

Fitness through Movement PED 100

Fall 2018

Meeting days: Tuesday & Thursday	Instructor: Shane Peterson
Meeting times: 10:00 – 10:50 am	Phone: 849 - 7083
Final Exam: Thursday 10:30 am–1:00 pm	E-mail: shanepeterson@pointloma.edu

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.

Course Description

The purpose of general education is to provide a common educational experience, to develop essential skills, and to provide a broad cultural background for personal and professional growth. The general education curriculum is listed under a four-fold division. This structure provides continuity with the Wesleyan approach to knowledge by emphasizing the human response as foundational to the developing, exploring, and seeking aspects of education. The divisions, although not mutually exclusive or all-encompassing, organize similar themes relevant to faith and learning. Each complements the others and, in each, conscious efforts are made to reveal connections, develop perspectives, and build synthetic thinking skills. These divisions are: Responding to the Sacred, Developing Cognitive Skills, Exploring an Interdependent World, and Seeking Cultural Perspectives.

Fitness Through Movement focuses on development of personal fitness through assessment, theory and practice. This course introduces principles of conditioning, nutrition, and stress management using a variety of methods to achieve a high level of fitness leading to a lifetime of fitness and desirable health practices. This particular course will use high intensity training (H.I.T.) as the primary method of attaining this course's fitness goals.

Required Texts

Get Fit Stay Fit – 7th Edition by William Prentice.

Student 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.

Academic Dishonesty

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

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 should, within the first two weeks of the semester, 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

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

Course Requirements

PED 100 is a two unit lab class. **THIS IS AN ACTIVITY CLASS.** Therefore, you must be dressed appropriately for exercise each day unless otherwise stated. The expectation for this class is two hours per week in class and two hours per week out-side of class. (Activity & activity logs)

A. Knowledge (271 points)

1. Chapter quizzes. (10 at 10 points each = 100 points)
2. Karvonen Formula Worksheet (5 points)
3. Activity logs (outside class) (5 at 9 points each = 45 points)
4. Exercise Consent / Health History Form (1 point)
5. Nutrition Analysis Paper. (25 points)
6. 7 Instructor Videos with quizzes on various topics (35 points)
7. Fitness Assessment w/Personal Paper. (50 points 25 pre &post)
8. Wellness Survey (10 points)

B. Attendance & Participation (200 points)

1. Attendance (150 points) Roll taken every day. Five points deducted for each absence.
2. Participation/**Attitude/Effort** (50 points)

Attendance and Participation

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 student catalog.

Grading Scale: (Total = 471 points)

A	471-438	B-	389-376	D+	328-310
A-	437-423	C+	375-358	D	309-296
B+	422-405	C	357-343	D-	295-282
B	404-390	C-	342-329	F	281 and below