

Point Loma Nazarene University
Department of Kinesiology
Spring 2017

<u>Course Information:</u>	<u>Instructor Information:</u>
Course Title: PED 100- Fitness Through Movement (sect 7)	Instructor: Jessica Matthews, MS, E-RYT500
Units: 1.0	E-mail: jmatthew@pointloma.edu
Class Meets: T/TH 12:25-1:20pm	Office Hours and Location: Kinesiology 11; <i>By appointment only</i>
Meeting Location: Soccer Field	Final Exam: Tuesday 5/2 at 1:30pm

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 desire health attitudes and practices.

Course Learning Outcomes (SLO):

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 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 group physical activities designed to improve physical fitness levels.
6. Explain how nutrition relates to health and wellness, and describe components of healthy nutritional habits.
7. Analyze eating habits and design a personal nutritional program based on sound nutritional science and best practices.

Required Textbook:

1. Prentice, W. E. *Get Fit, Stay Fit* (7th ed). Philadelphia: F.A. Davis Company. ISBN-13: 9780803644649.

Course Credit Information:

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2.0 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

Course Format:

This class with consists of interactive physical activities, wellness-focused lectures and online based assignments in order to meet the learning objectives of this course. Regular attendance, active participation, and completion of all assignments is imperative to success in the course. Students must arrive to each class meeting on-time and dressed appropriately to participate.

Evaluation:

The total number of points accumulated based on active participation and skill development, weekly quizzes on assigned readings, group discussions on Canvas, activity logs, written assignments, personal wellness evaluation and a final exam determine your final grade in this course.

Chapter Quizzes (10 @ 10 pts. each)	100 pts.	Grades A=90% (495) A-=86% (473) B+=83% (457) B=80% (440) B-=76% (418) C+=73% (402)	C=70% (385) C-=66% (363) D+=63% (347) D=60% (330) D-=55% (303) F=Below 55% (302 or less)
Group Discussions (5 @ 8 pts. each)	40 pts.		
Personal Activity Logs (5 @ 5 pts. each)	25 pts.		
Written Assignments (3 @ 25pts. each)	75 pts.		
Final Exam	50 pts.		
Wellness Evaluation Survey	10 pts.		
Skill Development and Active Participation (10 pts. per class)	250 pts.		
Total Points	550 pts.		

Class 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 until the university drop date or, after that date, receive the appropriate grade for their work and participation. See Academic Policies in the undergraduate section of the academic catalog.

Class Schedule

The detailed assignment schedule and list of course topics can be found on Canvas in the *Syllabus* section.

Class Attire and Equipment:

Students are expected to wear appropriate athletic attire to each class meeting, including proper footwear. The clothing worn should allow for the safe performance of physical movements without restriction. Students may choose to wear athletic clothing such as, but not limited to, shorts, capris, pants, tank tops, t-shirts or long-sleeved shirts, however all attire should be school appropriate and non-offensive to others in the course. Given that class meetings will be held outdoors, students may also choose to layer athletic attire to ensure comfort throughout the entire class experience. Students are also strongly encouraged to bring a water bottle and towel with them to every class meeting.

Additionally for health and safety, each student is required to bring a personal exercise mat to specific class meetings, as indicated by the professor. Prices per “sticky” mat from \$8-\$15 depending on material, color and size, so students may choose whichever option is most cost effective for them. Mats can purchased online or through any major retailer (e.g., Walmart, Ross, TJ Maxx, Target, etc.). Any student who is unable to purchase their own mat due to financial restrictions should speak with the professor, as arrangements will be made to provide a mat for in-class use.

Safety Considerations

Participation in any physical activity may involve risk or injury. Students are advised of the importance of carefully following the instructor’s instructions regarding techniques and training requirements. In addition, to further minimize risk it is essential that students adhere to the following safety standards.

1. Notify the instructor of any pre-existing condition that may affect your participation.
2. Notify the instructor of any condition that may develop during the semester that may affect your participation.
3. No "horseplay" of any kind will be tolerated.
4. No sandals or bare feet. Appropriate athletic footwear and attire must be worn at all times.

Incompletes and Late Assignments

All assignments are to be submitted in Canvas by the due date specified in order to be considered for credit. Incompletes will only be assigned in rare extenuating circumstances.

Final Examination

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.

Email Etiquette:

When sending an email to the professor, students are expected to construct well-written, complete correspondence in which the ***student’s name and course number are noted in the subject line***. In

addition, the body of the email should include an appropriate salutation as well as detailed information regarding the nature of the question or concern. The professor will respond to all emails *within 48 hours of receipt*.

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 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. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

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.

"Movement is the song of the body." - Vanda Scaravelli