a href="#">WK 5   Fitness Post-Assessment</a>	due by 11:59pm
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	Assignment	
	<a href="#">WK 5   Weekly Journal #5</a>	due by 11:59pm

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