

**POINT LOMA NAZARENE UNIVERSITY**

Department of Kinesiology  
KIN 101: Orientation to Kinesiology (1 unit)  
Fall, 2018

Section 1, Monday 6:30-7:20pm  
Section 2, Monday 5:30-6:20pm  
Section 3, Monday 4:30-5:20pm\*  
Classroom: Kinesiology 2

*\*Section 3 will attend Section 2 or Section 1 when a guest lecturer presents.*

**Professors:** Alisa Ward & Faculty of the Kinesiology Department

**Course Coordinator:** Alisa Ward

**Office Phone:** 619.849.2557

**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.

**Course Description**

An introductory course dealing with the expectations, opportunities, organizations and nature of the professions students in the Kinesiology Department might pursue. Topics addressed will include essential networking and professional skills, research and writing techniques and methodologies for department assignments. An overview of major course requirements, internships and graduate school opportunities are presented. Living a purposeful life will be a course theme.

**Course Learning Outcomes**

- A. Students will tell their personal story as bookends of the course.
- B. Students will converse about the PLNU Kinesiology heritage, general education and major requirements.
- C. Students will articulate personal and professional ethical standards of practice.
- D. Students will describe career options; professional organizations/societies; national and international opportunities for service and employment.
- E. Students will perform information search on selected topics.
- F. Students will effectively read and write technically in AMA format.
- G. Students will define and utilize foundational exercise science cognates and utilize the advanced language of the professionals.
- H. Students will defend the imperative of leading a healthy lifestyle and be informed about how to assess their own fitness.
- I. Students will describe a life of purpose and map a course to that life.

**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. Specific details about how the class meets the credit hour requirement can be provided upon request.

## Textbook

1. Rezac, D, Thomson, J, Hallgren-Rezac, G. Work the pond! Use the power of positive networking to leap forward in work and life. Prentice Hall Press, 2005.
2. Warren, R. The Purpose Driven Life. Grand Rapids, Michigan: Zondervan, 2014.

**Course Requirements**—A semester schedule with more detail has been posted on Canvas, along with all instructions and rubrics for assignments

- A. Personal Reflection Papers:
  1. “To know me is to know that...”
  2. “To know me is to know that this semester has resulted in...:”
- B. Textbook Readings:
  1. Work the Pond (WTP) Forward through chapter 4
  2. WTP chps. 5-7
  3. WTP chps. 8-10
  4. Purpose Driven Life (PDL) days 1-7
  5. PDL days 8-14
  6. PDL days 15-21
  7. PDL days 22-28
  8. PDL days 29-36
  9. PDL days 37-40
- C. Technical Reading and Writing Assignments: (Assignments in which original research is reviewed)
  1. Technically written reading worksheet
  2. Journal article review
  3. Technically written paragraph
  4. Literature review, First Draft & Final Draft
- D. Various Assignments: will be announced in class or posted on Canvas.
- E. Guest Lecture Quizzes: short answer response post guest-lecture due at midnight the evening of each presentation.
- F. Final Exam: Monday, December 10<sup>th</sup> from 7-9pm
- G. Attendance, Participation & Individual Effort
  1. The student’s course grade will be affected by excessive absences, which is defined as 2 or more absences.
  2. Participation & individual effort points will be awarded at the end of the semester.

**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

## Incomplete and Late Assignments

All assignments are to be submitted onto Canvas by their due date and time. Canvas assignments will cease to exist once the due date has expired. It is up to you to get your assignments in on time, even when you are absent. Incompletes will only be assigned in extremely unusual circumstances.

## **Attendance and Participation**

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. Three tardies will count as one absence. If the student is absent more than 10% of class-meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20%, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog.

## **PLNU Academic Accommodations Policy**

If you have a diagnosed disability, please contact PLNU's Disability Resource 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 [Disability Resource Center](#) for additional information.

## **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 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.

## **Final Examination Policy**

We will observe the PLNU academic calendar. Please consult the Academic Calendar prior to making travel plans. Successful completion of this class requires taking the final examination on its scheduled day. The final examination for this class will be held at your regular class time on Monday, December 10<sup>th</sup>. No requests for early examinations or alternative days will be approved.

**Canvas Learning Management System (LMS)**- You will be logging into Canvas to access our course materials and online activities.

1. Please use Chrome as your browser.
2. Go to [canvas.pointloma.edu](https://canvas.pointloma.edu).
3. Log in with your PLNU username and password.