



Department of Kinesiology

PED 100

Fitness Through Movement

Spring 2017

<b>Meeting days:</b> TR	<b>Instructor:</b> Jordan Courneya
<b>Meeting times:</b> 10:00am – 10:50am	<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> (day/time) April 27 <sup>th</sup> 10:00am	<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.

**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.

**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.

**REQUIRED TEXTS AND RECOMMENDED RESOURCES**

*Get Fit, Stay Fit* (4<sup>TH</sup> or 5<sup>th</sup> ed.) by William Prentice.

## **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 Canvas. Incompletes will only be assigned in extremely unusual circumstances.

## **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.

## **PLNU COPYRIGHT POLICY**

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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.

## **PLNU ACADEMIC HONESTY POLICY**

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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.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

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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 ATTENDANCE AND PARTICIPATION POLICY**

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Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

## **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