



Department of Kinesiology

PED 100

Fitness Through Movement

Fall 2017

<b>Meeting days:</b> MW	<b>Instructor:</b> Jordan Courneya
<b>Meeting times:</b> 12:15pm – 1:10pm	<b>Phone:</b> 619 849-2764
<b>Meeting location:</b> Athletic Field/Baseball Field	<b>E-mail:</b> jordancourneya@pointloma.edu
<b>Additional info:</b>	<b>Office hours:</b> MW 11am-12pm
<b>Final Exam:</b> (December 8th)	<b>Additional info:</b>

**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.

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**COURSE DESCRIPTION**

Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition, and stress management leading to a lifetime of fitness and desirable health practices.

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**STUDENT LEARNING OUTCOMES**

1. Students will meet or show progress towards basic/fundamental skill level.
2. Assess current personal lifestyle and develop a plan for optimal lifelong wellness.
3. Identify and explain how the health related components of physical fitness contribute to general health and wellness and apply to various exercise activities.
4. Identify potential risks as well as the benefits associated with exercise.
5. Demonstrate practical techniques for assessing one's own fitness status.
6. Participate in a variety of correctly performed individual and team activities designed to improve physical fitness levels.
7. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits, assess and analyze eating habits, and design and apply a personal nutritional program based on sound nutrition.

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**REQUIRED TEXTS AND RECOMMENDED RESOURCES**

*Get Fit, Stay Fit* by William Prentice.

## **ATTENDANCE AND PARTICIPATION**

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To be successful as a student in this class, you'll need to arrive on time and attend regularly. Learning to be dependable now will also help you in your life beyond PLNU. If you're absent more than 10% of the time, I may submit a report that could result in your being withdrawn from the class. If you're absent more than 20% of the time, you may be de-enrolled with or without further notice to you. Just as a point of information, if the date of de-enrollment is after the last day to withdraw from a class, you will be assigned a "W" if you were passing the class and a "WF" if you were not. See [Academic Policies](#) for full text.

## **INCOMPLETES AND LATE ASSIGNMENTS**

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All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Eclass.

## **ACADEMIC DISHONESTY**

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Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated in the university catalog, "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. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course." See [Academic Policies](#) in the undergrad student catalog.

## **ACADEMIC ACCOMMODATIONS**

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While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.

## **FERPA POLICY**

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In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (each faculty member choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the undergrad student catalog.

## **FINAL EXAMINATION POLICY**

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Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

## **USE OF TECHNOLOGY**

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Point Loma Nazarene University encourages the use of technology for learning, communication, and collaboration. It is the responsibility...

## **ASSESSMENT AND GRADING**

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1. Knowledge (200 pts.)
  - a. Weekly chapter quizzes – online (Canvas) (100 pts. – 10 pts ea.)
  - b. Nutrition Analysis Paper – (25 pts) (\*see Canvas for instructions)
  - c. Fitness Assessment Paper – (25 pts)
  - d. Activity Logs (25 pts – 5 pts ea.)
  - e. Final Exam (25 pts)
2. Attendance & Participation (200 pts.)
  - a. Attendance (150 pts. 5 pts a day) Roll is taken every day. After 3 absences your grade will go down.
  - b. Participation/Attitude & Effort (50 pts) Be here, be happy & hustle!

## **COURSE SCHEDULE AND ASSIGNMENTS**

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See Daily Schedule under Syllabus & Course Info in Canvas