

Functional Circuit Training with Weights—Selected Activities in PE

PED102.2; Spring 2017

Tuesday & Thursday: 9:30-10:25am

Instructor Alisa Ward Kinesiology Department: 1 unit
AlisaWard@pointloma.edu Meet on the west end of the track
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—Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights, body weight, plyometrics, medicine balls, and other equipment.

Textbook—None

Course Learning Outcomes—The primary objective of this course is to acquaint students with the knowledge and activities required to make wise decisions about a lifetime of health and fitness. At the completion of this course the student will be able to do the following:

1. Students will develop proper lifting techniques involved in weight training.
2. Students will demonstrate knowledge of different training systems.
3. Students will develop and practice proper safety techniques while training.
4. Students will identify the location of and which lifts use the major muscles of the human body.
5. Students will participate in a personal weight training program and be able to develop a plan of their own.

Grading Scale—400 Points Total

A	370-400	C	300-309
A-	360-369	C-	280-299
B+	350-359	D+	270-279
B	330-349	D	250-269
B-	320-329	D-	240-249
C+	310-319	F	239 or lower

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 requirements can be provided upon request.

Course Requirements—PED 102 is a one unit lab class. This is an ACTIVITY and PARTICIPATION class. Attendance and participation are required to get a good grade. You MUST be dressed to be active each day unless otherwise stated.

1. Attendance & Participation (200 points)

- a. Attendance (5 points a day; 150 points total) Roll is taken daily. After three absences, your grade will go down with each unexcused absence. Do not waste your absences.
- b. Participation—Attitude & Effort (50 points total) Come to class dressed to workout. Change at home or in the provided locker rooms. Do not dress in the restrooms. Wear athletic clothing and closed toed shoes. Points will be deducted for not dressing in appropriate clothing, lack of participation, and also for tardiness.

(Please begin warming up on your own before class begins)

2. Physical Performance (100 points) This course utilizes a pre and post fitness test to show what type of change has occurred throughout the semester as a result of working out. To receive full credit, you must show some type of change, whether it is an increase in weight, reps, a decrease in body composition, etc.

3. Written Performance (100 points) Your final exam will consist of a chart of muscle groups which you must identify (spelling counts).

Risk--There is an inherent risk involved in participation in a weight training program. To minimize this risk it is essential that students adhere to the following safety standards.

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. "Control the weight," smooth, controlled movements should be used while lifting. Avoid jerky, fast movements. Don't "throw" the weight.
4. No "horseplay" can be tolerated. Weight training must be taken seriously and given the respect it deserves to avoid unnecessary risk.
5. No sandals or bare feet. Shoes must be worn at all times.

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. See [Disability Resource Center](#) for additional information.

Attendance and Participation—Regular and punctual attendance at all classes is considered essential to optimum academic achievement. 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 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 Thursday, May 2nd from 10:30-1:00pm. No requests for early examinations or alternative days will be approved.

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