

Fitness Through Movement
PED 100

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Office Hours: MWF 2:00-4:00 T/TH 8-10:30

PLNU Mission

To Teach ~ To Shape ~ To Send

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.

General Education: This course is one of the components of the General Education Programs at PLNU, under the category of “Exploring an Interdependent World, Physical Fitness and Nutrition”. By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with emphasis on collection and interpreting empirical data for both theoretical and practical purposes. *Note: If you are a Physical Education, Exercise Science, or Athletic Training Major – take PED 200 – Optimal Health*

Textbook: *Get Fit, Stay Fit* (7th ed.) by William Prentice.

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.

IDEA Objectives:

- Gaining factual knowledge (terminology, classifications, methods, trends)
- Developing a clearer understanding of, and commitment to, personal values

Course Learning Outcomes: At the successful completion of this course the student will be able to do the following:

1. Assess current personal lifestyle and develop an understanding of self that fosters personal wellbeing.
2. Identify and explain how the health related components of physical fitness contribute to general health and wellness and apply to various exercise activities.
3. Identify potential risks as well as the benefits associated with exercise.
4. Demonstrate practical techniques for assessing one’s own fitness status.
5. Participate in a variety of correctly performed individual and team activities designed to improve physical fitness levels.

6. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits, access and analyze eating habits, and design and apply a personal nutritional program based on sound nutrition.
7. Students will meet or show progress toward basic fundamental skill level.

Course Requirements: PED 100 is a two unit lab class. This is an activity class, so you must be dressed down each day unless otherwise stated. The expectation for this class is **two hours per week in class** and **two hours per week outside of class**.

1. Knowledge (246 pts.)
 - a. Weekly chapter quizzes – online (eclass) (100 pts. – 10 pts ea.)
 - b. Nutrition Analysis Paper – (25 pts) (*see website address below for instructions)
 - c. Fitness Assessment Paper Pre and post– (25 pts ea = 50 pts)
 - d. Activity Logs (25 pts – 5 pts ea.)
 - e. Video Lectures 7 @ 5 pts ea (35 pts)
 - f. Exercise Consent form (5 pts)
 - g. Karvonen Formula (1pt)
 - h. Discussion Board (5 pts)
2. Attendance & Participation (135-150 pts.)
 - a. Attendance (135 pts. 5 pts a day) Roll is taken every day. After 3 absences your grade will go down. See “University Policy” website below.
 - b. Participation/Attitude & Effort- Be here, be happy & hustle!

Grading Scale: 360 pts. Total

100%=A+, 93-96=A, 90-92=A-, 87-89=B+, 83-86=B, 80-82=B-, 77-79=C+, 73-76=C, 70-72=C-, etc.

***Nutrition Analysis Website:**

<https://www.myfitnesspal.com/>

You will need to register and follow prompts to assess your food intake.

COURSE LEARNING OUTCOMES ★

Note: *Course Learning Outcomes (CLO's)*–Statements of what students are expected to know, understand and be able to do by the time they complete the course. For students it may be easier to communicate the learning outcomes in language like: *You will* instead of the *student will*. CLOs are more specific learning outcomes that identify learning in an individual course. Course CLOs will be more detailed and specific than program PLOs however they should be general enough to provide flexibility and accommodate variation in specific content as the field evolves over time.

Academic Calendar:

<http://www.pointloma.edu/Assets/PLNU/Academics+Affairs+Digital+Assets/UndergradCalendar/2018-2019UndergraduateCalendar.pdf>

Final Exam Schedule:

<http://www.pointloma.edu/Assets/PLNU/Academics+Affairs+Digital+Assets?FinalEcamsSchedule2018-2019.pdf>

Academic Accommodations: 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 accommodations. At PLNU, these students are requested to file documentation during the first two weeks of the semester with the Academic Support Center, located in the Bond Academic Center. This policy assists the University in its commitment to full compliance 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. Once the student files documentation, the ASC will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual learning needs of the students.