

Fitness Through Movement
Kinesiology Department: 2 units
PED 100.5

| | | |
|--------------------|------------------------------------|----------------------------------|
| Instructors | Alisa Ward—Alisaward@pointloma.edu | Tuesday/Thursdays |
| | Final Exam: 5/2 before 1:00pm | PED100, Section 5, 11:00-11:55pm |

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 is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

General Education—This course is one of the components of the General Education Program at Point Loma Nazarene University, under the category of “Exploring an Interdependent World.” 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 collecting and interpreting empirical data for both theoretical and practical purposes.

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

Textbook **Get Fit, Stay Fit** by William Prentice.

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. Assess current personal lifestyle and develop a plan for optimal lifelong wellness.
2. Identify and explain how the health related components of physical fitness contribute to general health and wellness.
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 activities designed to improve their physical fitness levels.
6. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits, assess personal eating habits, and design a personal nutritional program based on sound nutrition.

Course Requirements—PED 100 is a two 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. The expectation for this class is **TWO HOURS PER WEEK** in class and **TWO HOURS PER WEEK** outside of class.

1. Knowledge (200 points)
 - a. Weekly chapter quizzes (10 points each; 100 points total)
 - b. Initial Fitness Assessment Paper (25 points) Due 1/26
 - c. Nutrition Analysis Paper (25 points) Due 3/2
 - d. Activity Logs (5 points each; 25 points total)
 - e. Final Exam—Fitness Assessment Paper (25 points) 5/2, turned in before 1:00pmAll assignments must be turned in on time for credit. **Late assignments are not allowed.**
2. 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.
3 H's: Here, Happy, Hustle.

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 has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, 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. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

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 |

(On activity days, please complete one jogging lap before class begins)

INCOMPLETES AND LATE ASSIGNMENTS

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

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

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

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

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.

PLNU ATTENDANCE AND PARTICIPATION POLICY

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.